

The Laboratory of Psychological Student Counseling University of Athens



- Summer School

Fedora-Psyche

'Modern Times: Counseling Students
in the 21st Century'

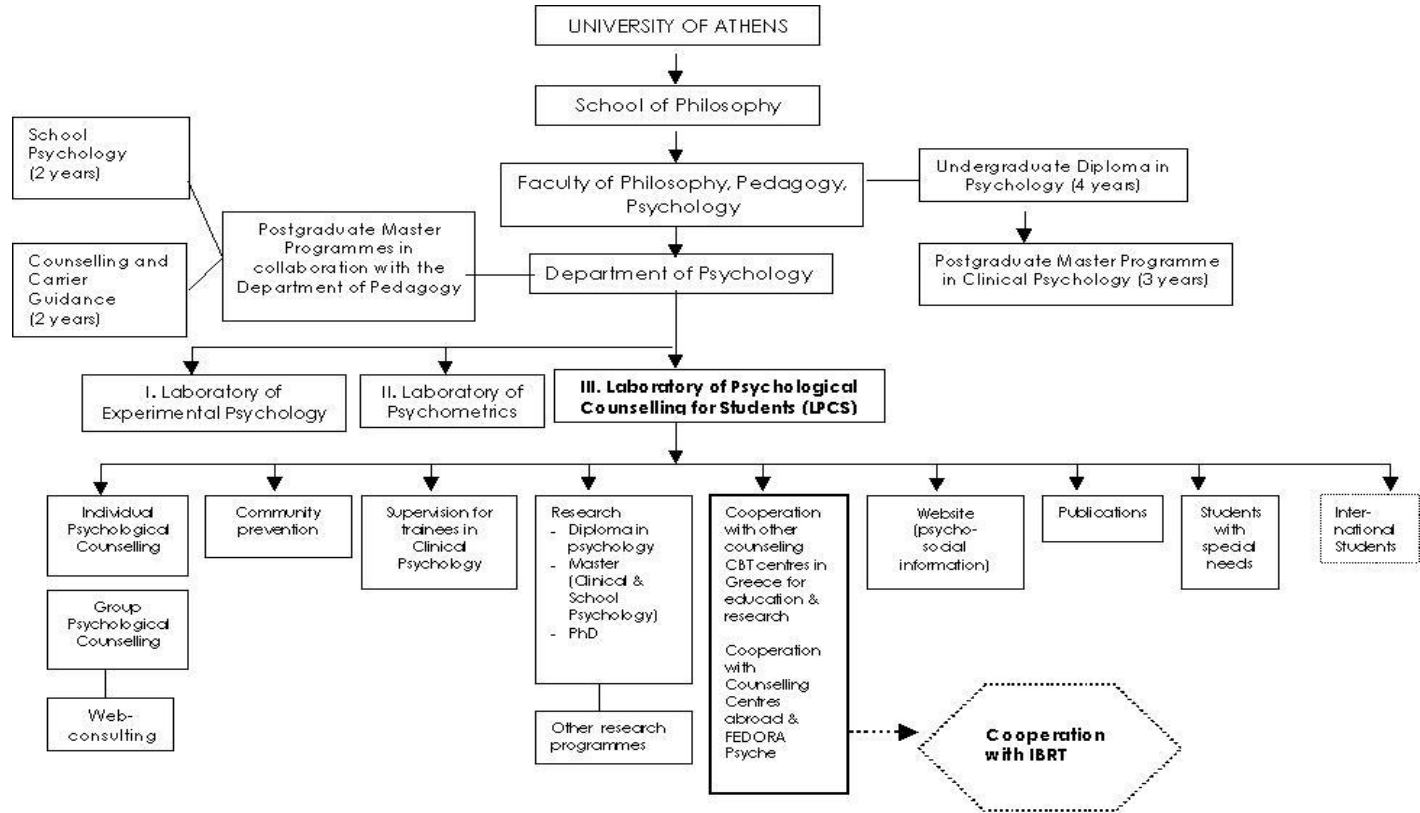
Ioannina, 16-18/06/2011

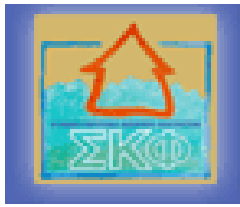
- Anastasia Kalantzi-Azizi

Prof. of Clinical Psychology

- Diana Charila

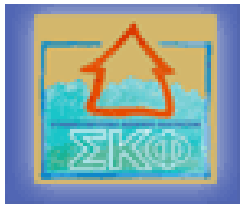
Psychologist-PhD in Clinical
Psychology





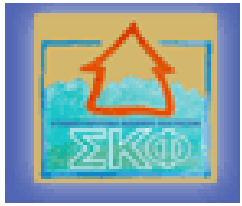
Individual Counseling (2006-2009)

