

EDUCATIONAL PROGRAMME IN “PSYCHOSOMATIC WELLNESS COUNSELLING” WITH THE APPLICATION OF THE AXIOLOGICAL MODEL (DETAILED DESCRIPTION OF THE PROGRAMME)

ACADEMIC COMMITTEE

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THEORETICAL BACKGROUND OF THE PROGRAMME

The Cognitive-Behavioural theory is based on the principle that it is mainly the way, in which an individual perceives various situations, that influences his or her psychological responses rather than the situations themselves. The Axiological Model for the Promotion of Mental Health (AMPMH), which is an eclectic model for the application of Cognitive-Behavioural theory aiming at the promotion of psychosomatic health, is based on the above principle, initially formulated by the philosopher Epictetus. Achieving this aim involves both the acquisition of psychosocial skills, which are positively related with the strengthening of mental health, as well as the handling and management of various dysfunctional evaluations, which are aetiopathogenetically related to psychopathological conditions. The application of the Model for the Promotion of Mental Health:

- a) emphasizes the importance of Will and Learning in the shaping of functional or dysfunctional ways through which an individual perceives reality
- b) analyses the way through which, based on contemporary neuroscientific knowledge, an individual conceptualizes the personal meaning of his or her surrounding objects and life situations and evaluates them as pleasant or unpleasant, beneficial or harmful, desirable or undesirable, while developing corresponding biopsychosocial tropisms (Vassiliadou M., 2008).

The Promotion of Psychosomatic Health requires a balanced development of psychosocial skills positively related to mental health. Based on the AMPMH (Vassiliadou M., 2005) as well as the 2001 WHO definition (according to which mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the common problems and stresses of everyday life, can work productively and efficiently and is able to make a contribution to his or her community), the basic groups of psychosocial skills that relate positively with mental health are mainly:

1. Identity Skills
2. Adaptation and Communication Skills
3. Creativity Skills

According to the AMPMH, as an eclectic type of Cognitive Behavioural Counselling, the above mentioned skills:

- a) Correspond (directly related) to the skills suggested internationally by specialists on the Promotion of Mental Health (Tudor K., 1999).
- b) Correspond (inversely related) to the three types of dysfunctional cognitions, concerning the 'Self', the 'World' and the 'Future', comprising the Negative Cognitive Triad of the Cognitive – Behavioural theory which, as proposed by A. Beck (1976), are carried by the sufferers of depression.

PROGRAMME STRUCTURE

The means to achieve the above mentioned educational goals are organized in six semesters as follows:

The **1st Semester**, consisting of 90 educational hours, provides the participants with the basic knowledge of Clinical Psychiatry (PART A) and informs them on the historical course of both the theoretical aspects and the practical applications of Cognitive Behavioural Therapy, as well as the contribution of the Axiological Model to their further development (PART B).

The aim of PART A, through interactive lectures, is towards formulating the participants' understanding of the typical manifestations of psychopathological conditions which require treatment by a psychiatrist or another specialized mental health professional as well as providing them with the ability to refer the patients to the appropriate practitioners.

The aim of PART B is, through interactive lectures, towards formulating the participants' understanding of the historical background and the theoretical evolution and structure of Cognitive Behavioural Therapy (CBT). Further educational objectives will be the theoretical teaching of the clinical techniques of CBT, its practical applications mainly on clinical fields, the clinical research data that support its effectiveness, as well as its new theoretical and therapeutic progress. Subsequently there will be a presentation of the Axiological Model's contribution to furthering the progress of CBT, as well as of the interdisciplinary approach of the Axiological Model in relation to the Biomedical Sciences and the Humanities.

The **2nd Semester** provides theoretical insight and practical guidelines on the basic principles of Counselling, so that students are adequately prepared on the fields of the application of Counselling based on the AMPMH, which will be covered in the following semesters. The theoretical part of this 2nd semester includes 102 hours of interactive lectures on the principles of Counselling, moreover the

