

“Psychological Early Intervention in Emergency Situations”

Athens, Greece

12th November 2022

ONLINE & IN PERSON EVENT

Minutes

Participants

Here is the list of online and on-site participants’ names and institution they belong to.

LIST OF ON LINE PARTICIPANTS (ZOOM)

Name and Surname of the Participant	Profession/Organization
1. Konstantina Apostolaki	Psychotherapist/private practice
2. Katerina Garipi	Child Psychologist/Private practice
3. Maria Georgia Georgopoulou	Psychologist/private practice
4. Nikoleta Giannakopoulou	Institute of Family Therapy/Psychologist/Group analyst/family therapist/private practice
5. Vasiliki Gika	Psychology student/Scientific College of Greece
6. Lydia Gravani	Institute of Family Therapy/Psychotherapy student
7. Eirini Davleri	M.Sc. Health Psychologist/Psychotherapist, Hellenic Association for Person Centred & Experiential Approach
8. Margot Duval	Institute Alfred Adler Paris
9. Polina Zerva	Institute of Psychodrama-Sociotherapy
10. Serena Zucchi	EMDR, Italy
11. Panayiota Theodorou	Institute of Family Therapy
12. Foteini Kalavrizioti	Institute of Diagnostic Psychology
13. Anna Kalogera	Institute of Psychodrama-Sociotherapy
14. Christina Kambouri	Institute of Psychodrama-Sociotherapy
15. Christo Kanana	Special Educator, Psychotherapy student
16. Romylos Karavelas	Institute of Diagnostic Psychology
17. Ioanna Karanikolaou	Military Mental Health Nurse - Systemic Family Psychotherapist
18. Alexandra Karantoni	Institute of Psychodrama-Sociotherapy
19. Natassa Karachaliou	Clinical Psychologist, Private practice
20. Katerina Konidari	Psychologist, Person-Centred Psychotherapist, KETHEA
21. Katerina Kontarini	Institute of Family Therapy
22. Katerina Korfiati	Body Psychotherapist, Private Practice
23. Vasiliki Koutelaki	Social Worker, Day Centre of Mental Health, Chios
24. Evagelia Kyrimi	Body Psychotherapist
25. Efi Lemoni	Psychology Student, University of Athens
26. Aggeliki Lembesi	Institute of Psychodrama-Sociotherapy
27. Sofia Liapoura	Student of Special Education, University of Athens
28. Manto Lioni	Developmental Psychologist, Systemic Psychotherapist
29. Eleni Maousidi	Psychologist MSc, Psychotherapy student
30. Kyriakoula Matsika	Psychotherapist, Hellenic Association for Person Centred &

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	Experiential Approach
31. Aikaterinin Metsiou	Psychologist, Mental Health Unit of Kozani
32. Lazaros Mpakirtzoglou	Psychologist
33. Anna Mprecraki	Sociologist MSc "Mental Health Promotion - Prevention of Psychiatric Disorders"
34. Aspasia Mpiziagkou-Chasioti	High School Principal
35. Ionas Nanouris	Educator / Career & Mental Health Counsellor
36. Eleftheria Ntaflou	Psychologist, Epapsy - Association for Regional Development and Mental Health
37. Sevi Oikonomou	Social Worker of the Municipality of Piraeus
38. Anna Pagoropoulou	Emeritus Professor of Psychology at the University of Athens
39. Kalliopi Panagiotopoulou	Allergologist and Clinical Immunologist, Doctor of the Medical School of the University of Athens, Group Analyst
40. Konstantina Panagopoulou	Institute of Family Therapy
41. Christina Pappa	Teacher of special education, Systemic Psychotherapist
42. Despoina Paschali	Psychologist, private practice
43. Athena Pentzouridou	Psychologist, Psychotherapist
44. Ioanna Piliati	Student of Psychology
45. Anta Protopappa	Institute of Family Therapy
46. Katerina Siambani	Psychologist, Gestalt Psychotherapist, Counselling & Psychotherapy Centre
47. Polina Skoularikou	Psychologist, Centre of Physical Medicine and Rehabilitation, Volos
48. Konstantina Skoumpri	Social Worker
49. Anastasios Skountzouris	Rural service doctor/psychiatrist in training
50. Nantia Sofrona	Integrative Psychotherapist
51. Penelope Spentzouri	Psychologist, Psychotherapist, Child and Adolescent Centre at the Mental Health Unit of Chios
52. Sofia Spiliopoulou	Student of Psychology
53. Ioanna Srogiannou	Integrative Psychotherapist
54. Sara Strieth-Vatsella	Counselling Psychologist, Integrative psychotherapist
55. Dimitra Tasika	Institute of Psychodrama-Sociotherapy
56. Vasiliki Toupali	Psychologist, Special Educator
57. Alexandra Tsourounaki	Psychologist, Day Centre for Alzheimer's Patients in Chania
58. Eva Fadaki	Student at the Centre of Psychotherapy & Training "Systemic Education", Chania
59. Maria Dapne Chrisykopoulou	Institute of Family Therapy
60. Maria Psychountaki	Psychologist and sports psychologist, Associate Professor at the School of Physical Education and Sports Science of the National and Kapodistrian University of Athens
61. Kyriaki Vagena	KAT Attica General Hospital
62. Sofia Vaila	Institute of Psychodrama-Sociotherapy
63. Stegania Vasileiou	Emergency Mental Health Phone line 18306
64. Ioanna Veli	Institute of Diagnostic Psychology
65. Sofia Vourdouka	Clinical Neuropsychologist-CAT Psychotherapist, private practice
66. Maro Vrettou	Therapeutic & Training Centre "Synixisi"

