



PROFESSIONAL POSTGRADUATE CERTIFICATE

in Prenatal Psychology (Program Specifics chart) First Year total credits 60

Module Code	Module Title	"O"/ "S"	Semester	Credits	Total Learning Hours	Contact Hours per week	Independent Study Hours/week	Community service practice	Personal Development Work	Total weekly hours	Total year hours
PSM7101	Prenatal Psychology (Preconception to birth Dynamics)	O	1,2	15	320	3	7	128	70	contact 13.5 hours	1558
PSM7102	The Evolution of Prenatal Psychology	O	1,2	15	320	3	7			independent 29	
PSM7103	Anthropology of Birth, Cross- Cultural Issues	O	1	5	120	2.5	5			community 4	
PSM7104	Bonding & Attachment	O	2	5	120	2.5	5			personal development 2	
PSM7105	Research Methodology	O	1,2	10	240	2.5	5			total= 47.5	
PSM7S101	The complexity of Prenatal Psychology in a Salutogenic context	S	1	5	120	2.5	5				
PSM7S102	Anatomy, Physiology & Endocrinology	S	1	5	120	2.5	5				
PSM7S201	Introduction to Epigenetics	S	2	5	120	2.5	5				
PSM7S202	Neurophysiology	S	2	5	120	2.5	5				
Obligatory "O", Selective "S"											

SECOND YEAR: TOTAL CREDITS 60

Module Code	Module Title	"O"/"S"	Semester	Credits	Total Learning Hours	Contact Hours per week	Independent Study Hours/week	Community service practice	Personal Development Work	total weekly hours	total year hours
PSM7201	Perinatal Psychology (Birth Dynamics Breastfeeding & Beyond)	O	3	10	160	3	7	128	70	contact 13	1500
PSM7202	Early Parenting & Primary Health Promotion Programs	O	3	5	120	2.5	5			independent 17	
PSM7203	Prenatal Psychotherapy Issues & Professional Skills	O	3	5	120	2.5	5			community 4	
PSM7204	The Primal Experience & Psychopathology	O	3	5	120	2.5	5			personal development 2	
PSM7S301	Writing for Academic Purposes	S	3	5	120	2.5	5			total= 36	
PSM7PS302	Leadership in Health	S	3	5	120	2.5	5				
	Dissertation	O	4	30	380						

MODULE PSM7101 STRUCTURE

This module consists of 3 courses, carries 15 credits and the specifics are as follows:

COURSE UNIT TITLE	Prenatal Psychology (Preconception to Birth Dynamics)
COURSE UNIT CODE	PSM7101
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	1st
SEMESTER	1st, 2nd
NUMBER OF ECTS CREDITS ALLOCATED	15
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS (please note that work placement always refers to community work)	Yes
CONTACT HOURS	3 X 32 weeks = 96 hours
TOTAL LEARNING HOURS	320 hours

MODULE SPECIFICS

COURSE CONTENTS

COURSE 1

Introduction to Psychology

Introduction to Psychology, The Nature of Psychology and a brief History

Perception, Consciousness and its Altered States

Learning/ Conditioning

Memory / Anamnese

Thinking Process & Intelligence

Stress and Coping Mechanisms

Personality Theories & Assessment

Schools of Psychology

What is Prenatal Psychology?

COURSE 2

Conception Dynamics

Origin of Life and Evolution.
Timeline of evolutionary history of life

The evolutionary thought: Heredity, Variation, Mechanisms and Outcomes

The Early Beginnings Of Life On Earth:
The Building Blocks

The Cell, The Genetic Code Of The Gametes

The Role Of The Egg

The Role Of The Sperm

The Psychological Dimensions Of Life In The

Ovary

The Psychological Dimensions Of Ovulation

The Egg Journey And Its Psychological Impact

The Psychological Dimensions Of The Sperm
Life Resting In The Testes

The Ejaculation And Its Psychological Impact

The Sperm Journey And Its Psychological
Dimensions

The Dance Before Conception

The Psychological Dimensions Of Conception

The Psychological Dimensions Of Implantation

Biotechnology, Psychological And Ethical
Issues. Creative Intervention Theories

The Principles Of Welcoming Our Children To
The World

COURSE 3

Pregnancy Dynamics

The Blastula

Gastrulation

The Origin Of Sexuality And Gender

Organogenesis.
The Emergence Of Fetal Systems

The Psychological Dimensions Of The Parental
Reaction To The Discovery Of The Pregnancy

Healthy Prenatal Bonding

Molecules Of Emotion

Primal Imprints. The Maternal Influences On The Unborn Child And The Influences Of Medical Or Other Interventions.

