

## COURSE OUTLINE

### 1. GENERAL

<b>SCHOOL</b>	SOCIAL SCIENCES		
<b>DEPARTMENT</b>	PSYCHOLOGY		
<b>LEVEL</b>	<i>Undergraduate</i>		
<b>COURSE CODE</b>	<b>PSY-3623</b>	<b>SEMESTER</b>	6 <sup>th</sup>
<b>COURSE TITLE</b>	PSYCHOSOCIAL INTERVENTIONS IN SEVERE MENTAL ILLNESS		
<b>TEACHING ACTIVITIES</b>	<b>WEEKLY HOURS</b>	<b>ECTS</b>	
Lectures	<b>3</b>	<b>4</b>	
<b>COURSE TYPE</b>	Scientific Area (Optional)		
<b>PREREQUISITES COURSES:</b>			
<b>INSTRUCTION/EXAM LANGUAGE:</b>	Greek		
<b>OFFERED TO ERASMUS STUDENTS</b>	YES (independent study of english literature and term paper)		
<b>COURSE WEB PAGE (URL)</b>	<a href="https://elearn.uoc.gr/course/view.php?id=1097">https://elearn.uoc.gr/course/view.php?id=1097</a>		

### 2. LEARNING OUTCOMES

<b>Learning Outcomes</b>
<p><i>The aims of the course are to provide students with (i) a working knowledge of psychosocial interventions which are utilized when working with severe mental illness, and (ii) a set of practical skills for implementing psychosocial treatment programs. In this course students will develop the knowledge necessary to recognize the most common psychosocial interventions required to improve aspects related to functioning in different behavioral, social, occupational and family integration areas.</i></p> <p>On completion of the course, students should be able to:</p> <ul style="list-style-type: none"> <li>• have an awareness of the types of psychological difficulties suffered by people experiencing severe mental illnesses, such as schizophrenia spectrum disorders, bipolar depression and depression,</li> <li>• have an understanding of the approaches used by clinical psychologists to treat severe mental illness and the evidence base for these,</li> <li>• provide a critical appraisal of the different intervention approaches for people with severe mental illnesses.</li> </ul>
<b>General Competences</b>
<ul style="list-style-type: none"> <li>• Search, analysis and synthesis of data and information, with the use of the necessary technology</li> </ul>

- Respect for difference and multiculturalism
- Showing social, professional and ethical responsibility and sensitivity to gender issues
- Criticism and self-criticism
- Production of free, creative and inductive thinking

### 3. COURSE CONTENT

1. Introduction in severe mental illness: basic concepts and definitions
2. A biopsychosocial approach of psychopathology
3. The vicious cycle of mental health stigma
4. Psychoeducational interventions
5. Cognitive-behavioral interventions
6. Psychodynamic psychotherapies and Psychoanalytical approach
7. Interpersonal psychotherapy
8. Support psychotherapy
9. Family interventions
10. Cognitive rehabilitation
11. Psychosocial and employment rehabilitation
12. The importance of the multidisciplinary team

### 4. INSTRUCTIONAL AND LEARNING METHODS - EVALUATION

<b>INSTRUCTION METHOD</b>	In class		
<b>INFORMATION AND COMMUNICATION TECHNOLOGIES USED</b>	Use of ICT in teaching Support for learning through the E-learn online platform		
<b>TEACHING ORGANIZATION</b>	<i>Activity</i>	<i>Semester Work load</i>	<i>ECTS credits</i>
	Lectures	39	1,56
	Written assignment	20	0,8
	Independent study for final examination	40	1,6
	Final examination	2	0,08
	<b>Course Total</b>	<b>101</b>	<b>4,04</b>
<b>STUDENT EVALUATION</b>	<p>Evaluation is in Greek and in English for Erasmus students.</p> <p><b>I. Final Examination (80%) includes:</b></p> <ul style="list-style-type: none"> <li>- Open -ended questions</li> <li>- Problem solving questions</li> </ul>		

	<p><b>II. Written assignment (20%), case study</b></p> <p>Evaluation criteria are accessible to students via the web-site of course on the UoC e-learn platform.</p>
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## 5. BIBLIOGRAPHY

<ul style="list-style-type: none"><li>• Euthimiou, K., Mavroeidi, A., Pavlatou, E., Kalantzi-Azizi, A. (2006). <i>Mental Health First Aid. A guide for treating mental disorders using Cognitive Behavioral Therapy</i>. Athens: Ellinika Grammata.</li><li>• Gilbert, P. (1999). <i>Overcoming Depression</i> (Ed. D. Monos). Athens: Ellinika Grammata.</li><li>• Kring, A.M., Davison, G.C., Neale, J.M., &amp; Johnson, S.L. (2010). <i>Abnormal Psychology</i> (Eds. E. Avdi, P. Roussi). Athens: Gutenberg.</li><li>• Turkington, D., &amp; Kingdon, D. (2011). <i>Cognitive Therapy of Schizophrenia</i>. Athens: Pataki Publications.</li><li>• Information material from the University Mental Health Research Institute, Athens.</li><li>• Selected articles from scientific journals: Cognitive Behaviour Therapy, Behavioural and Cognitive Psychotherapy, etc.</li></ul>
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