

SUMMER UNIVERSITY 2011

Thematic Symposium

The Present and the Future of Students' Psychological Counselling:
Meeting the challenges, discussing the prospects.

The University of Ioannina Counselling Centre

**“A critical view on current situation and prospects -
Filling the gap”**

The University of Ioannina Counselling Centre

A brief introduction

- **Established in 1989 as an independent service of the university of Ioannina**
- **Incorporated into the Student Welfare Directorate of the institute in 2011**
- **Staffed with 2 professionally qualified psychologists**
- **Located in an easy to access (even for disabled students) and discretionary position within the university campus**
- **Aims at the promotion of students' psychosocial health**
- **It is a member of the Social Policy and Health Committee of the university of Ioannina to enhance quality of life within the institute and the local society**
- **Works together with other institutions/services in the local society to serve the promotion of psychosocial health**
- **Works together with the staff of other university counselling centres to conduct nationally based mental health prevention programs and research**

The University of Ioannina Counselling Centre

Aims

The University of Ioannina Counselling Centre supports the educational and social missions of the institution by offering:

- **Psychosocial support and counselling to students**

both individually and in groups, with strict regard to confidentiality, in collaboration with other university services and institutions as well as the NHS provision.

- **Prevention services**

consultation and guidance actions open to students and staff to promote a healthy environment.

- **Liaison services**

working closely with other university services, the NHS and other social institutions in the local society.