The Psychological Impact Of The Twin That Died For The Twin That Gets Born

The Development Of The Sensorial System Of The Unborn Child

The Influence Of Music And Sound On The Unborn

The Social, Cultural And Other Impact On The Unborn Child

The Primal Experience And The Quality Of Life

Spiritual Aspects Of Embryogenesis: Aspects Of Life And Death

AIMS OF THE MODULE

This Module aims to introduce Students to what Psychology is; especially what Prenatal Psychology is; what falls within its field; how it can add value to human Life. The Module consists of 3 Courses. The 1st Course is an introduction to Psychology concepts and acts as a framework of understanding for what is to follow, gradually introducing the Students into Prenatal Psychology. It teaches biological information that explain how the system works in terms of what is involved in the understanding how the information is perceived; how the human system interprets the data; responds to the stimuli; how all this functions when the person is relaxed or when under stress.

The Student will have the opportunity to study issues of consciousness and recognize altered states of consciousness; to distinguish between memory and recollection as seen not only by the modern Sciences but also the Aristotelian Philosophy; delve into the depths of intelligence and how it develops; as well as examine the ways we learn and acquire not just knowledge in the meaning of new information but also how we learn ethical behaviors; how we develop a higher sense of living; how we can create civilization.

The 2nd Course teaches embryology but every embryological “scene” is also discussed in light of Prenatal Psychology. What becomes evident is the connection between the primal moments and our human experience after birth as children and adults.

The 3rd Course deals mainly with pregnancy. The Student can realize the continuum of our experience and how each stage leads to the next. She/He is also able to marvel at the wisdom behind creation and ask deep questions about our attempts to play creator when manipulating conception and early interventions. What is very important is that the Student will be able to begin listening to the people’s stories from a completely new perspective and will start developing a very effective support approach towards what he is going to do at the end of his studies. The Course contents can give an overview of the themes that are to be our focus of attention and exploration in this specific Module.

LEARNING OUTCOMES

MODULE TITLE	PS6201 Prenatal Psychology: Theory & Practice
Science Fields	A, B, H, F, I, P, W
Knowledge & Understanding	A1, A2, A3, A4, A7, A9, A10, A12, A14, A15, A17, A18, A19, A20, A21, A22
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7102 STRUCTURE

This module under the title The Evolution of Prenatal Psychology consists of 3 Courses. Each Course bears 5 Credits. Total 15 credits. The Module specifics are as follows:

MODULE TITLE	The Evolution of Prenatal Psychology
MODULE CODE	PSM7102
TYPE OF MODULE	obligatory
LEVEL OF MODULE	2nd cycle
YEAR OF STUDY	1st
SEMESTER	1st & 2nd
NUMBER OF ECTS CREDITS ALLOCATED	15
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	3 x 32 weeks = 96 hours
TOTAL LEARNING HOURS	320 hours

COURSE CONTENTS

COURSE 1

Myths about the Prenatal & Perinatal Life of the Human Being; what the Ancient Greek Classics said about Prenatal & Perinatal Life of Human Beings.

OTTO RANK: Differences between Freud & Rank. The Trauma of Birth. Will Therapy. Rank's Assumptions about Neurosis. Absurdity in Human Behavior. The Importance of Myth in Therapy.

The Hero, the Artist & the Simple Man. The Element of the Supernatural in the Human Being.

SANDOR FERENCZI: Flexibility of Psychoanalytic Technique. The Etiology of Neurosis & Serious Psychological Disorders & the Psychodynamic of Trauma. The Confusion of Languages Between Adults & Child: The Sexual Abuse of the Child. The Source of Relaxation & Neo-catharsis. Mutual Analysis. Approaches of Humanistic & Transpersonal Movements in Psychotherapy.

