



NATIONAL & KAPODISTRIAN
UNIVERSITY OF ATHENS

COUNSELING CENTER FOR
STUDENTS



Part 2: The Laboratory of Psychological Counseling for Students

*(Counseling Center for Students, University of Athens -
CCSUA)*

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THE COUNSELING CENTER FOR STUDENTS OF THE UNIVERSITY OF ATHENS & THE PSYCHOLOGICAL COUNSELING FOR STUDENTS IN GREECE

I. THE PAST AND THE PRESENT

- a) *COOPERATION WITH FEDORA- PSYCHE*
- b) *OTHER SCIENTIFIC & RESEARCH ACTIVITIES*
- c) *THE LAW FRAME OF THE COUNSELING SERVICES*

II. THE FUTURE



THE PAST AND THE PRESENT: COOPERATION WITH FEDORA- PSYCHE

**1991: (Berlin, 4th FEDORA Conference):
participation in the foundation of FEDORA-
PSYCHE**

**1991 until today: active cooperation/
participation in FEDORA's every activity
(all oral presentations, symposiums,
publications and so on can be found at the
site of FEDORA at: www.fedora.eu.org)**



THE PAST AND THE PRESENT: *COOPERATION WITH FEDORA- PSYCHE*

1991 until today:

- transfer of Knowledge in Greece
- FEDORA-PSYCHE in Greece:

1993: Counseling Center for Students, University of Hamburg

1995: IV European Congress of Psychology (Athens), 3 symposia with 11 members of FEDORA, key note speaker: G. Rott, BOOK: "Psychological Counseling in Higher Education" , 1997, A. Kalantzi-Azizi, G. Rott & D. Arnete (Eds.) (in English)



THE PAST AND THE PRESENT: *COOPERATION WITH FEDORA- PSYCHE*

1997: cross- cultural research

- Adaptation of the Test concerning Abilities for Study and Examination (TASTE, original title: VASTE) , developed by Depreew, Eelen & Stroobants**

2007: 2007 FEDORA- PSYCHE- Group Conference, Rethymnon/ Crete

Conference Proceedings: *"Crossing Internal and External Borders: Practices for an Effective Psychological Counseling in the European Higher Education"* (Th. Giovazolias, E. Karademas & A. Kalantzi- Azizi (Eds.), 2008, in English)



THE PAST & THE FUTURE: OTHER SCIENTIFIC & RESEARCH ACTIVITIES

The Counseling Center for Students of the University of Athens closely cooperates with other counseling centers for students, both in Greece and in Cyprus ("NETWORK") in:

- ✓ ***Training, dissemination of knowledge***
- ✓ ***Joint publications at national and international journals, presentation of research and applications at national and international conferences***
- ✓ ***Coordination of epidemiological studies*** (e.g. 2006, N= 6.450, published under the title: "Pan-Hellenic Study of the Mental Health of the Student Population", 2007, K. Efthimiou, G. Efstathiou & Kalantzi- Azizi Δ (Eds.), (in Greek)



THE PAST & THE FUTURE: OTHER SCIENTIFIC & RESEARCH ACTIVITIES

The Counseling Center for Students of the University of Athens closely cooperates with other counseling centers for students, both in Greece and in Cyprus ("NETWORK") in

- ✓ ***Joint organization of workshops, seminars and so on*** (e.g. *4th Annual International Peer Support Symposium, 23-24 June 2011, Athens*)
- ✓ ***Coordination of community prevention/ intervention programs*** (e.g. *Community intervention Program for Smoking Prevention and Cessation among Students in Greece, 2009-2012, 7 Universities*)



conclusion

- The scientific and research activity of the Counseling Center for Students of the University of Athens and the other Counseling Centers that are members of "NETWORK" both in Greece and abroad has been very satisfactory



THE PAST AND THE PRESENT: THE LAW FRAME OF THE COUNSELING SERVICES

*"Greece and Portugal were actually the only two countries of the European Community that did not provide any counseling in higher education" (1994)**

** Psychological Counseling in Higher Education: A European Overview, FEDORA, La Citta del Sol*



THE PAST AND THE PRESENT: THE LAW FRAME OF THE COUNSELING SERVICES

- *Legal and financial problems (examples):*
1989: University of Thessaloniki (2hrs / week, Psychiatric)- functions with limited resources
*1989-1992: (1st period) , University of Ioannina**
1998-2000: University of Thrace
*2004-2009: University of Macedonia (Thessaloniki)**
** Funding from time -limited European Programs*



THE PAST AND THE PRESENT: THE LAW FRAME OF THE COUNSELING SERVICES AND THE COUNSELING CENTER FOR STUDENTS OF THE UNIVERSITY OF ATHENS

- I. *1990-2000 : huge financial problems, 3 times closed down over a 3 months period, 1 time closed down over a 6 months period)*
- II. The status of the center has changed since 2000: The Center has been renamed as “Laboratory of Psychological Counseling” so as to be more autonomous and flexible in obtaining funding from other resources (e.g. European Programs, sponsorships)
 - Small sponsorships (3.000- 5000 Euros)*
 - 2000 euros from Athens University*

Permanent Staff: 1 psychologist, 1 secretary



THE PAST AND THE PRESENT: THE LAW FRAME OF THE COUNSELING SERVICES AND THE COUNSELING CENTER FOR STUDENTS OF THE UNIVERSITY OF ATHENS

