

Laboratory  
Nursing Counseling Support  
and Psychoeducation of  
Patients with Mental Illness  
and Caregivers

Director

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ΕΛΛΗΝΙΚΗ ΔΗΜΟΚΡΑΤΙΑ  
Εθνικόν και Καποδιστριακόν  
Πανεπιστήμιον Αθηνών

ΙΔΡΥΘΕΝ ΤΟ 1837

# Nursing Support Counselling and Psychoeducation Workshop for Patients with Mental Illness and Caregivers

- Department of Mental Health and Behavioural Sciences
- Address: New Nursing Building, 123 Papdiamantopoulou, Goudi, Athens 115 27
- Director: Professor Evmorfia Koukia
- Government Gazette: **Vol. B'**  
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# Members of the workshop - Collaborating therapeutic team

- **Polyxeni Mangoulia** Assistant Professor of Psychiatric Nursing and Psychopharmacology Department of Nursing, University of Athens, Greece
- Doctoral students
- PhD Health Care Professionals of the Department of Nursing of the University of Athens
- Administrative personnel

- **Supervision:**

Therapeutic team of the Day Hospital for Children, Adolescents and Young Adults of the Hellenic Cancer Society

(Child Psychiatrist, Psychologists, Child Psychologist, Palliative/Mental Health Nurse, Social Worker, Art therapists)



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# Purpose of the Workshop

**The aim of the workshop is:**

**counselling, research and development of new tools that will provide change/improvement in counselling skills and techniques for students, health professionals, patients and their carers.**

**The assessment and evaluation of students' mental health needs and the cooperation with the student clinic of the University of Athens**

**Programmes of the workshop: Mental Health of Students, Stress Management Techniques, Smoking Cessation Techniques, Addiction to Role Playing Games and the Internet, Oncological Issues, Sport and Mental Health, Counselling and Psychoeducation for Caregivers.**



# Objectives

Education at undergraduate and postgraduate level of the teaching and research needs of the Department of Nursing, as well as of other Departments of the National and Kapodistrian University of Athens on issues that fall within the scope of Psychiatric Nursing and Mental Health.

Counseling nursing support for Students and Patients with Mental Illness. A patient is defined as any individual who presents with a mental health problem either as a primary illness or as a consequence of an organic illness in the context of Interdisciplinary Psychiatry.

Counselling nursing support for caregivers of patients with mental illness. Caregivers are defined as family, relatives and health professionals involved in patient care.

Launch and operation of psychoeducation groups for patients and caregivers to provide information and education on how to better deal with the problems caused by mental illness.



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# Objectives

Development, organization and implementation of teaching and research programs within the scope of the Laboratory of Counseling Nursing and Psychoeducation of patients with mental illness and caregivers.

Collaboration in any form with other Universities, Organizations and Research Centres, as well as with Academic Institutions in Greece and abroad, provided that their scientific objectives coincide, are compatible and complementary with those of the Laboratory.

Organization of scientific lectures, workshops, seminars, symposia and other scientific events, as well as publications, publications and invitations to Greek and foreign renowned scientists.

Provision of services to individuals in accordance with the provisions of Decree 159/1984 "Conditions for the provision of services by University Laboratories to individuals and all legal entities" (A' 53).



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# Teaching at undergraduate and postgraduate level

## ➤ Department of Nursing of the University of Athens

### • Undergraduate Programme of Studies (PPA)

1. Psychiatric Nursing - 7th semester
2. Liaison Mental Health Nursing - 7th semester
3. Gerontological Nursing - 5th semester
4. Communication Skills - 4th semester

### • Postgraduate Studies Programme (MSc)

1. Addictions, substance use and psychopathology - 3rd semester - Mental Health Programme
2. Special Topics in Psychiatric Nursing - 2nd semester - Mental Health Programme
3. Psychopathology and Nursing Care of Children and Adolescents - 3rd semester - Mental Health Programme

# Teaching at undergraduate and postgraduate level

➤ **Participation in the teaching of MSc courses of other departments of the National Academy of Sciences and other Universities**

- **School of Medicine of the University of Athens**

- MSc: "Liaison Psychiatry – Liaison Psychiatric Care".