PIERRE JANET: The Subconscious. The Memory. Dissociation. The Trauma. Post Traumatic Stress Syndrome. The Principles of the Therapeutic Approach of Janet.

KARL JUNG: The Archetype of the Mother. The Distortion of the Maternal Archetype in the Son. The Distortion of the Maternal Archetype in the Daughter. The Archetype of Father.

NANDOR FONDOR: Birth Therapy: Dream Interpretation Based On the Principles of the Pre-birth Trauma & 'The Trauma of Birth'. The Integration of Prebirth Experiences.

FRANCIS MOTT: Conception. 'The Umbilical Affect.'

COURSE 2

WILHELM REICH: Man & His Armoring. Character-Analysis. Body Psychotherapy. Orgone Theory.

DAVID BOADELLA & BIOSYNTHESIS: Basic Principles of Biosynthesis. Principles of Psychological Health. The Dysfunctions: Somatic, Psychological & Spiritual Aspects of Health. The Perpetuation of Dysfunction. The Tree of Man: Lifestreams, Life Fields, Lifescapes, Lifeforms, Lifegrounds, Lightstreams. Techniques: Centering, Grounding, Facing, Sounding, Bonding etc.

LIETART PEERBOLTE: Bridge Between Analysis & Comparison of Physical & Psychic Energy. Engrams. Ego & Genius. The Third Factor. Love (oceanic) & Sex. The Individuation of Oceanic Feelings. Prenatal Dreams. The Psychology of Twins. The Twin That Has Survived.

ROBERTO ASSAGIOLI & PSYCHOSYNTHESIS: The Chart of the Human Soul: The Levels of Consciousness. The Use of Archetypes & Symbols. The Stages of Psychosynthesis. The "Star" Diagram. The 'Egg' Diagram. From Anger to Empowerment.

ARTHUR JANOV: PRIMAL THERAPY: The ABCs of the Theory. Primal Pain. Primal Needs. Neurosis. The Seven Stages Of Primal Therapy. The Process Of Primal Therapy.

WILLIAM EMMERSON & KARLTON TERRY: BABY THERAPY: The Phases. The Role of the Therapist. Re-patterning. Working with Children Delivered with Caesarean Section. Working with IVF (In Vitro Fertilization) children.

JOHN ROWAN: PRIMAL INTEGRATION: The Basic Principles. The Aims of the Therapy.

FREDERICK MICHAEL FARRAR: THE PRIMAL MODEL: Human Awareness.

Consciousness. The Memory. The Holon. The Principles of the Primal Model. Primal Pain & Narcissism.

GRAHAM FARRANT: Cellular Consciousness.

Adoption: The Trauma Of The Separation Of The Child From Mother.

JEAN LIEDLOFF: The Continuum Concept: The Yequana Model.

TERRY LARIMORE: Sand Trays.

LEONARD ORR & SANDRA RAY: RE-BIRTHING: A model of Re-experiencing birth

HANS GUSTAV GRABER: The Individuation approach.

THE TURNERS: JON RG & TROYA GN: Prebirth Consciousness, Memory & Therapy. Whole-Self Prebirth Psychology.

ELDA SCARZELLA MAZZOCCHI: Caring Birth Out of Wedlock.

BIANCA BUCHOLD: Women During Pregnancy. Education of Women to be Mothers of Mankind.

BRUNO HUGO STRICKER: The Sunrise As The Birth Of A Baby: The Prenatal Key to Egyptian Mythology

RENE & KIRSTEN VAN DE CARR: Prenatal University

PETER FEDOR FREYBERG: Prenatal & Perinatal Psychology

LLOYD DE MAUSE: PSYCHOHISTORY . The Fetal Origins of Our History. The History

of Childhood. Abuse of Children.

LUDWIG JANUS: The psychological analysis of the film "MATRIX".

LUCIO ZICHELLA

COURSE 3

FRANK LAKE: The Mother-Fetus Syndrome. About Sexuality. Same Sex.Preference.

STANISLAV GROFF: Prenatal & Perinatal Matrices. CO-EX (Condensed Experiences) Systems. The Trauma of Birth & its Connection with Psychological Disturbance, Suicide & Ecstasy. Differences Between Spiritual Evolution & Psychiatric Disturbance. Addiction. Holotropic Breathwork.