LIST OF ON-SITE PARTICIPANTS

Name and Surname of the Participant	Profession/Organization
1. Georgia Arachoviti	psychologist/Children and Adolescent Therapeutic Centre
2. Maria Badi	psychotherapist/Centre for Adults with Disabilities PEK/AMEA
3. Francesca Giuseppina Bascialla	psychiatrist, Group analyst/Institute of Group Analysis Athens/private practice/sanitary staff at hospital
4. Kyriaki Dimitrakopoulou	psychologist,Group analyst / KETHEA Therapeutic Community for Drug Users, private practice
5. Hara Haritaki	psychologist/Institute of Diagnostic Psychology
6. Andromachie Giannakopoulou	psychologist, Group analyst, trainer at IGAA/Hellas Employee Assistance Programs-Emergency Unit
7. Athanasia Kakouri	psychiatrist, Group analyst/Psychiatric Centre of Exarchia
8. Katerina Kaliakatsou	psychologist/EMMELIA Mental Health Centre
9. Konstantinos Kalligiannis	Psychologist,psychotherapist/Institute of Psychodrama and Sociotherapy
10. Bessy Karagianni	psychologist,Group analyst/Institute of Group Analysis Athens
11. Stela Karanika	social worker,psychotherapist/Institute of Psychodrama and Sociotherapy
12. Antonis Kelakis	psychiatrist, Group analyst/Psychiatric Centre of Exarchia
13. Vasiliki Karkou	psychologist,Group analyst/ Institute of Group Analysis Athens
14. Athanasia Karydi	Psychologist,psychotherapist/Institute of Diagnostic Psychology
15. Natasa Karapostoli	social worker,psychotherapist/Institute of Psychodrama and Sociotherapy
16. Ersi Kouneli	Group analyst, family therapist/Institute of Group Analysis Athens, Institute of Family Therapy
17. Kostas Lianos	psychologist,Group analyst/KEA-AMEA Special Needs and Disability Centre
18. Ioanna Pipergia	psychologist, psychotherapist/Institute of Diagnostic Psychology
19. Dimitris Livas	psychiatrist, Group analyst/Psychiatric Centre of Exarchia
20. Konstantina Latsona	Social worker, family therapist/EMMELIA Mental Health Centre
21. Danae Loukopoulou	psychologist, Group analysis student/Children and Adolescents Prevention and Development Centre "Logos and Community"
22. Thalys N. Papadakis	Psychologist, Group analyst/family therapist/Institute of Family Therapy
23. Eleni Morarou	social worker, Group analyst/Institute of Psychodrama and Sociotherapy
24. Dimitris Moschonas	psychiatrist, Group analyst/Psychiatric Centre of Exarchia
25. Elli Mitroutsikou	psychologist,psychotherapist/National Organization for Psychotherapy-Greece
26. Efthymios Markezinis	psychiatrist, Group analyst/Psychiatric Centre of Exarchia
27. Aggeliki Kosmogianni	psychologist/Institute of Diagnostic Psychology
28. Themelina Skandaliari	psychologist, Group analyst/Institute of Diagnostic Psychology
29. Christina Terlidou	psychologist,family therapist/Institute of Family Therapy