- **Department of Medicine and General Department, University of Thessaly**

- MSc: "Primary Health Care"

- **Department of Nursing, University of West Attica**

- MSc: "Management of Chronic Diseases"



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# Teaching at the National Centre for Public Administration and Local Government

- Unit-funded Continuing Education Programmes for Public Servants
  - Introductory Training
  - Human Resources Management in Health Services
  - Special Administrative Competency Programme
  - Improving Social Skills: Modern Environments and Coping with Work Stress
  - Improving Social Skills: developing psychological resilience in the workplace

# Student's Counselling

- Clinical evaluation of students
- Counseling support
- Liaison with the Psychological Unit for Students' support of NKUA

# Research projects – PhD and Post PhD research

- **“Changes in Psychological and Social factors at individuals with harmful use of drugs at the after Covid period”** PhD candidate Gesthimani Seitaridi Registered Nurse (RN), MSc
- **“The impact of professional quality of life of psychiatric department healthcare personnel on mental resilience and coping mechanisms”** PhD Candidate Georgia Manta, Registered Nurse (RN), MSc
- **“The impact of spirituality and social support on suicidality and quality of life in patients with heart failure”** PhD Candidate Evanthia Geragoti, Registered Nurse (RN), MSc
- **“The impact of conflicts, depression, anxiety, stress, and emotional intelligence on nurses' productivity”** PhD Candidate Michail Fournarakos, Registered Nurse (RN), MSc

# Collaboration with Academic Institutes

- Collaboration with the University Neapolis Pafou, Cyprus in a Master's degree program
- MSc in Aging and Rehabilitation

# Actions

## Training of nurses of general and psychiatric hospitals of Attica region in smoking cessation techniques: Evaluation of results before and after the intervention

- ✓ Co-funded by the Stavros Niarchos Foundation
- ✓ KEDIBIM - EKPA
- ✓ Duration 3 months (60 hours) of synchronous and asynchronous training (20 September - 20 December 2024)
- ✓ 14 teaching units (textbook: SMOKING: A NURSING APPROACH, 2018 and use of presentations, notes, case studies and audiovisual material)
- ✓ N = 25 nurses
- ✓ 2 General and 2 Psychiatric hospitals in Attica
- ✓ New cycle starting soon



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# Actions

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**Organization of the 9<sup>th</sup> ENSP European Conference on Tobacco Control,**

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**October 22-24, 2024 (co-organised with ENSP and Hellenic Cancer Society)**

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**Honorables guest WHO**

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Experimental Workshop: "Work related Stress, Smoking,

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and Healthcare Professionals: When the team heals... the healer".

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Educational program for nursing professionals of general and

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psychiatric hospitals in smoking cessation techniques.

Training in modern techniques for managing anxiety and behavioural problems in children

- ✓ **Continuing Teacher Training and Parenting Schools**
- ✓ School units of the IPE Piraeus (1<sup>o</sup>, 2<sup>o</sup>, 3<sup>o</sup>, 4<sup>o</sup>, 5<sup>o</sup>, 6<sup>o</sup>, 7<sup>o</sup>, 8<sup>o</sup>, 11<sup>o</sup>, 14<sup>o</sup> and 23<sup>o</sup> Nikaia Primary School)
- ✓ Duration 3 hours
- ✓ February and March 2024
- ✓ New cycle starting soon



## Experiential Workshops: Managing Mental Resilience/ Change management


- ✓ Henry Dunant General Hospital
- ✓ Duration 16 hours (November and December 2024)
- ✓ N = 40 nurses