ATHANASIOS KAFKALIDIS: The Accepting & Rejecting Womb. Knowledge of the Womb - Autopsychognosia.

GRIGORI I. BREKHMEN: The Concept of Wave Interaction for Communication Dialogue Between Mother & Her Unborn Child. The Phenomenon of Violence

DAVID CHAMBERLAIN: Life Before Birth: Dangers & Opportunities. The Formation of the Noetic & Emotional Patterns. Prenatal Intelligence Enhancement Programs. Memories of Birth.

THOMAS VERNY: The Womb as a Didactic Environment. The Alchemy of Relationships. Experience & Brain Structure, Conscious Parenting. The Test: The Personality Roots: How to Give the Test & How to Decode the Information.

TERENCE DOWLING: Smoking and alcohol during pregnancy.

JOHN SONNE: Abortion Survivors. The Profile of the Adult When She/He was Prenatal Unwanted. The Prenatal Profile of the Tyrants in History.

G. HIDAS & JENO RAFFAI: Bonding Analysis,

JOSEPH CHILTON PEARCE: Mother-infant Bonding.

SARAH J. BUCKLEY: Gentle Birth, Gentle Mothering.

JAMES W. PRESCOTT: Life Before Birth,.

MICHAEL MENDIZZA: Touching the Future. Becoming Parents

BRUCE LIPTON: The Biology of Belief

BARBARA FINDEISEN: the Study of the Psychological Impact of Birth

SUZANNE ARMS: Childbearing Woman. Change in Traditional Maternity Care. Adoption

JEANNINE PARVATI BAKER: Homebirth, Unassisted Birth,

MARTI GLENN: Initiating Prenatal Psychology Education

FROM FREDERICK LABOYER TO MICHEL ODENT: A Different Approach To Labour. Water-Birth. The Origins Of Violence. The Perinatal Bonding And Eye-Contact. The Primal Causes Of Health And Disease.

INA MAY GASKIN: Spiritual Midwifery

OLGA GOUNI: Welcoming Children

AIMS OF THE MODULE

The main aim of this specific Module is to familiarize the Student with the works of The above Pioneers in the Field of Prenatal Psychology in Modern Times. Thus, there is a link between Freud's Psychoanalysis as his Students Otto Rank, Sandor Ferenczi, Wilhelm Reich and Karl Jung were among the ones who took Analysis from childhood to deeper "depths" exploring birth dynamics and its impact on Life. There are three groups of pioneers studied: The early pioneers, the middle generation and the torch bearers, the ones who are still developing and evolving Prenatal Psychology. The Module presents the Principles of their Theories, as well as Techniques that they have developed and taught. The Student has the opportunity to understand and follow the line of thought but also is able to recognize and use therapeutic tools introduced by those Prenatal Pioneers.

LEARNING OUTCOMES

Module Title	PSM7M102 The Evolution of Prenatal Psychology
Science fields	A, B, H, I, P, W
Knowledge & Understanding	A1, A2, A3, A7, A9, A10, A12, A14, A15, A17, A20, A21, A22
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other Skills	E1, E2

MODULE PSM7103 STRUCTURE

This module under the title Anthropology of Birth, Cross-Cultural Issues consists of 1 course and bears 5 credits. The specifics of the module are as follows:

COURSE UNIT TITLE	Anthropology of Birth, Cross-Cultural Issues
COURSE UNIT CODE	PSM7103
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	1st
SEMESTER	1st
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

Cross-Cultural Aspects Of Health

Perspectives On The Anthropology Of Birth

Fertility, Pregnancy, Birth And Childbearing In The Ancient World

Models Of The Human Body, Self And Birth In Different Cultures

The Evolution Of Maternal Birthing Positions

The Cultural Anthropology Of Placenta

Birth Lessons From Native Indians

The African Scene Of Pregnancy, Birth And Childbearing

The Muslim Aspects Of Pregnancy And Birth

The Eastern Philosophies On Pregnancy, Birth And Childbearing

Modern Europe And Birth Practices

The Cultural Perspectives Of Breastfeeding And Weaning

Indigenous Knowledge Health Systems

The Human Life Cycle

AIMS OF THE MODULE

This Module aims to explore the essence of Health and Disease in various Cultures of the Indigenous People from antiquity to now and contribute to the understanding of what constitutes Health throughout time. Then, the Student studies Philosophical Aspects as concerns the Beginning of Life in the Realms of Conception, Gestation, Birth and beyond; explores the Theories of the Stoic Philosophers, Aristotelis, Hypocrates, the Pythagoreans, Plato, and other classics; as well as Religious Theoreticians. In the field of the Anthropology of Birth, the Student explores conception to birth practices of Indians, Africans, Aborigines, etc as well as among Muslims, Buddhists, Hindus, etc.