Figure 1. New requests for counselling / calendar year

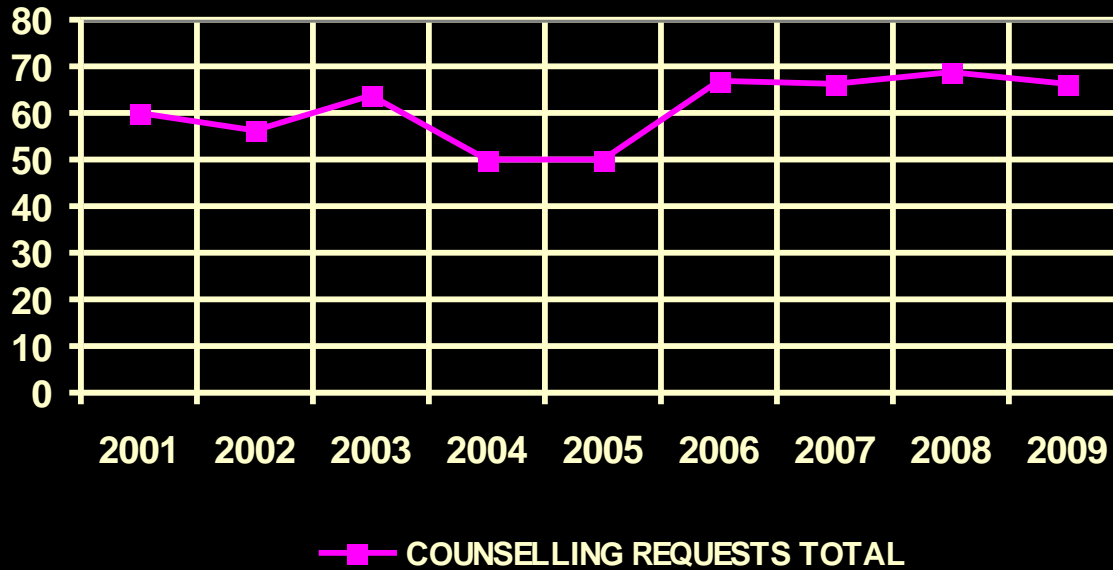


Figure 2: Counselling requests / students' gender

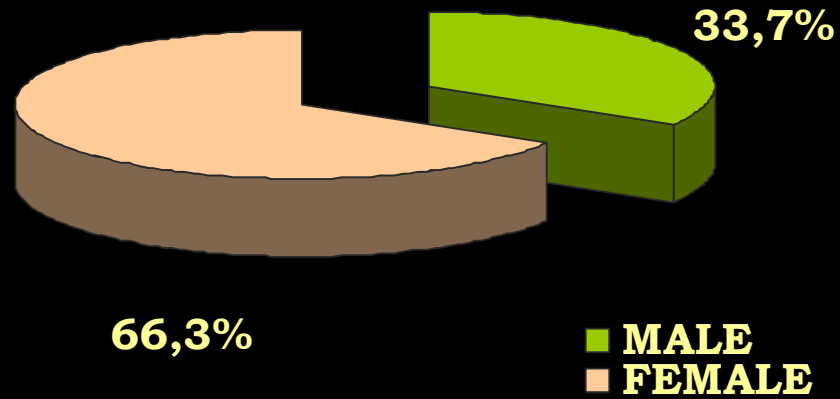
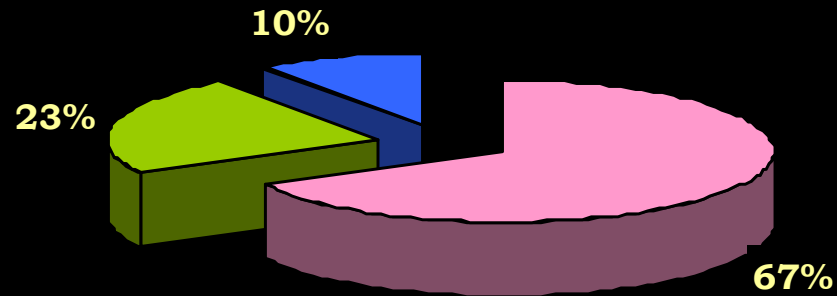