students will be practically applying those principles for 102 hours of (Group) Sessions for Personal Development. The Sessions for Personal Development aim at the development of special axiological skills such as Identity, Sociability, Adaptation and Creativity skills, which are essential for the strengthening of the participants' mental health and their empathy towards their future counselees. The **3rd Semester** refers to the theoretical approach of the development of the AMPMH and the basic principles of its application on Counselling for Psychosomatic Wellness. A theoretical part consisting of 84 hours of interactive lectures covers all aspects of contemporary approaches on Psychiatric Prevention and Mental / Psychosomatic Health Promotion, with a detailed presentation of the AMPMH's scientific foundations. The part concerning the AMPMH in Counselling includes Group Sessions for Personal Development of a 102 hour duration as well as Individual Sessions for Personal Development of a 100 hour duration, out of which 50 hours will be completed during the 3rd, 4th and 5th semesters and 50 hours during the 6th semester or/and upon completion of the programme. The Individual Sessions for Personal Development aim at the management of dysfunctional conceptualization (pre-conceptions, conceptions and meta-conceptions) of every student and the strengthening of the specific functional characteristics of their personality, which will be used for treating their personal dysfunctions as well as their future counselees' problems and difficulties.

The **4th Semester** provides theoretical insight and practical guidelines on a detailed analysis of the principles of application of the AMPMH in Counselling for Psychosomatic Wellness. The theoretical part of this semester includes interactive lectures of an 84 hour duration, while the part on skills acquisition includes Supervised / Practical Exercise Sessions of an 120 hour duration on the application of the AMPMH in counselling. The Supervised / Practical Exercise Sessions aim at the comprehension and detailed learning of the application methods of Axiological Counselling and its techniques on Counselling for Psychosomatic Wellness, as well as the understanding of future counselees' specific needs and the acquisition of experience in developing appropriate relationships during the Counselling process. Further objectives are the acquisition of certain practical knowledge regarding crisis management and problem solving as well as the handling of maladaptive resistance, anger and other negative feelings and behaviours on the part of counselees. During the practical exercise on Axiological Counselling for Psychosomatic Wellness, special emphasis will be placed on the ability of the future Counsellor to develop his/her counselees' Axiological Skills so that the Promotion, Strengthening and Protection of their Psychosomatic Wellness is achieved.

The **5th Semester** provides theoretical insight and practical guidelines on the application of Counselling based on the AMPMH to individuals with Somatic Illness. The theoretical part of this semester includes Interactive Lectures of a 108 hour duration, while the part on skills acquisition includes Supervised Practical Exercise Sessions on Counselling for Psychosomatic Wellness of an 84 hours duration. The Supervised Practical Exercise Sessions on Counselling for Psychosomatic Wellness aim at achieving self-evaluation in cooperation with the supervisor, promoting the trainees' responsibility, developing their understanding of the weaknesses and imperfections of their Counselling approach and especially mastering the techniques for the detection and management of their personal difficulties as well as overcoming the obstacles that may occur during the Counselling process.

Finally, **the 6th Semester** provides theoretical insight (through interactive lectures of a 54 hour duration) on the application of Counselling based on the AMPMH that aims at the Promotion of Psychosomatic Health of individuals with Mental Disorders and/or everyday Life Problems. It also includes the supervised writeup of an Essay and the Assessment by a three-membered professor committee. The educational process pertaining to the supervised writeup of the Essay has an estimated duration of 20-30 hours, which is included in the theoretical part of the programme.

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5. Vassiliadou M., Bergiannaki I., Tomaras V. (2014) **Axiological Anthropology: A Model Integrative Approach to Mental Health Promotion**, in C. Soldatos et al "Pluralism in Psychiatry", *World Psychiatric Association (WPA): Medimond International Proceedings*, 249-251
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CURICULLUM

1ST SEMESTER: THE BASICS OF CLINICAL PSYCHIATRY AND THE EVOLUTION FROM COGNITIVE BEHAVIOURAL THERAPY TO THE THEORETICAL APPROACH OF THE AXIOLOGICAL MODEL

Interactive Lectures of a 90 hour duration

1. THE BASICS OF CLINICAL PSYCHIATRY

1.1 Introduction to Psychiatry

(Two 3hr lectures)

1st Lecture: The Evolution of Psychiatry over time

2nd Lecture: Overview of General Psychopathology

1.2 Organic Mental Disorders

(Two 3hr lectures)

1st Lecture: Alzheimer's disease and other Dementias

2nd Lecture: Delirium and other Mental Disorders due to brain dysfunction

1.3 Anxiety Disorders

(Two 3hr lectures)

1st Lecture: Generalized Anxiety Disorder, Panic Disorder and Phobias

2nd Lecture: Obsessive Compulsive Disorder

1.4 Mood Disorders

(Three 2hr lectures)

1st Lecture: Depressive Episodes and Recurrent Depressive Disorder

2nd Lecture: Bipolar Disorder

3rd Lecture: Persistent Mood Disorders

1.5 Schizophrenia and other Psychoses

(Two 3hr lectures)