The Counseling Center for Students of the University of Athens has a leading role in the fight for the development of a law frame for the Counseling Services in Greece:

- *Meetings with Rectorate Authorities, Ministry of Education and so on..*

2001: Resolution of the Rector's Synod: no response from the State

2011: assurance regarding the inclusion of the issue at the agenda of the Rectors' Synod of July, 2011



Conclusions

- The existence of financial difficulties as well as the lack of sufficient staff is evident in all the existing Greek Counseling Centers for Students
- *The law frame "gap"*

➤ *Remarks: 36 Higher Education Institutions, only 10 Counseling Centers for Students*



The Future: National level

Activation/mobilization:

- ❖ within Higher Education Institutions aiming at the development of a law frame:
- ✓ Formation of a common action committee (Psychological Counselors for Students. Other Counselors, Professors and so on) aiming at raising awareness & asking pressure towards the government (resolution of all the Conferences of the Ministers of Education of the European Union, EUA,2010)



The Future: National level

Activation/mobilization:

- ❖ within National Psychological Association, Associations of Mental Health and so on
- ✓ *2010: formation of the "Psychological Counseling in Higher Education" working group within the Hellenic Society of Psychology/ Division of "Counseling Psychology"*
- ❖ of all the professionals working with students (Psychological Counselors, Counselors & Researchers)
- Joint research programs on university student populations



The Future: European level

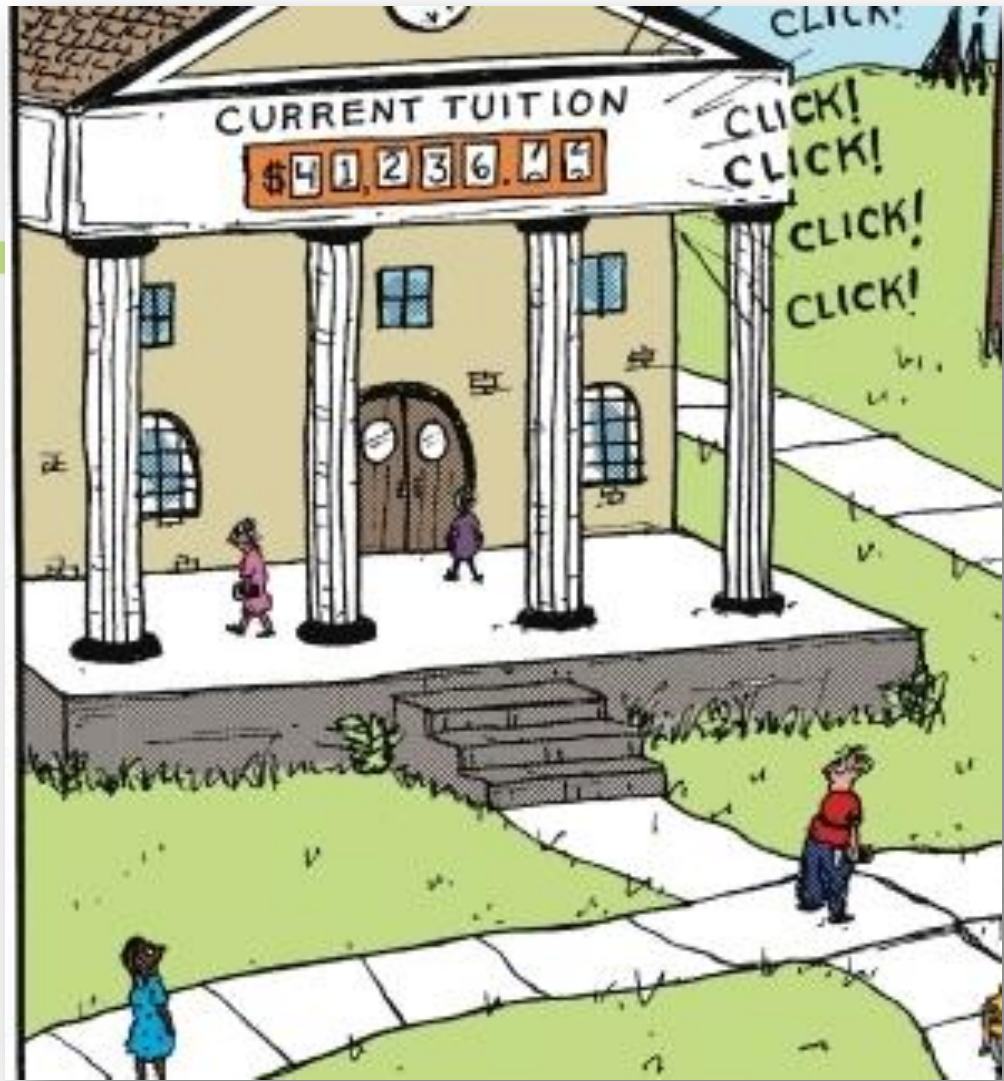
Activation/mobilization:

- ❖ Within FEDORA- PSYCHE & similar organizations aiming at promoting student counseling within the Universities(EHEA)
- ❖ Strengthening of the research cooperation:
e.g. models of good practice, new techniques, methods and so on
- ✓ Basic research on Developmental Psychology ,Social Psychology, Psychiatry and so on



The future: European level

- *Constructive
Criticism
regarding EHEA*



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**THANK YOU VERY MUCH FOR
YOUR ATTENTION !!!**