Figure 3: Counselling requests / school of study



■ **SOCIAL SCIENCES**

■ **MATHEMATICAL AND COMPUTER SCIENCES**

■ **SCHOOL OF MEDICINE**

Figure 4: Counselling requests / year of study

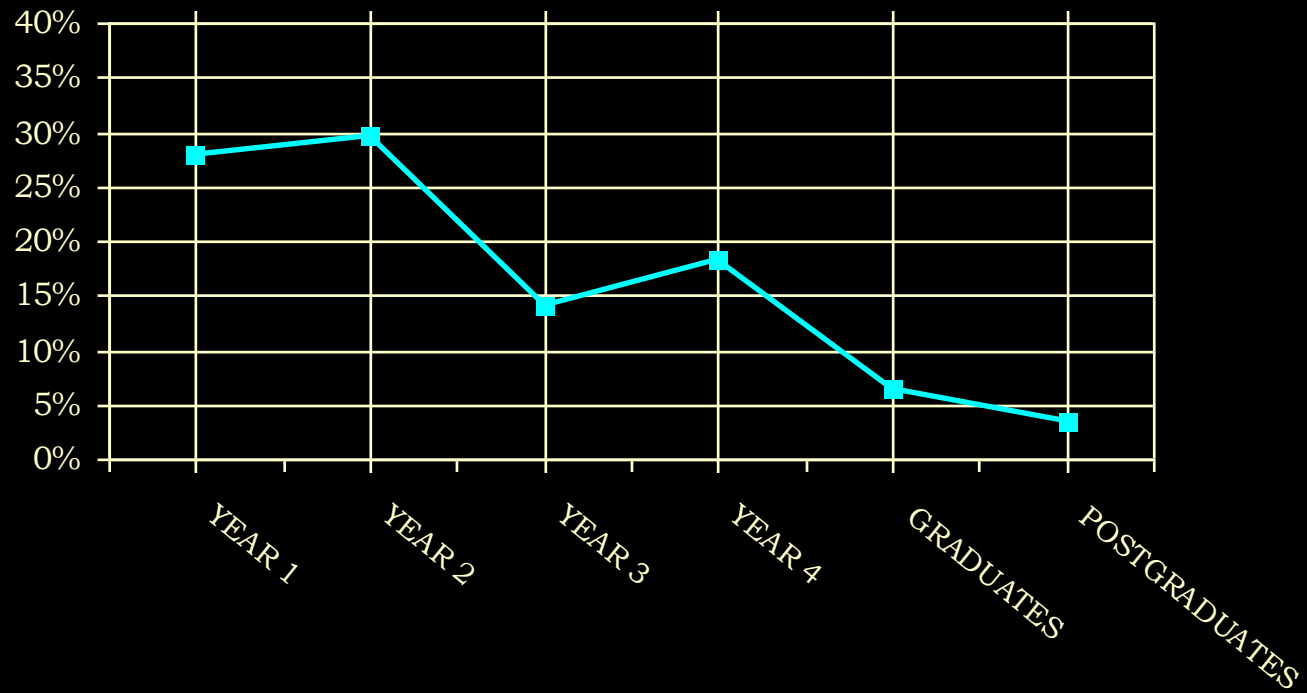
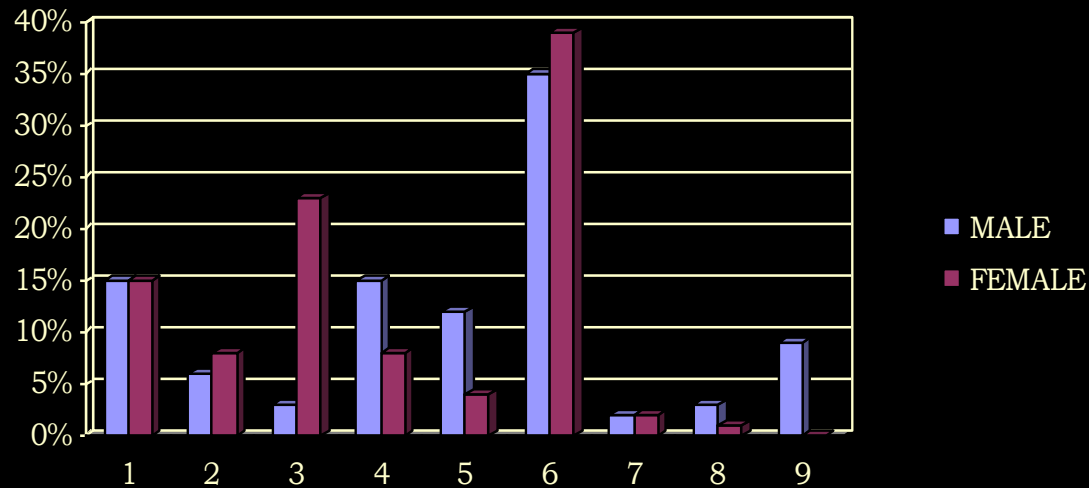