1st Lecture: Schizophrenia

2nd Lecture: Other Disorders of the Psychotic Spectrum

1.6 Personality Disorders

(Two 3hr lectures)

1st Lecture: Borderline Personality Disorder

2nd Lecture: Other Personality Disorders

1.7 Disorders due to the Use of Psychoactive Substances and other Addictive Behaviours

(Three 2hr lectures)

1st Lecture: Alcohol Use Disorders

2nd Lecture: Disorders due to the use of Psychoactive Substances and the Abuse of Psychotropic Drugs

3rd Lecture: Other Addictive Behaviour Disorders

1.8 Biological Therapies, with a focus on Psychopharmacological Treatment

(Three 2hr lectures)

- 1st Lecture: Antipsychotic, Anxiolytic and Hypnotic drugs
- 2nd Lecture: Antidepressant and Mood Stabilizing drugs
- 3rd Lecture: Herbal preparations with Psychotropic properties

1.9 Psychotherapies: Humanistic, Existential, Systemic and Psychoanalytic Therapies

(Three 2hr lectures)

- 1st Lecture: Humanistic and Existential Psychotherapies
- 2nd Lecture: Systemic Psychotherapies
- 3rd Lecture: Psychoanalytic Psychotherapies

2. THE EVOLUTION FROM COGNITIVE BEHAVIOURAL PSYCHOTHERAPY TO THE THEORETICAL APPROACH OF THE AXIOLOGICAL MODEL

2.1 The theoretical and clinical evolution of Cognitive Behavioural Psychotherapy (CBT)

(Three 2hr lectures)

- 1st Lecture: Classical Behaviorism and the turn to Cognivism
- 2nd Lecture: The interface between Cognitive Psychology and Neurobiology
- 3rd Lecture: Towards a clinically oriented CBT according to Aaron Beck

2.2 Contemporary theory and clinical techniques of CBT

(Three 2hr lectures)

- 1st Lecture: Basic theoretical concepts of classical CBT
- 2nd Lecture: Behavioural techniques
- 3rd Lecture: The Therapeutic relationship, Cognitive techniques and the Case formulation

2.3 Evidence of effectiveness, indications and applications of CBT

(Three 2hr lectures)

- 1st Lecture: CBT: An evidence based psychotherapy
- 2nd Lecture: Indications and specific clinical applications of CBT
- 3rd Lecture: Clinical cases of CBT application

2.4 Current developments in CBT

(Three 2hr lectures)

- 1st Lecture: The 'third wave' of CBT therapies
- 2nd Lecture: The Main Models of the 'third wave'
- 3rd Lecture: Applications of the CBT model beyond clinical practice

2.5 The Contribution of the Axiological Model to the Evolution of CBT

(Two 3hr lectures)

- 1st Lecture: Principles of CBT involved in the Development of the Axiological Model
- 2nd Lecture: Correspondence of basic Concepts of CBT to those of the Axiological Model

2.6 The Interdisciplinarity of the Axiological Model

(Two 3hr lectures)

- 1st Lecture: Biomedical Perspectives of the Axiological Model

2nd Lecture: The contribution of the Humanities to the Evolution of the Axiological Model

ASSESSMENT

Student assessment will be based on:

- a) class attendance
- b) interactive and constructive participation combined with self-assessment
- c) written exams using multiple choice questions

2ND SEMESTER: BASIC COUNSELLING KNOWLEDGE

Interactive Lectures on the development of Counselling Principles (102 hours)

3. INTRODUCTION TO COUNSELLING - HISTORICAL REFERENCE

3.1 The Past, Present and Future of Counselling

(Two 3hr lectures)

1st Lecture: The historical background of Counselling and its perspectives in modern societies

2nd Lecture: Liaisons of Counselling with relevant scientific fields

Counselling and Clinical Psychology

Counselling and Psychotherapy: similarities and differences

Counselling in the Medical Field and in Education

3.1 Schools of Counselling according to Theoretical approaches (a)

(Two 3hr lectures)

1st Lecture: Humanistic - Existential Approach

2nd Lecture: Psychoanalytic-Psychodynamic Approach

3.3 Schools of Counselling according to Theoretical approaches (b)

(Two 3hr lectures)

1st Lecture: Behavioural and Cognitive Approach

2nd Lecture: Systemic-family Approach

4. THE TYPES OF COUNSELLING

4.1 Types of Counselling Support (a)

(Two 3hr lectures)

