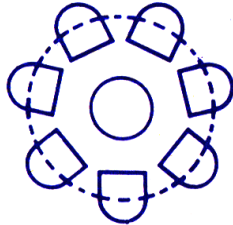




## Institute of Group Analysis Athens

Name of the organisation :	INSTITUTE OF GROUP ANALYSIS ATHENS (IGAA)	
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Web site:	<a href="http://www.opc.gr">www.opc.gr</a>	

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**Type of organisation:**

SME     School     University     Public Authority   
 Training     No Profit     NGO

Other (Specify)

**Fields of action :**

SMEs     Youth     Universities     Public Authorities   
 Equal opportunities     Schools     Unemployed

Other (Specify)

## Description of the organisation

The Institute of Group Analysis Athens (I.G.A.A.) is a private, nonprofit organization which was founded in 1982, is located in Athens and provides seminars, psychotherapy training, supervision and publishing activities in the Mental Health field.

The duration of the Psychotherapy Training which is provided by the IGAA lasts for five years and is mainly addressed to professionals of human sciences, such as psychiatrists, psychologists, social workers, e.t.c. The entire scheme operates in the form of a Training Community.

The Qualified students become diploma members of the I.G.A. Athens, members of G.A.S. Greece and G.A.S.I. London.

The IGAA is a European Accredited Psychotherapy Training Institute-EAPTI, by the European Association for Psychotherapy (EAP), which means that its qualified trainees can apply directly to IGAA to obtain the European Certificate of Psychotherapy of the E.A.P.

The IGAA is a member of the European Group Analytic Training Institutes Network (E.G.A.T.I.N.), the European Federation of Psychoanalytic Psychotherapies (E.F.P.P.) and the National Organization for Psychotherapy of Greece (N.O.P.G.).

1. - The purposes of the Institute are scientific, educational, social, cultural and not financial, in any case whatsoever. These purposes include:
  - a. The active contribution to the improvement of Psychic Health.
  - b. The Prevention-Therapy-Rehabilitation of the mentally suffering through contemporary and humanitarian procedures.
  - c. The development and maintainance of high ethical professional standards for those who practise psychotherapy (according to the ethical code of the Institute).
  - d. The promotion of therapy through methods, approaches and under conditions which exclude any restriction of personal freedom or any offence to human dignity.
2. - For the promotion and accomplishment of the above purposes, the Institute supports the development of Psychotherapy and particularly the specific forms and procedures of Group and Individual Psychotherapy. Such forms and procedures are: a) Group Analysis, as it has been developed by S.H. Foulkes and is practised by several institutions in foreign countries, such as the "Institute of Group Analysis" in London as well as other institutes of similar orientations. b) The Therapeutic Community and c) Family Therapy.
3. - In order to develop, promote and accomplish the above aims, the Institute:
  - a. organizes lectures, seminars, symposia and conferences related to its purposes.
  - b. publishes and assists in the publication of relevant books and journals.
  - c. organizes seminars for the training of Group Psychoanalysts, which is the main objective of the Institute.
  - d. organizes seminars for the training of individuals who are interested in Family Therapy, as well as for the training of members for the Therapeutic Communities.
  - e. provides financial aid, through scholarships and other means, to individuals or organizations of related interests.
  - f. co-operates with related or affiliated institutions, either Greek or foreign ones.
  - g. promotes the scientific research and exchange of ideas, in general, on the above mentioned fields.
4. - Finally, the purposes of the Institute include the organization and consolidation of the profession of Group Analysts.

The IGAA is in close collaboration with the Open Psychotherapy Centre (O.P.C.) which is an open day psychiatric unit, providing both therapy and training services in the mental health field.

It's **therapeutic philosophy** is based on the principles of **Group Analysis, Therapeutic Community** and **Emprosopon Psychotherapy** (Tsegos, 2012) which are applied in complement and combination with each other.

The Therapy Department of the O.P.C. includes a variety of diagnostic and therapeutic activities for adults, families, children and adolescents. It is addressed to patients who belong to a wide range of severe diagnostic categories (psychoses, personality disorders, affective disorders). The application of the multifactorial communal approach, which is applied according to each case, consists of a combination of Dyadic Therapy, Group Analysis, Therapeutic Community, Family Therapy and Pharmacotherapy was initially applied to therapeutic activities and was later incorporated in the training procedures of the four Training Institutes (Group Analysis, Psychodrama-Sociotherapy, Diagnostic Psychology, Family Therapy). The clinical practice of the Institutes' trainees takes place at the OPC's therapy activities.