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30. Stela Tourvatsiou	psychologist, Group analysis student/Institute of Diagnostic Psychology
31. Ioannis K. Tsegos	psychiatrist, Group analyst, president of IGAA/Institute of Group Analysis
32. Dimitra Vekiari	psychologist/Institute of Diagnostic Psychology
33. Vasiliki Zikou	Psychologist/10306 Mental Health Emergency Phone Line

Minutes

- The number and typology of participants
 - *The total number of the participants was 99 individuals, out of whom 66 participated online and 33 in person, located in two different rooms due to Covid-19 restrictions.*
 - *The participants were professional psychologists, social workers, psychiatrists, social workers, physicians, sociologists, university professors, students and postgraduate students of Psychology Departments, trainees and trainers of Psychotherapy Institutes from various theoretical approaches apart from Group Analysis.*
- The profile of end users involved

Many of the participants were:

 - *professionals who are practicing in various fields of emergency (sanitary, emergency unit, schools, mental health centers and units, agency for refugees, immediate online mental assistance provided by the Greek Health Ministry).*
 - *Trainers of Psychotherapy Institutes from various theoretical approaches apart from Group Analysis (e.g. EMDR, CBT, Systemic, Integrative, Gestalt, Art therapy, Psychodrama, Drug and Alcohol Addictions) and University professors at Psychology Departments all over country.*
- The contents of the discussion
 - *The contents of the discussion at the multiplier event were focused on the themes of the Psych.E.In Erasmus+ European project, for each Intellectual Output in particular (MOOC 1, MOOC 2, Toolkit 1, Toolkit 2, Case Studies 1, Case Studies 2 and Good Practices). Additionally, three themes of the project were developed more specifically (Empathy, Reflective Practice and intervention with refugees).*
 - *After each presentation there was a vivid discussion in response to many questions about theory, method, techniques, different settings and targets, and different phases in an emergency situation. Furthermore, the interest focused also in the need for further training in emergency, not only of mental health staff, but also of rescuers and first responders.*
- Conclusions achieved:
 - *The conclusion achieved addresses and comprehends the important issue of working in network and in collaboration with colleagues from other approaches, due to the complexity of a disaster or a mass crisis and the involvement of the community.*
 - *Despite all differences (in targets, settings, approaches and methodologies), a need for coexistence and collaboration between all parties, agencies and stakeholders at different levels and during all phases of the crisis, constitutes a fundamental factor in order community resilience to be built. Discussion also raised the issue of community-based approaches in emergency intervention.*
 - *Emergency management and emergency intervention request interdisciplinarity and cooperation among many agencies, while teaching in Emergency Management is considered to be really important in every*



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position/role/jurisdiction one may possess or when someone is involved in an emergency situation. Emergency psychologists and psychotherapists can cover different management roles:

- 1. Crisis manager*
- 2. Management facilitator*
- 3. Emergency manager trainer*
- 4. Member of emergency team involved in the crisis intervention*

- Especially in the context of trauma, not only a rich and clear theoretical background on the principles of supervision was discussed, but also material that could be further used in the supervision training process, such as the specificities of trauma-informed care and trauma-informed supervision, as well as many practical tools and tips, exercises, examples, good practices, etc., were mentioned. Moreover, participants declared that supervision is not only a professional learning tool, but also addresses issues of support, prevention of burnout syndrome and of the professionals' responsibility towards their patients. Also, the support and the ongoing professional growth of mental health workers through group supervision is considered to be of crucial importance.

- Of particular interest were the group interventions in the aftermath of crisis, disasters and humanitarian emergencies, which represent a major area of theory, research and practice, when dealing with trauma. Listeners of the contents of the Multiplier event were particularly impressed by the diversity of group interventions to trauma, because they differ from one another and are designed according to each crisis phase and according to the victims' strength to recover. Each approach has its strengths and weaknesses, with every technique referring to different client-group.

- Special reference was about Carla Penna's book "From Crowd psychology to the dynamics of Large Group", published in Autumn 2022.