1st Lecture: Individual Counselling / Group Counselling

2nd Lecture: Couple Counselling / Family Counselling

4.2 Types of Counselling Support (b)

(Three 2hr lectures)

1st Lecture: Preventive Counselling

2nd Lecture: Crisis Counselling

3rd Lecture: Third Age Counselling

4.3 Types of Counselling Support (c)

(Three 2hr lectures)

1st Lecture: Professional Counselling

2nd Lecture: Rehabilitation Counselling

3rd Lecture: Multicultural Counselling

5. BASIC SKILLS TRAINING

5.1. Media and Counselling Environment

(Two 3hr lectures)

1st Lecture: Counselling media / Counselling Environment / Distance Counselling (skype)

2nd Lecture: Training in a specific Model– Counselling Approach

5.2 Counsellor training Basic skills (a)

(Two 3hr lectures)

1st Lecture: Active listening skills: body language, facial expressions, visual contact, vocal expression

2nd Lecture: Open and closed questions

5.3 Counsellor training Basic Skills (b)

(Two 3hr lectures)

1st Lecture: Counselling skills: reflective skills – paraphrasing/summarizing – feedback – self disclosure

2nd Lecture: Empathy – Unconditional Positive Regard – Authenticity

5.4 Counsellor training Basic skills (c)

(Three 2hr lectures)

The principles of counselling and interviewing

1st Lecture: The principle of individuality – Confidentiality

2nd Lecture: Acceptance – Non-judgemental attitude – Self determination

3rd Lecture: The importance of verbal and non-verbal communication

5.5 Axiological Model Counselling Skills (a)

(Two 3hr lectures)

1st Lecture: I) Introduction: Factors positively related to mental health: Biological, Psychological, Social

2nd Lecture: II) Skills for managing maladaptive life schemes (part I)

a) Self (self-esteem, self-support, self-awareness, definition of self identity)

5.6. Axiological Model Counselling Skills (b)

(Two 3hr lectures)

II) Skills for managing maladaptive life schemes (part 2)

1st Lecture: b) World (adaptability, sociability, communication skills)

2nd Lecture: c) Future (creativity, autonomy, decision making skills, problem solving)

5.7 Qualitative Data of the Counselling Techniques

(Three 2hr lectures)

1st Lecture: Comprehensiveness, Accuracy and Clarity

2nd Lecture: Simplicity and Clarity

3rd Lecture: Validity and Effectiveness

6. COUNSELLING PROCESS

6.1 The Counsellor as an individual and as a professional

(Two 3hr lectures)

1st Lecture: Development of the Counsellor as an Individual: Individual Development / Personal Therapy

2nd Lecture: Development of the Counsellor as a Professional: Educational and Therapeutic Skills

6.2 From the Beginning to the Termination of the Counselling Process

(Three 2hr lectures)

1st Lecture: Initial Meeting with the Counselees

2nd Lecture: Defining and agreeing on the therapeutic goals

3rd Lecture: Ending the Counselling Process

6.3 Adaptability of the Counselling Technique to Specific Needs

(Three 2hr lectures)

1st Lecture: Adaptability to the Needs of a Specific Era

2nd Lecture: Adaptability to the Needs of a Specific Sociocultural Environment

3rd Lecture: Adaptability to the Needs of Special Groups

6.4 Principles of the morals and ethics of Counselling

(Two 3hr lectures)

1st Lecture: Ethics principles

2nd Lecture: Professional responsibilities, restrictions in relationships

ASSESSMENT

Student assessment will be based on:

- a) class attendance
- b) written exams including development and multiple choice questions
- c) personal log and feedback by the tutor

Group sessions for personal development of 102 hours duration will be held alongside the lectures

3rd SEMESTER: METHODOLOGICAL APPROACHES FOR THE PROMOTION OF PSYCHOSOMATIC HEALTH ACCORDING TO THE AXIOLOGICAL MODEL

Interactive Lectures of 84 hours duration

7. BIOPSYCHOSOCIAL CONCEPTUAL PERCEPTIONS ON PREVENTIVE PSYCHIATRY

7.1 Key Research Approaches in Preventive Psychiatry

(Three 2hr lectures)

1st Lecture: Understanding Psychopathology and the use of Psychometric 'tools'

2nd Lecture: Genetic and other Neurobiological Methods applied in Psychiatric Research

3rd Lecture: The importance of Psychiatric Epidemiological data

7.2 The evolution of Conceptual Perceptions of Preventive Psychiatry

(Two 3hr lectures)

