



7th Event

Caring For Carers

16.06.23

Friday, 14:00 - 17:00

Zoom Live Streaming:

<https://us02web.zoom.us/j/8807853556?pwd=ZkFmVWM1WEtjZGdUckRrazc2Z1FmUT09>



Metropolitan College
Akadimias 42, 106-72, Athens, Greece

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EPIONI
GREEK CARERS NETWORK

EPIONI, the Greek Carers Network, carries out various activities, including organizing informative events where professionals address a wide range of issues relevant to the general public, particularly caregivers of individuals with chronic conditions.

On June 16, 2023, from 14:00 to 17:00, EPIONI is hosting its 7th workshop focused on family caregivers.

The event is supported by the Region of Attica and the Hellenic Psychiatric Association, with the endorsement of Eurocarers and EUFAMI. VIANEX SA and the Saronic Nephrologic Centre are the event sponsors.

Distinguished speakers from Greece and abroad will deliver presentations at the conference. Mr. Stecy Yghemonos, Executive Director of Eurocarers, will discuss the European Care Strategy. Psychiatrist Dr. Stella Stathouloupoulou will address empowering carers, while Dr. Kelly Panagiotopoulou, a physician and psychotherapist, will talk about the therapeutic role of the patient's family. Dr. Theodoroulakis, President of PEPSAEE, will speak about psychiatric reform in Greece.

Ms. Liuska Sanna, Acting Director of Mental Health Europe, will share insights on the EU mental health initiative. Dr. Dimitris Kontis, a psychiatrist, will present on the role of psychiatric services within the Greek psychiatric reform. Nikolaos Drossos will provide updates on the Prospect program, and photojournalist Ms. Kouri will discuss photographic therapy. Additionally, there will be speeches on human rights in psychiatry and combating the stigma of mental illness by psychiatrist Dr. Tzeferakos and Professor Ms. Ivezic, respectively.

The conference is organized in collaboration with the following organizations: Argo Federation of Mental Health and Psychosocial Rehabilitation Organizations, PEPSAEE, School of Public Health at the University of West Attica, National Centre for Mental Health and Research, P. Sakellaropoulos Society of Social Psychiatry, Chair, Ergastiri, Heart of the Child, Psychiatric Hospital of Attica, ENALMH, and Panhellenic Federation of People with Multiple Sclerosis.

The event is supported by communication sponsors, namely www.psychologynow.gr, <http://www.healthdaily.gr>, and www.iatronet.gr

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AGENDA

Friday 16.06.2023, 14:00 - 17:00

Metropolitan College

- 13:30 - 14:00 Welcome Coffee (Metropolitan College, Georgios Seferis Room)
- 14:00 - 14:10 Greetings from Mr George Patoulis, Prefect of Attica, Mr Stelios Kypouropoulos MEP and representatives of the organisers
- 14:10 - 14:20 **The EU Care Strategy** *(Session in English)*
Stecy Yghemonos, Executive Director, Eurocarers
- 14:20 - 14:30 **Empowering Caregivers: Nurturing Mental Wellness Together** *(Session in English)*
Dr Stella Stathouloupoulou, Specialist Adult Neurodevelopmental Psychiatrist
- 14:30 - 14:40 **The family's valuable contribution to the therapeutic management of those suffering from mental health disorders** *(Session in English)*
Dr Kelly Panagiotopoulou MD PhD, Allergist -Psychotherapist & Group Analyst
- 14:40 - 14:50 **The state of the art of psychiatric reform in Greece** *(Session in English)*
Menelaos Theodoroulakis, PhD in Social Policy, President of the boards of directors of Argo Federation and PEPSAEE
- 14:50 - 15:00 **EU Mental Health Initiative** *(Session in English)*
Liуска Sanna, Acting Director, Mental Health Europe
- 15:00 - 15:20 **The role of public mental health services in the Greek Psychiatric Reform** *(Session in Greek)*
Dimitrios Kontis, M.D., Ph.D, Consultant Psychiatrist, 4th Inpatient Department Head & Cognitive Rehabilitation Unit, Psychiatric Hospital of Attica
- 15:20 - 15:40 **Dissemination of the PROSPECT Programme and the principles of the Recovery Programme in major cities in Greece** *(Session in Greek)*
Nikos Drossos, Assistant Professor, Coordinator of the postgraduate programme "Career Guidance and Counselling", European University Cyprus
- 15:40 - 16:00 **Human Rights in Psychiatry** *(Session in Greek)*
Georgios Tzeferakos MD PhD, Psychiatrist, President of the Dual Diagnosis Section - Hellenic Psychiatric Association
- 16:00 - 16:20 **The photographic healing of Here and Now with a click** *(Session in Greek)*
Maro Kouri, Photojournalist, 4D Photo Dream Coach
- 16:20 - 16:40 **Challenging stigma and advocating for the rights of individuals with mental health problems and their families** *(Session in English)*
Sladjana Strkalj Ivezic, Professor of Psychiatry, Psychiatric University Hospital Vrapce, Croatia
- 16:40 - 17:00 Discussion with the audience - Networking Coffee

15:00 - 16:20
(Session in English)

Music Therapy Workshop for Carers

In this workshop, we will pause and care for ourselves using music, our voice, our breathing, colours and our imagination.

Christina Kalliodi,
Psychotherapist-music therapist, Centre of Music Psychotherapy "Echo"

Eleni Tsolka, Music Therapist, Supportive Music Imagery practitioner



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Hellenic Brain
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