The basic scopes and principles of the O.P.C. which are referred in the constitution are:

- To offer healthy work conditions for both, personnel and patients.
- To demolish the myth of the dangerous psychiatric patient.
- To demolish the myth of the high cost of psychotherapy, on the contrary the O.P.C. services are accessible to persons from any socioeconomic category.
- To promote psychotherapy as the main therapeutic approach on daily basis
- To make reasonable use of pharmacotherapy
- To train psychiatric professionals (psychiatrists, psychologists, social workers) in psychotherapy (Group Analysis, Psychodrama-Sociotherapy, Family Therapy, Psychological Assessment)
- To make the public sensitive to the Communal approach

### **Experience of the organization in previous European projects**

2017 The IGAA and the OPC have accepted for clinical practice German students of psychology who participated for a period of three weeks in the activities of the Summer Psychotherapeutic Community

### **Experience and Expertise of the organization in the project's subject area**

The staff members of IGAA and OPC have experience in dealing with crisis situations as concerns individuals, groups or organizations as these subjects are included every year in our introductory seminars and of course they are part of the teaching theory, methodology and clinical practice of our postgraduate trainings. Furthermore there are colleagues who work with refugees, with support teams for individuals of mass casualty situations, with solving organizations' conflicts etc.

### **Contributions that can be provided to the project**

Group intervention for the:

- Prevention of the professionals' Burn-out syndrome
- Bullying and harassment at work
- Crisis and Conflicts in Organizations
- Crisis Intervention group
- Groups with doctors for handling crisis and communication with their patients
- Promoting Awareness: Information, Psychoeducation, Interaction, Concerning Trauma in the Refugees Field
- Professional Intervention in crisis situations of individuals, groups and organizations
- Reflective Practice group in hospital setting
- Psychodrama: Role playing for professionals in crisis
- Psychological support and psychoeducation for caregivers (professional, families, friends)
- Psychological intervention and support in mass casualty situations (fire, earthquake, distress at sea)
- Summer Psychotherapeutic Community for psychiatric acute disorders
- Supervision of psychologists in the Greek vocational senior high schools

### **Reasons of involvement in the project**

The traumatic events, especially when they occur in an acute phase, cause intensively increased demands on behalf of the mental health professionals in various fields of action, such as hospitals, reception, arrangements and settlement of the refugees' in camps, or the resettlement of these populations, the interventions in places of natural disaster etc.

At the first level, the increased workload and the emotional stress of the mental health professional make necessary

the development of new ways, methods and techniques for promoting furthermore their training, for a specialized crisis intervention which will be according to the educational purpose of our Institute.

At the second level, the learning of the educational methods for the training of new colleagues is based not only on the knowledge of intervention ways but also on the ability to provide a stable framework for the psychological support of each action work group. During this level it is also included the professional's experience in a team with colleagues, ie learning from personal experience in a peer group.

### Contact Person's Experience and Expertise

**Ioannis K. Tsegos** is a psychiatrist, group analyst, who was trained and practiced both in Greece and the UK (I.G.A. London). In the UK, he was trained at the Maudsley and Bethlehem Hospitals and contributed to Research at the Institute of Psychiatry, including research as part of the US/UK diagnostic project.

He is the president of IGA (Athens), GAS Greece and the founder of the European Group Analytic Training Institutes Network (EGATIN). He is the director of the Open Psychotherapy Centre (OPC) and the other three Training Institutes (Institute of Psychodrama-Sociotherapy, Institute of Family Therapy, Institute of Diagnostic Psychology) which also provide postgraduate trainings to mental health professionals. The Institutes provide a variety of psychotherapeutic skills, including seminars, group analysis, therapeutic community work, psychodrama, sociotherapy, family therapy and training in the psychological assessment. The clinical experience of the institutes' trainees is obtained at the OPC's therapy activities.

He has numerous publications and is the editor of the Greek psychotherapy book series and the writer of 3 volumes of short stories.