1st Lecture: Historical Background of Preventive Psychiatry

2nd Lecture: The prevalence of Biopsychosocial Conceptual Perceptions in the Evolution of Contemporary Preventive Psychiatry

7.3 The application of the Biopsychosocial Methods in Preventive Psychiatry

(Three 2hr lectures)

1st Lecture: Primary Psychiatric Prevention: Aims and Methods

2nd Lecture: Secondary Psychiatric Prevention: Aims and Methods

3rd Lecture: Tertiary Psychiatric Prevention: Aims and Methods

8. CONCEPTUAL PERCEPTIONS ON MENTAL HEALTH PREVENTION AND PSYCHOSOMATIC HEALTH PROMOTION

8.1 Mental Health Promotion Principles

(Three 2hr lectures)

1st Lecture: The Evolution of Conceptual Understanding for the Promotion of Mental Health

2nd Lecture: The Distinction between Psychiatric Prevention and Mental Health Promotion

3rd Lecture: The Distinction between the methods of Mental Health Promotion and Positive Psychology

8.2 Psychosomatic Health Promotion Principles

(Two 3hr lectures)

1st Lecture: The Field of Psychosomatic Health Promotion

2nd Lecture: The Effectiveness of the Psychosomatic Health Promotion Methods

9. SIGNIFICATION AND PRINCIPLES OF THE AXIOLOGICAL MODEL IN PSYCHOSOMATIC HEALTH PROMOTION

9.1 The Axiological Process of Conceptualization

(Two 3hr lectures)

1st Lecture: Definitions

2nd Lecture: Conceptualization and Superior Brain Functions

9.2 The Process of Conceptualization under Ideal Conditions

(Two 3hr lectures)

1st Lecture: Stimulus – Conception – Response

2nd Lecture: Pre-conceptions and Meta-Conceptions

9.3 The Process of Conceptualization under Real Life Conditions

(Two 3hr lectures)

1st Lecture: Shaping Factors

2nd Lecture: Distortion of Information

9.4 Relation between Conceptualizations and Emotional Responses

(Two 3hr lectures)

1st Lecture: The Impact Mechanisms of the Conceptualizations on Emotions

2nd Lecture: Types of Conceptualizations and Corresponding Emotional Reactions

9.5 Conceptualizations and Biopsychosocial Tropisms

(Three 2hr lectures)

1st Lecture: Conceptualizations and Biological Tropisms

2nd Lecture: Conceptualizations and Psychosocial Tropisms

3rd Lecture: Conceptualizations and Perfected Biopsychosocial Tropisms

9.6 Dysfunctional Tropisms and Psychosomatic Health

(Three 2hr lectures)

1st Lecture: The Impact Mechanisms of Dysfunctional Biological Tropisms on Health

2nd Lecture: The Impact Mechanisms of Dysfunctional Psychosocial Tropisms on Health

3rd Lecture: The Impact Mechanisms of Perfected Dysfunctional Biopsychosocial Tropisms on Health

9.7 The Acquired Psychodeficiency Syndrome (APDS) as a Threat to Psychosomatic Health

(Two 3hr lectures)

1st Lecture: Mental Manifestations

2nd Lecture: Physical Manifestations

9.8 Etiopathogenesis of the APDS

(Two 3hr lectures)

1st Lecture: Etiopathogenetic Factors

2nd Lecture: Etiopathogenetic Mechanisms

9.9 Applying the Axiological Model in APDS Prevention

(Two 3hr lectures)

1st Lecture: The Principles of the Axiological Model towards the Prevention of APDS

2nd Lecture: Axiological Skills for Handling Dysfunctional Conceptualizations in APDS Prevention

ASSESSMENT

Student assessment will be based on:

- a) class attendance
- b) written exams including development questions
- c) interactive and constructive participation combined with self-assessment.