The Student learns how to look at the customs and practices around the Beginning of Life today in various parts of the world and understands why and how. Thus, the Student today and a Professional tomorrow can better serve his/her clients in a multicultural world and perhaps synthesize the knowledge in a way that will contribute to better co-operation and more productive research in the field.

This Module explores the ways that all this Conception to Birth Philosophy can be seen in the Arts and Myths of various people in the world and will cast light to the understanding of Fine Arts, ie, literature, sculpture, expressive arts in general. Thus, the Student will be able to read between the lines and see the connection among all people irrelevant of time and place.

Issues of ethics, as well as legal aspects and Scientific Responsibility will give the Student the possibility to develop Professional Behavior that adds value to the Human Existence.

LEARNING OUTCOMES

MODULE TITLE	PSM7103 Cross-Cultural Aspects of Pre/Perinatal Health
Science Fields	A, B, ,I, L, M
Knowledge & Understanding	A1, A2, A3, A4, A9, A11, A12, A13, A15, A19, A22
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B14, B18, B19, B20, B21, B22, B23, B24
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7104 STRUCTURE

This module under the title Bonding & Attachment consists of 1 course and bears 5 credits. The specifics of the module are as follows:

COURSE UNIT TITLE	Bonding & Attachment
COURSE UNIT CODE	PSM7104
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	1st
SEMESTER	2nd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

Definitions. The Psychobiological Parents & the Secret Hormonal Communication & Dialogue Between the Maternal Environment & the Unborn Baby.

The Benefits of Ritual in Bonding with the Unborn

Bonding in Modern Families Finding a Good Balance Between Work, Social Life & Parenting

Bonding in Non-traditional Families: One-Parent Families, Adoptions, Surrogate Mothering, IVF & Same Gender Parents

Bonding Prenatally: Basic Principles in Prenatal Communication. Building Bonds with Sensory Experiences

Promoting a Good Mother/maternal Environment – Unborn Child Prenatal Bonding Programs.

Bonding Analysis: Introducing the Work of Dr Gyorgy Hidas & Gerhard Schroth (MD)

Perinatal Bonding: The First Few Moments

Factors In Neonatal Attachment

The Attachment Theory: John Bowlby & Mary Ainsworth

Exploring Attachment Style: Working with Children & Adults. Maintaining Healthy Bonds Throughout Life

AIMS OF THE MODULE

This Module aims to introduce the Student to the importance of a Healthy Bonding between the maternal environment and the unborn baby. It shows why pregnancy is an active dialogue between the mother /maternal environment and baby in gestation and how this interchange of information can be used so that Healthy Relationships can be established. The Student will study the dynamics of this prenatal communication and its impact for Lifelong Relationships. The work of G. Hidas will be analyzed and the most important points of his Bonding Analysis will be presented.

Then, the Module will move on and teach the significance of Perinatal Bonding with all its subsequent impact on later Life. Finally, the Attachment Theory as established by John Bowlby will be taught together with most of the techniques that can be used to observe a young child and see the kind of attachment this child presents as well as how a Professional can support in case there is other than Healthy Attachment Style.

