

Self Help Promotion Program

Aristotle University of Thessaloniki in
cooperation with the Organization
Against Drugs.

Financed by the Greek Ministry of Health

Self Help Promotion Program

- Self Help Promotion Program is a program of the Psychology Department of Aristotle University of Thessaloniki, operating with the cooperation of OKANA (Organization Against Drugs) and financed by the Greek Ministry of Health. Phoebus Zafiridis, psychiatrist and former Associate Professor of Psychology of Addictions, is the scientific supervisor of the Program.
- Self Help Promotion Program was founded in 2001 in Thessaloniki and currently it exists in four cities – Thessaloniki, Sitia (since 2008), Chania (since 2012) and Larisa (since 2015). It consists the only state proposal in Greece that attempts to support and promote self-help/mutual aid in addressing addiction and other psychosocial problems, as well as health problems.

Main aims of Self-Help Promotion Program

- The psychosocial support of drug and alcohol addicts and their relatives, based on the philosophy and the practices of self-help/mutual aid and on critical views in the addiction field.
- The psychosocial support of the members of the Alcoholics Anonymous (AA), and Narcotics Anonymous (NA) groups and also of the members of groups for their relatives (e.g. Family Anonymous, Alanon). This support is achieved with the utmost respect for the autonomy and the traditions of these groups.
- The promotion of self-help/mutual aid philosophy and practices in addressing addiction and other psychosocial problems.
- The facilitation of citizens for the creation of self-help/mutual aid groups or initiatives regarding addiction and other psychosocial problems.

Main aims of Self-Help Promotion Program

- The support of self-help/mutual aid initiatives in the field of physical health problems.
- The education of health care professionals in new ways of encountering with citizens and in jointly developing participative interventions for the confrontation of psychosocial and health problems.
- The training of health professionals in self-help support practices.
- The awareness of communities and the general public about self-help/mutual aid philosophy and practices.
- The implementation of studies and researches regarding self-help/mutual aid groups and initiatives and regarding addiction problems.

And something else:

- Please send (if you can before we leave this building) all the photos you have from the conference. You can send the email to: chania@selfhelp.gr
- Regarding the internet connection here:
- Modem: Conn-x921958
- Password: prprax2014.