Group sessions for personal development of 102hours duration will be held alongside the lectures

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Individual sessions for Personal Development of 50 hours duration will begin in the 3rd semester and can be extended to the 4th and/or 5th semester. (Another 50 individual sessions for personal development will be required, starting from the 6th semester and/or upon completion of the programme)

4TH SEMESTER: THE APPLICATION OF THE AXIOLOGICAL MODEL FOR THE PROMOTION OF PSYCHOSOMATIC HEALTH IN COUNSELLING

Interactive Lectures of 84 hours duration

10. MAIN ISSUES ON THE APPLICATION OF THE AXIOLOGICAL MODEL

10.1 Aims and Therapeutic Principles of the Axiological Model

(Two 3hr lectures)

1st Lecture: From Mental Health Promotion to Psychosomatic Health Promotion

2nd Lecture: Neuroethical Concerns on the Process of Strengthening the Psychosomatic Health

10.2 Counsellor - counsee relationship in the Axiological Model

(Two 3hr lectures)

1st Lecture: Contemporary Relationship Models in the Counselling Process

2nd Lecture: Relationship Model in the Counselling Process according to the Axiological Model

10.3 Counsellor's Personal Abilities and Skills in the Axiological Model

(Two 3hr lectures)

1st Lecture: Dynamic Self-esteem, Self-discipline, Acknowledgement of Limits

2nd Lecture: Detection and Management of the Counsellor's Personal Dysfunctional Conceptualizations

10.4 Counsellor's Interpersonal Skills in the Axiological Model

(Two 3hr lectures)

1st Lecture: Investigating and Identifying the 'Other's' Personal Needs

2nd Lecture: Managing the 'Other's' Dysfunctional Conceptualizations and Enhancing the Functional Conceptualizations

10.5 Counsellor's Communicative Skills in the Axiological Model

(Two 3hr lectures)

1st Lecture: Accepting the Difference, showing Empathy towards the Intercultural and Broader Social Context

2nd Lecture: Skills for the Unprejudiced Reception, Conceptualization and Transmission of Messages/Information

10.6 Counsellor's Moral Skills in the Axiological Model

(Two 3hr lectures)

1st Lecture: Respect and Protection of Sensitive Personal Data, Rules of Confidentiality

2nd Lecture: Non-intervention Rules and Respect for the Counselees' Value System

11. METHODOLOGY OF THE APPLICATION OF THE AXIOLOGICAL MODEL IN THE COUNSELLING PROCESS

11.1 Beginning of the Counselling Process according the Axiological Model

(Two 3hr lectures)

1st Lecture: Investigating and Identifying commonly accepted Conceptualizations between Counsellor and Counseelee

2nd Lecture: Investigating and Identifying the Counselee's particularities in the Conceptualizations of Classical Concepts

11.2 Creating the Prerequisites for the Development of Beneficial Conceptualizations of Life Events

(Two 3hr lectures)

1st Lecture: Prevention of Dysfunctional Conceptualizations concerning common Life Problems

2nd Lecture: Strengthening of Functional Conceptualizations concerning Positive Life Conditions

11.3 Realistic Definition and Management of Common Problems

(Three 2hr lectures)

1st Lecture: Development of Skills for realistically defining problems, their individual dimensions and consequences

2nd Lecture: Development of Difficulties and Crises Management Skills

3rd Lecture: Development of Skills for Making Realistic Decisions and Problem Solving

11.4 Basic Axiological Techniques in Counselling

(Two 3hr lectures)

1st Lecture: Promotion of Functional Evaluation of Self-World-Future

2nd Lecture: Development of Identity, Adaptation, Sociability and Creativity Skills

11.5 Interdisciplinary Sources of Axiological Counselling

(Three 2hr lectures)

1st Lecture: Neuroscience Findings – Contemporary Approaches of Medical Counselling

2nd Lecture: Contemporary Principles of Experiential Education and Learning and Interactive Education Techniques

3rd Lecture: Principles of the Classic Spiritual Civilization concerning the Beneficial Conceptualization of Life Difficulties

11.6 Deontological Principles of the Axiological Model

(Three 2hr lectures)

1st Lecture: Evaluating Actions, not Judging Individuals

2nd Lecture: Evaluation and Strengthening of Positive / Functional Characteristics, while avoiding exclusive focus on the Management of Negative / Dysfunctional Characteristics.

3rd Lecture: Consistency between the Content of Counselling and the Counsellor's Attitudes in Life

12.1 PRINCIPLES OF RESEARCH METHODOLOGY AND THEIR APPLICATION TO THE AMPMH

12.1 Methodological Approaches in Research regarding the AMPMH

(Two 3hr lectures)

1st Lecture: Systematic Bibliographical Reviews

2nd Lecture: Research Studies

12.2 The evaluation of the AMPMH Effectiveness

(Two 3hr lectures)

1st Lecture: Qualitative Research Approaches

2nd Lecture: Quantitative evaluation of the changes in the Conceptualizations' functionality levels and correlation with psychosomatic Health levels

ASSESSMENT

Student assessment will be based on:

- a) class attendance
- b) written exams including development questions
- c) interactive and constructive participation combined with self-assessment.