#### "Contemporary Psychotherapy".

- Gellner, E. 2015. *The Psychoanalytic Movement. The Cunning of Unreason*. Translation: A.Tsegou. Athens: Armos Publications.
- Motherwell, L. & Shay, J. (eds.) 2004, 2018. *Complex Dilemmas in Group Therapy: Pathways to Resolution*. Translation: A.Tsegou. Athens: Armos Publications.
- Pines, M. 2020. *Group Analysis. Essays of Malcolm Pines' Work*. Translation: A.Tsegou. Athens: Armos Publications.
- Skynner, A.C.R. 2003. *Family Therapy. The Group-analytic Approach as an Open System*. Translation: A.Tsegou. Athens: Savalas Publications.
- Szasz, Th. 2006. *Heresies*. Translation: A.Tsegou. Athens: Enallaktikes Publications.
- Tsegos, I.K. 2002. *The Disguises of the Psychotherapist*. Athens: "Stigmi" Publications.
- Tsegos, I.K., Karapostoli, N. et al. 2004. *The Cost of Therapy Services Provided by a Day Psychotherapy Unit*. Athens: Enallaktikes Publications.
- Tsegos, I.K. et al 2007. *Open Psychotherapy Centre. Activities and Peculiarities*. Athens: Enallaktikes Publications.
- Tsegos, I.K. 2012. *The Psychiatric Communalism*. Athens: Armos Publications.
- Whyte, L.L. 2009. *The Unconscious before Freud*. Translation: A.Tsegou. Athens: Enallaktikes Publications.

He is also in private practice.

**Francesca Giuseppina Bascialla**, is a psychiatrist, group analyst. She has completed her academic studies at the Faculty of Medicine, University Statale of Milano (Italy). She is licenced to practise medicine from 1989 (Italy) and 1993 (Greece). She has specialized in Psychiatry in 1999 at the 3<sup>rd</sup> Psychiatric Clinic of the Aristotle University of Thessaloniki. She received the Doctorate in Medical Sciences Dr(Med)Sc in 2012 at the Aristotle University of Thessaloniki, School of Medicine. She becomes a trainer of IGAA Athens since 2008.

Since: 2004 full member of the Institute of Group Analysis Athens

2005 full member of Group Analytic Society International (GASI)

2015 full member of the European Association for Psychotherapy

October 2020 Honorary Secretary of GASI

Trained and graduated at the Institute of Group Analysis Athens (IGAA.) from 1997-2004.

During the training at the OPC's Therapeutic Community's she conducted sociotherapy and art therapy groups, oneirodrama and psychodrama groups. She was also the co-leader of the T.C., conductor of the large groups, staff sensitivity group, staff meeting and group-analytic groups and member of Therapy Department of Families, Children and Adolescents.

In 1998 she was trained in "Research and Training in the Use of the International Personality Disorders Examination

(I.P.D.E.)” at the 3<sup>rd</sup> Psychiatric Clinic, Aristotle University of Thessaloniki School of Medicine. In 2003 she was trained for the program “Schedules for Clinical Assessment in Neuropsychiatry (SCAN)” of World Health Organization (WHO), Division of Mental Health.

From 2000 private practice until now and contract with the NHS until 2012.

From 1997 until now she was a member of the Organizing Committee, a lecturer and conductor of experiential group (group analytic groups and psychodrama) at the Introductory Course in Group Analysis in Thessaloniki.

From 2000 - today: Scientific collaborator in the Acute Ward of the 1<sup>th</sup> Psychiatric Clinic of the Aristotle University Thessaloniki, now allocated in the General Hospital G.P. Papageorgiou since September 2004 where besides research activities she gave lectures to undergraduate medical school students, master students, nurses/medical staff and psychologists. She conducted an art therapy group of inpatients members (2000- 2004), a sensitivity group for the nurses staff (2001-2003). From 2001 until 2007, she conducted a weekly sensitivity group for the specializing psychiatrists, a fortnight sensitivity staff group and weekly sociotherapeutic groups with inpatients. From 2007 until now she was responsible for the group psychotherapy activity of the clinic. She conducts weekly sociotherapeutic groups with the inpatients and a group analytic supervision group according to the supervision model of IGA Athens.

From 2005 - today: She also conducts a fortnight reflective practice group in the 1<sup>th</sup> Neonatal Intensive Unit Care of Aristotle University Thessaloniki. She gives lectures for the staff and provides counseling-supporting psychotherapy with the parents of the preterm newborns.

Since 2019 she conducts a reflective practice group with midwives of 1<sup>th</sup> Obstetric Gynecologic Clinic of Aristotle University Thessaloniki.

In 2018 she starts a supervision group analytic group in Thessaloniki. In 2020 she organized the first Reflective Citizens-Koinonia workshop in Thessaloniki.