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Therapeutic techniques for procrastinators

Procrastination is a universal affliction with serious financial, academic, professional and psychological consequences. The proportion of university students that are exhibiting dilatory behaviors is extremely high and it is associated with poor academic functioning as well as with mental health problems and poor physical health. A fast growing body of research has shown that there exist a number of therapeutic techniques that can be very useful in dealing with dilatory behaviors. The aim of this workshop is to offer delegates the opportunity to consider current therapeutic techniques that are applied to deal with problematic academic procrastination. Delegates will also have the opportunity to relate these strategies to their own and each others' practice and try out new techniques during the workshop. The workshop will involve a range of teaching methods including didactic teaching, small group interactive exercises and case discussion. The presenters will share their attempts to integrate theoretical orientations into the development of a group intervention program for Greek university students displaying high levels of procrastination. As the development is an ongoing process feedback from clinicians or researchers attending the conference would be greatly valued.

It is intended that participants will:

- Identify and diagnose problematic academic procrastination
- Develop an increased awareness of a range of strategies that are used to deal with dilatory behavior
- Share experiences, thoughts, suggestions and ideas on working with students exhibiting high levels of procrastination and discuss which approaches have proven more helpful in their clinical practice