Year	Men	Women	Total
2006	17	86	103
2007	17	78	95
2008	15	126	141
2009	22	112	134
Total	71	402	473



Main psychological difficulties

Main demand	2003-2009	2006-2009
Anxiety disorders	16,5 %	24%
Difficulties with the self	29,8 %	21%
Difficulties with the family	8,3 %	13%
Mood	10,7 %	12%
Academic difficulties	7,4 %	12%
Emotional relationships	8,3 %	7%
Social relationships	5,8%	5%
Eating disorders	4,1%	3%
Psychotic symptoms	-	2%
Abuse	-	1%
Substance abuse	-	1%
Sexual orientation	4,1%	-
Health Problems	4,1%	-



Individual Counseling (2010-2011)

Year	Men	Women	Total
2010	15	73	88
2011 (till May)	11	76	78 (30 in waiting list)
Total	26	149	175



The psychological cost of the current recession

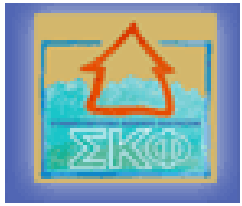
Recession



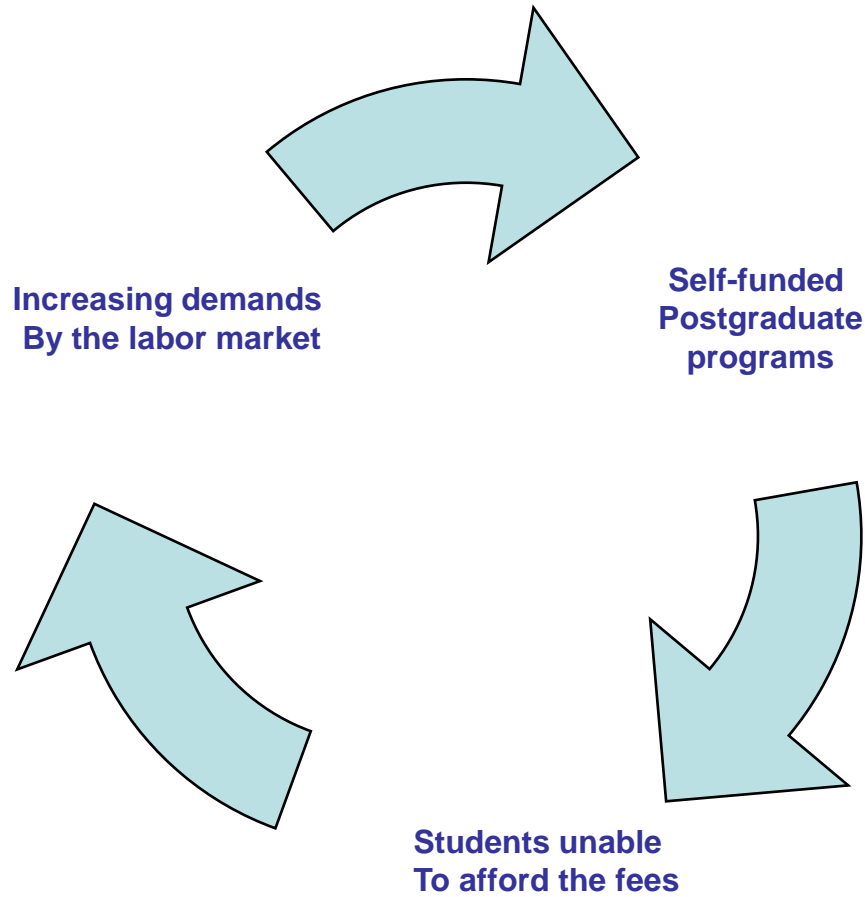
changes on the career challenges
changes on the life conditions
changes on future academic plans
higher competitiveness