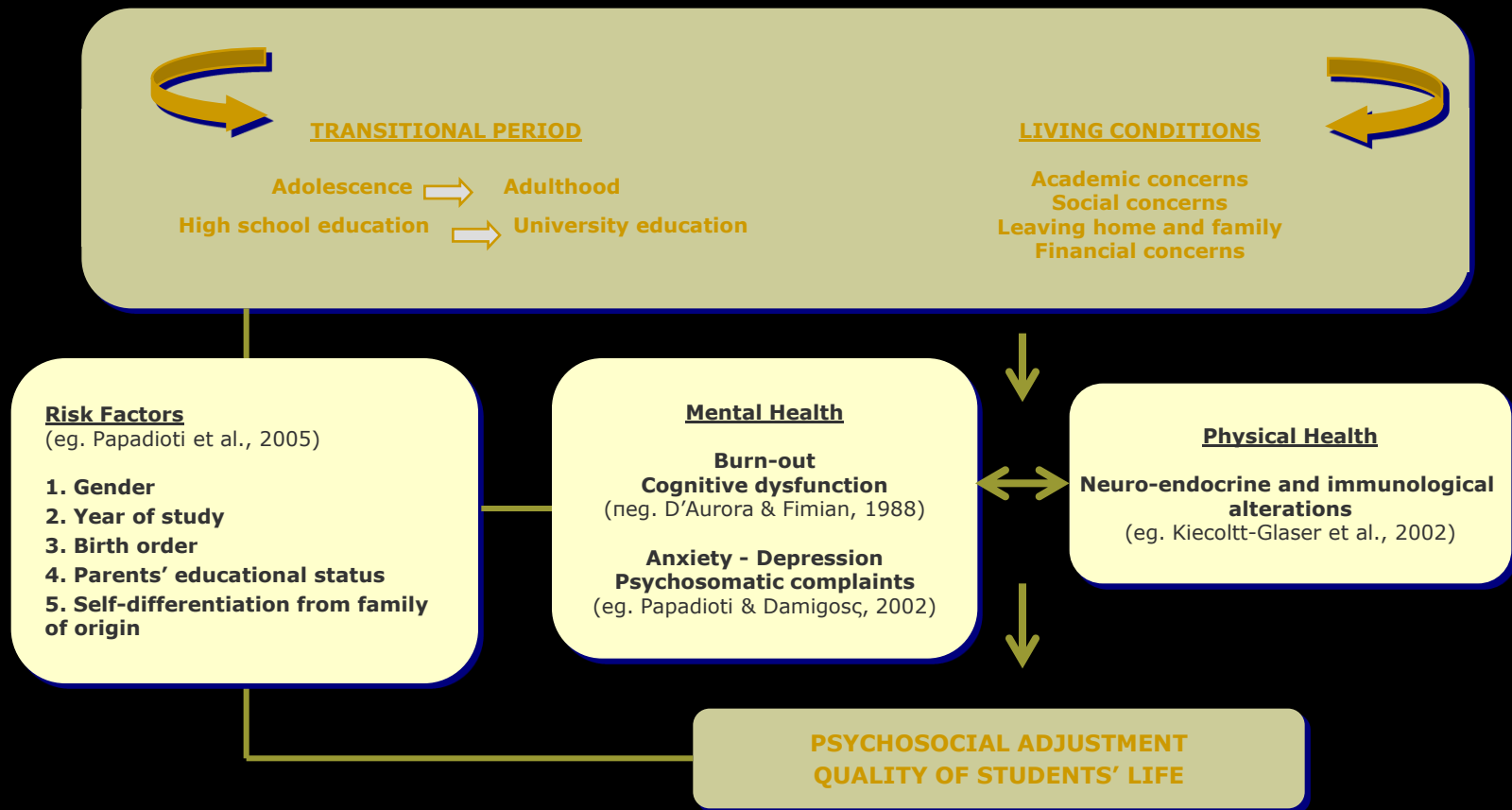
Figure 5: Counselling requests / content and gender



1. PSYCHOLOGICAL DISORDERS
2. PSYCHOSOMATIC COMPLAINTS
3. RELATIONSHIP PROBLEMS
4. ADJUSTING TO UNIVERSITY LIFE / STRESSFUL EVENTS
5. ACADEMIC PROBLEMS
6. PROBLEMATIC BEHAVIOURS / INCREASE INSIGHT
7. ASSAULT AND HARASSMENT
8. CONCERNS ABOUT OTHERS
9. USE OF PSYCHOTROPIC SUBSTANCES

Psychological Counselling in the University Context

Indications from clinical practice and research



University of Ioannina Counselling Practice

Current needs and difficulties

- **Lack of counsellors (1 psychologist / ~7.500 students)**
- **Lack of an interdisciplinary team of professionals (eg. social worker)**



Leads to...

- **Increase of counselling waiting times,**
- **Impediment of mental health prevention programs,**
- **Limited capacity to work with particular cases (eg. physical or sexual abuse, being university staff, etc.) and carry out certain actions for students with special sensory, kinetic and educational needs.**

University of Ioannina Counselling Centre

Prospects for the Future

- To offer training places for associate counsellors
- To develop social support networks among students and staff
- To develop a pre-counselling evaluation protocol for psychiatric symptoms
- To systematically seek for feedback via our website



Will enable us

- To immediately proceed with referral to the NHS or elsewhere when appropriate
- To decrease waiting times for individual counselling
- To work more intensively on primary prevention
- To adjust to students' needs more efficiently

University Counselling Services

Meeting the challenges ... ?

... and hopefully,

to discuss the possibility for developing a structured context of joint actions among university counselling services in Greece and Cyprus ...