

Applying Counselling Practice in the School Unit

Public English version. Teachers' personal contact details have been replaced with XXXXXX. This is an unofficial translation; the approved Greek document prevails.

School year	2025-2026
Programme type	Health Education Programme
Programme code	3642
School unit	1st Laboratory Centre of Athens District D (Agios Dimitrios)
Director	DIMITRIOS KOTSIFAKOS
Coordinator	LYMPERATOU ANTONIA
Teaching branch	ΠΕ87.02
Teacher telephone	XXXXXX
Teacher email	XXXXXX
Participating teachers	-
Number of students	5

Main topic and thematic units

The programme focuses on mental health, resilience and emotional education for students in the Health, Welfare and Well-being sector. It addresses self-awareness, acceptance of emotions, communication, empathy and healthy interpersonal relationships.

Educational objectives

Students are supported in recognising and managing emotions, improving communication, building resilience, resolving conflict and developing empathy and self-reflection.

Implementation methodology

Experiential activities, group discussions, role play, reflective exercises, emotion journals and collaborative creative work are used.

Duration and start

Sixteen weeks, one one-hour meeting per week, starting in mid-December after approval.

Visits and partnerships

Visits and cooperation are planned with prevention centres, counselling services, mental-health centres and other health-education bodies.

Links with the curriculum

The programme connects with interpersonal relations, first aid, psychology, health education and professional communication within the Health, Welfare and Well-being curriculum.

Dissemination

Student work, posters, journals and creative products will be presented at a school event and shared through digital school channels.

Evaluation

Pre- and post-programme questionnaires, participation indicators, observation and reflective feedback will assess changes in self-awareness, emotional regulation and communication.

Timeline

The programme progresses from introduction and self-awareness activities to emotion-management skills, communication, cooperation with support structures and final reflection.

Teachers' telephone numbers and email addresses are redacted in this public version.