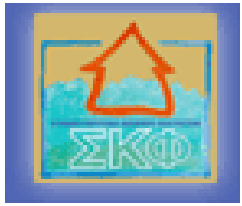


Psychological cost

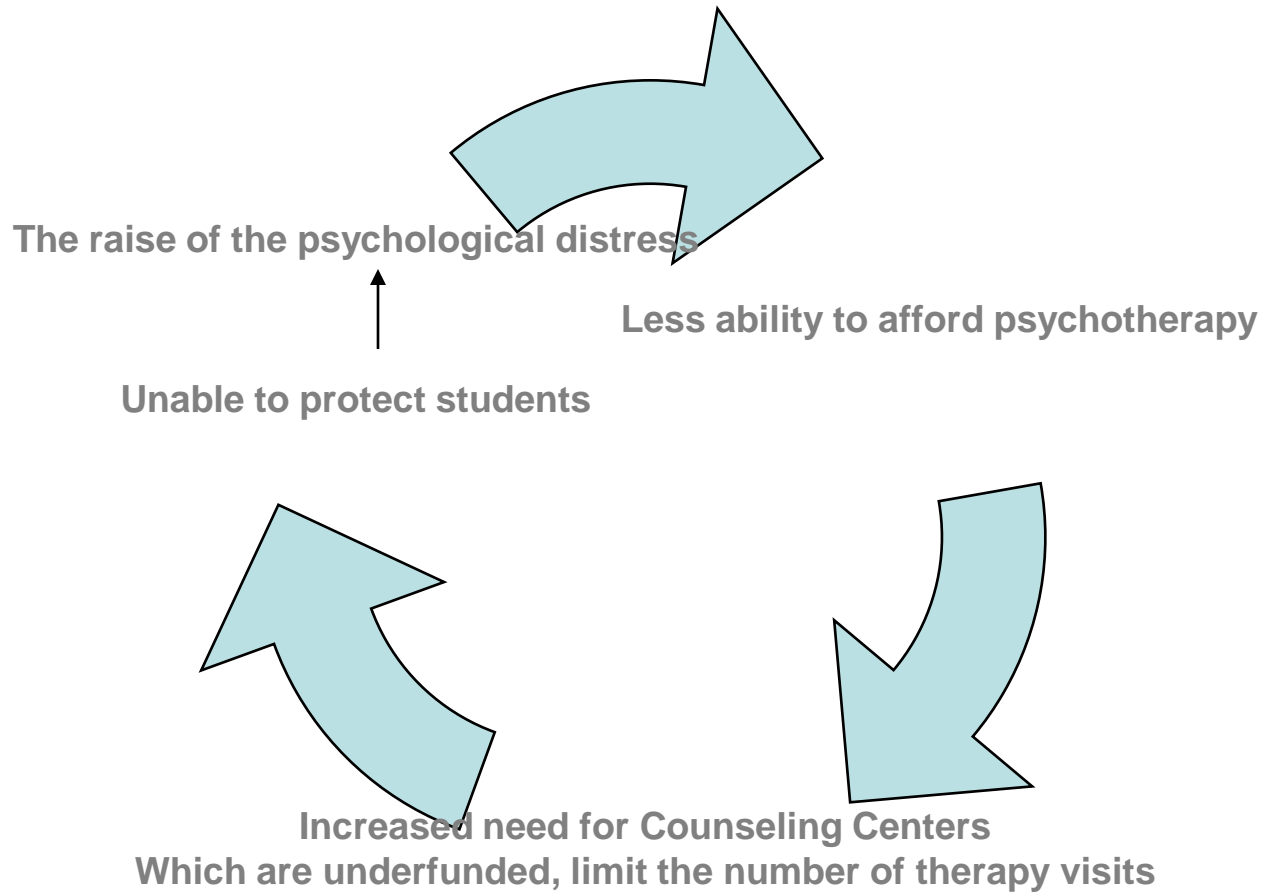


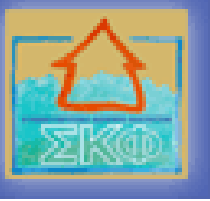
•





In the recession





Some suggestions for the counseling centers?

- More awareness programs
- More group interventions
- Peer counseling