Supervised Practical Exercise Sessions of 120 hours duration will be held alongside the lectures

5TH SEMESTER: PRACTICAL APPLICATIONS OF THE AXIOLOGICAL MODEL IN COUNSELLING FOR THE PROMOTION OF PSYCHOSOMATIC HEALTH ON PERSONS WITH PHYSICAL ILLNESSES

Interactive Lectures of 108 hours duration

13. THE APPLICATION OF AMPMH IN COUNSELLING FOR PHYSICAL ILLNESS SUFFERERS WITH ASSOCIATED PSYCHOLOGICAL AND PSYCHIATRIC PROBLEMS

13.1 AMPMH application in sufferers from Neurological Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Neurological Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Neurological Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH in patients with Neurological Diseases

13.2 AMPMH Application in Sufferers from Cardiovascular Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Cardiovascular Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Cardiovascular Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH in patients with Cardiovascular Diseases

13.3 AMPMH Application in Sufferers from Pulmonary Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Pulmonary Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Pulmonary Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH in patients with Pulmonary Diseases

13.4 AMPMH Application in Sufferers from Gastrointestinal Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Gastrointestinal Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Gastrointestinal Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH in patients with Gastrointestinal Diseases

13.5 AMPMH Application in Sufferers from Diabetes / Metabolic Syndrome

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Diabetes / Metabolic Syndrome

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Diabetes / Metabolic Syndrome

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Diabetes / Metabolic Syndrome

13.6 AMPMH Application in Sufferers from Thyroid Disorders

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Thyroid Disorders

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Thyroid Disorders

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Thyroid Disorders

13.7 AMPMH Application in Sufferers from Adrenal Gland Disorders

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Adrenal Gland Disorders

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Adrenal Gland Disorders

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Adrenal Gland Disorders

13.8 AMPMH Application in Sufferers from Rheumatic and/or other Autoimmune Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Rheumatic and /or Other Autoimmune Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Rheumatic and/or Other Autoimmune Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Rheumatic and/or other Autoimmune Diseases

13.9 AMPMH Application in Sufferers from Dermatological Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Dermatological Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Dermatological Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Dermatological Diseases

13.10 AMPMH Application in Sufferers from Nephrological Diseases

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Nephrological Diseases

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Nephrological Diseases

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Nephrological Diseases

13.11 AMPMH Application in Sufferers from Chronic Refractory Infections

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients with Chronic Refractory Infections

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients with Chronic Refractory Infections

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients with Chronic Refractory Infections

13.12 AMPMH Application in Oncological and Hematological Patients

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Oncological and Hematological Patients

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Oncological and Hematological Patients

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Oncological and Hematological Patients

13.13 AMPMH Application for relieving the Dying Patient

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Dying Patients

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Dying Patients

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH AMPMH for Dying Patients

14. THE APPLICATION OF AMPMH IN COUNSELLING FOR SURGICAL PATIENTS WITH ASSOCIATED PSYCHOLOGICAL AND PSYCHIATRIC PROBLEMS

14.1 AMPMH Application in Patients who will undergo Surgery

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients who will undergo Surgery

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients who will undergo Surgery

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients who will undergo Surgery

14.2 AMPMH in Patients who have undergone Surgery

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Patients who have undergone Surgery

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Patients who have undergone Surgery

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Patients who have undergone Surgery

15. THE APPLICATION OF AMPMH IN COUNSELLING FOR INDIVIDUALS WITH PHYSICAL DISABILITIES

15.1 AMPMH Application in individuals with Vision or Hearing Loss

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Individuals with Vision or Hearing Loss

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Individuals with Vision or Hearing Loss

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Vision or Hearing Loss

15.2 AMPMH Application in Individuals with Severe Mobility Impairment due to Loss of Limb or other causes thereof

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Individuals with Severe Mobility Impairment due to Limb Loss or other causes

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Individuals with Severe Mobility Impairment due to Limb Loss or other causes

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Severe Mobility Impairment due to Limb Loss or other causes

15.3 AMPMH Application in Individuals with Impaired Physical Functioning or other Inadequacy in Achieving Daily Activities

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidity in Individuals with Decreased Physical Functioning or other Inadequacy in Achieving Daily Activities

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems for Individuals with Decreased Physical Functioning or other Inadequacy in Achieving Daily Activities

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Decreased Physical Functioning or other Inadequacy in Achieving Daily Activities

ASSESSMENT

Student assessment will be based on:

- a) class attendance
- b) written assignment on a topic selected by the student from the modules of the semester
- c) interactive and constructive participation combined with self-assessment.

