

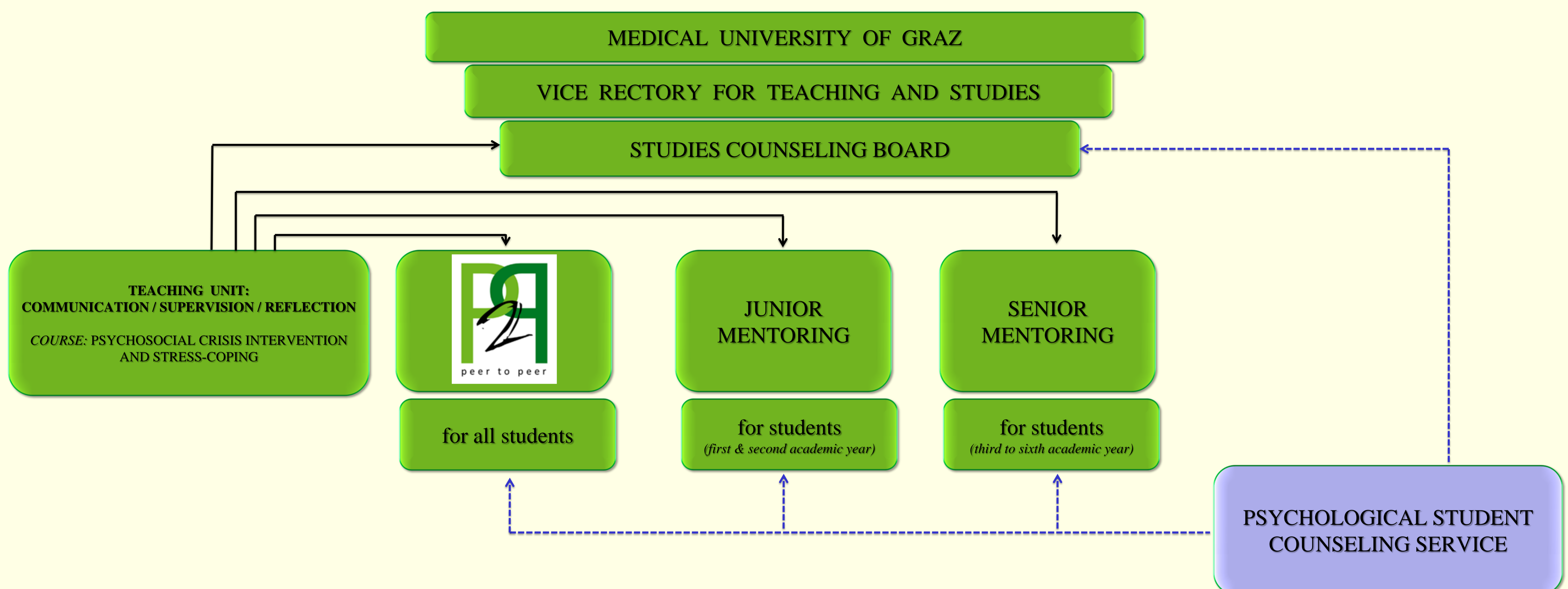
STUDENTS HELP STUDENTS – PEER TO PEER HELPLINE & MENTORING AT THE MEDICAL UNIVERSITY OF GRAZ

Josef W. Egger¹, Michael Trapp¹ & Eva Egger-Zeidner²

¹ University Clinic of Medical Psychology and Psychotherapy, Research Unit of Behavioural Medicine, Health Psychology and Empirical Psychosomatics, Medical University of Graz, Roseggerweg 50; 8036 Graz; AUSTRIA

² Psychological Student Counseling Service Graz, Dreihackengasse 1; 8020 Graz; AUSTRIA

The Medical University of Graz (MUG) supports its students with a new program to support and enhance their individual stress coping strategies in case of personal problems and/or difficulties/problems within their studies. The students may contact the MUG-helpline “students help students” by phone or by e-mail to get support. For this peer to peer system psychologically trained students provide help for their fellow students to cope with their problems.



After having participated in a 12 months training program called “psychosocial crisis intervention and stress-coping” - provided by the Teaching Unit “Communication / Supervision / Reflection (CSR)” - these students become “tutors of medical psychology”. As tutors they are supported in their work by 5 professional medical psychologists and psychotherapists.

This supporting system is now combined with a mentoring system including a junior & senior mentoring program. The psychologically trained students also act as junior mentors for students of the first and second academic year. A number of experienced teachers officiate as senior mentors for students from the third year of studies to the first step in their professional life.

If there is a special need for more psychological support (esp. psychotherapy) the Psychological Student Counseling Service Graz (an independent institution) offers help for students, tutors and mentors.

References:

Medizinische Universität Graz: <http://www.meduni-graz.at/5732>

Medizinische Universität Graz: <http://www.meduni-graz.at/16737>

Medizinische Universität Graz <http://www.meduni-graz.at/5731>

Egger, J.W. & Reibnegger, G. (2011). Das Mentoring-Programm der Medizinischen Universität Graz. Psychologische Medizin. 22, 1, 49-54.