European  
Actions  
Blended  
Intensive  
Programme –  
BIP - CIVIS

- **BIP 1: Mental Health, Sport & Physical Activity (School of Physical Education and Sport Science, NKUA, Athens, September-December 2023)**
- - National and Kapodistrian University of Athens (Greece)
- **Personal Invitation from *Konstantinos Karteroliotis*, Professor of Research Methods in Physical Activity, School of Physical Education and Sport Science, NKUA, Greece**
- Eberhard Karls University of Tübingen (Germany)
- Universidad Autónoma de Madrid (Spain)
- Université Libre de Bruxelles (Belgium)



**BIP 2: Mental Health,  
Sport and Physical  
Activity (Faculty of  
Biology and Medicine,  
Department of  
Psychiatry, Addiction  
Medicine, Lausanne,  
March- June 2025)**

- Université de Lausanne (Switzerland)

- Personal Invitation from

**Yasser Khazaal**, Professor of Addiction Psychiatry, including an expertise in digital health & addictive behaviors, **UNIL, Switzerland**

- Eberhard Karls University of Tübingen (Germany)

- National and Kapodistrian University of Athens (Greece)

- Sapienza Università di Roma (Italy)

- Universidad Autónoma de Madrid (Spain)

- Université Libre de Bruxelles (Belgium)

# Future Actions

Blended Intensive Programme

Κατάθεση αίτησης για το BIP 3: Sports & Mental Health in Special Populations (Faculty of Nursing, NKUA, Athens, April- July 2026)

National and Kapodistrian University of Athens (Greece)

Eberhard Karls University of Tübingen (Germany)

Universidad Autónoma de Madrid (Spain)

Université de Lausanne (Switzerland)



# Actions

The EPICC Network (Enhancing Nurses' and Midwives' Competence in Providing Spiritual Care through Innovation Education and Compassionate Care)

The EPICC standard describes the spiritual care competencies expected from undergraduate nursing and midwifery students.

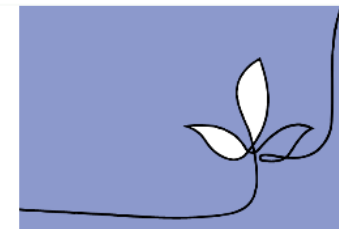
"Nursing the Spirit": a research project in Greece and Cyprus on the exploration of spiritual care provided by nurses.

Participation in the evaluation of the pilot implementation of the interactive online course "**Spirituality and Spiritual Care**". The course was developed by Professors Linda Ross and Wilfred McSherry in collaboration with the Royal College of Nursing and the Australian Nursing & Nursing Association. Midwifery Federation and is designed for nurses, midwives and health professionals.

**Spiritual Care Meeting** (Limassol, Cyprus 20-24 January 2025)



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ΚΕΝΤΡΟ  
ΗΜΕΡΑΣ

Παιδιών - Εφήβων - Νέων Ενηλίκων  
με Νεοπλασματικές ασθένειες

# DAY CENTRE FOR CHILDREN, ADOLESCENTS AND YOUNG ADULTS WITH NEOPLASTIC DISEASES

|HELLENIC CANCER SOCIETY|

Scientifically responsible: **Evmorfia Koukia**

Professor, Department of Nursing, School of Nursing, School of Medicine, University of Athens, Greece



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Ελλάδα 2.0  
ΕΘΝΙΚΟ ΣΧΕΔΙΟ ΑΝΑΚΑΜΨΗΣ  
ΚΑΙ ΑΝΘΕΚΤΙΚΟΤΗΤΑΣ



Με τη χρηματοδότηση  
της Ευρωπαϊκής Ένωσης  
NextGenerationEU

# Actions

In cooperation with the **Day Center** of Children Adolescence and Young Adults with neoplastic diseases:

- **Art Psychotherapy Group for Children and Adolescents of the Elpida Oncology Unit**
- **Music therapy group for children and adolescents of the Elpida Oncology Unit**
- **Women's Art Psychotherapy Group**
- **Support groups for health professionals**



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