Supervised Practical Exercise Sessions of 84 hours duration will be held alongside the lectures

6TH SEMESTER
A. PRACTICAL APPLICATIONS OF THE AXIOLOGICAL MODEL
IN COUNSELLING FOR THE PROMOTION OF MENTAL HEALTH FOR PEOPLE
WITH MENTAL DISORDERS OR LIFE PROBLEMS

Interactive Lectures of 54 hours duration

16. THE APPLICATION OF AMPMH IN COUNSELLING FOR SUFFERERS FROM MENTAL DISORDERS

16.1 AMPMH Application in Patients with Dementia or other Organic Psychiatric syndromes

(Three 2hr lectures)

1st Lecture: Psychological Problems and Psychiatric Comorbidities in Individuals with Dementia or other Organic Psychiatric syndromes

2nd Lecture: Usual treatment of Psychological and Psychiatric Problems in Individuals with Dementia or other Organic Psychiatric syndromes

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH in Individuals with Dementia or other Organic Psychiatric syndromes

16.2 AMPMH Application in Patients with Anxiety and Somatoform Disorders

(Two 3hr lectures)

1st Lecture: Usual Treatment of Patients with Anxiety and Somatoform Disorders

2nd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Anxiety and Somatoform Disorders

16.3 AMPMH Application in Patients with Mood Disorders

(Two 3hr lectures)

1st Lecture: Usual treatment of Psychological and Psychiatric Problems for Individuals with Mood Disorders

2nd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Mood Disorders

16.4 AMPMH Applications in Patients with Psychological Problems and/or Psychiatric Disorders caused by Traumatic Events

(Three 2hr lectures)

1st Lecture: Psychological Problems and/or Psychiatric Disorders caused by Traumatic Events

2nd Lecture: Usual treatment for Individuals with Psychological and/or Psychiatric Disorders caused by Traumatic Events

3rd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Psychological Problems and/or Psychiatric Disorders caused by Traumatic Events

16.5 AMPMH Application in Individuals with Alcohol or other Psychoactive Substance Use Disorders

(Two 3hr lectures)

1st Lecture: Usual treatment of Psychological and Psychiatric Problems for Individuals with Alcohol or other Psychoactive Substance Use Disorders

2nd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Alcohol or other Psychoactive Substance Use Disorders

16.6 AMPMH Application in the Management of Violent and Suicidal Behaviours

(Two 3hr lectures)

1st Lecture: Usual Management of Violent and Suicidal Behaviours

2nd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals with Violent and Suicidal Behaviours

16.7 AMPMH Application in the Treatment of Psychological Burden for the Caretakers of Patients Suffering from Dementia or Psychotic Spectrum Disorders

(Two 3hr lectures)

1st Lecture: Treating the Psychological Burden of Caretakers of Dementia Patients

2nd Lecture: Treating the Psychological Burden of Caretakers of Patients in the Psychotic Spectrum

17. THE APPLICATION OF AMPMH IN COUNSELLING FOR INDIVIDUALS FACING SERIOUS NEGATIVE LIFE EVENTS

17.1 AMPMH Application in Bereavement or other Loss

(Two 3hr lectures)

1st Lecture: Usual Treatment of Bereavement or other Loss

2nd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals dealing with Bereavement of other Loss

17.2 AMPMH Application in Contempt or Bullying

(Two 3hr lectures)

1st Lecture: Usual Treatment of Contempt or Bullying

2nd Lecture: Methodological Principles for the Application of Counselling based on AMPMH for Individuals facing Contempt or Bullying

ASSESSMENT

Student assessment will be based on:

- a) class attendance
- b) written assignment on a topic selected by the student from the modules of the semester
- c) interactive and constructive participation combined with self-assessment.

B. PREPARATION AND COMPLETION OF A FINAL ESSAY ON THE AXIOLOGICAL MODEL BASED COUNSELLING FOR THE PROMOTION OF PSYCHOSOMATIC WELLNESS

Preparatory Sessions with the supervisor will take place before and during the writing of the Essay on a topic relevant to the Axiological Model for the Promotion of Psychosomatic Health. The essay topic will be selected upon agreement between the Supervisor and the Student.

The **Essay will be introduced by the Supervisor** to a three-member Professor Committee will be involved in the Assessment Procedure.

(Total duration: 20-30 hours per person)