LEARNING OUTCOMES

MODULE TITLE	PSM7104 Bonding & Attachment
Science Fields	A, B, I
Knowledge & Understanding	A1, A2, A3, A4, A7, A8, A12, A15, A16, A17, A19, A20, A21
Skills & Competencies	B1, B3, B4, B5, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7105 STRUCTURE

This module under the title Research Methods consists of 3 courses and bears 10 credits. The specifics of the module are as follows:

COURSE UNIT TITLE	Research Methods
COURSE UNIT CODE	PSM7105
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	1st
SEMESTER	1st, 2nd
NUMBER OF ECTS CREDITS ALLOCATED	10
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 32 weeks =80 hours
TOTAL LEARNING HOURS	240 hours

COURSE CONTENTS

COURSE 1

Introducing Psychological Research Methods

Methods For Nursing Health And Social Care

Choosing Appropriate Research Methodologies

Research Designs And Data Collection

Stages Of The Research Process

Research Ethics

COURSE 2

Literature Review

Qualitative Research

Concepts And Philosophies

Quantitative Research

Mixed Methods

COURSE 3

How To ...: Practical Steps

Data Analysis

Writing Up The Research

Getting Published

Research Issues

AIMS OF THE MODULE

The aim of this Module is to familiarize Students with Research Methodology. The Module guides the Student in making qualitative as well as quantitative research but also it teaches how to do a Literature Review and a Concept Analysis. As the Student is soon to be asked to write his dissertation, this Module is extremely useful.

LEARNING OUTCOMES

MODULE TITLE	PSM7105Research Methods
Science Fields	U, T, S, R
Knowledge & Understanding	A1, A2, A3, A4, A5, A6, A14
Skills & Competencies	B1, B2, B4, B5, B7, B8, B16, B25, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7S101 STRUCTURE

This Module under the title **The Complexity of Prenatal Psychology in a Salutogenic Context** consists of 1 Course and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	The Complexity of Prenatal Psychology in a Salutogenic Context
COURSE UNIT CODE	PSM7S101
TYPE OF COURSE UNIT	selective
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	1st
SEMESTER	1st
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

Main Concepts in Salutogenesis

The model of Salutogenesis in Health

An Overview of Complex Theories.

How Do They Apply To The Human Development?

Morphogenesis

Biological Fields

The Chaos Theory

Fractals

Ontogeny & Phylogeny

Playing God Issues

AIM OF THE MODULE

The aim of this Module is to study how relationships between parts lead to collective behaviors of a system and how the system interacts and forms relationships with the environment it finds itself in. The Student learns about the Genesis of Life on Earth and studies the most important natural laws that have been discovered by scientists in Fields like Modern Physics, Biology, Mathematics, etc. The aim is to help the Student look at Human Life Dynamics from a more Universal Point of View; bring together ontogeny& phylogeny; trace Evolution of Species from a Primal Cell; explore the Eternal Universal Laws in everyday experience.

LEARNING OUTCOMES

MODULE TITLE	PSM7S101 The Complexity of Prenatal Psychology in a Salutogenic Context
Science Fields	K
Knowledge & Understanding	A1, A2, A3, A4
Skills & Competencies	B1, B5, B7, B8, B22
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7S102 STRUCTURE

This module under the title **Anatomy, Physiology & Endocrinology** consists of 3 Courses: Course 1: Anatomy, Course 2: Physiology & 3: Endocrinology. The Module bears 5 credits. The module specifics are as follows:

MODULE TITLE	Anatomy, Physiology & Endocrinology
MODULE CODE	PSM7S102
TYPE OF MODULE	selective
LEVEL OF MODULE	2nd cycle
YEAR OF STUDY	1st
SEMESTER	1st
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	Educational Team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 x 16 weeks = 40 hours
TOTAL LEARNING HOURS	120 hours

COURSE 1 CONTENTS

ANATOMY

Internal & External Female Genitalia

Male Genitalia

Anatomy Of The Nervous System

Brief Anatomy Of The Human Organ Systems

COURSE 2 CONTENTS

PHYSIOLOGY

Prokaryotic & Eukaryotic Cells

Mitochondria & Chloroplasts: The Primordial Knowledge Actors

Sub-Cellular Organelles: Specialization Of The Cell Body Organs And Human Co-Operation

Bio-Molecules: Proteins, Carbohydrates, Fatty Acids And Nucleic Acids

The Mystery Of Life Creation

Proteins And Dna: The Question Of The Origin Of The Egg And The Hen

Dna-Rna, Genes & Genome: The Mystery Information Library

Mechanisms Of Cell Proliferation: Mitosis & Meiosis

The Physiology Of Muscle Contraction

The Effects Of Acute And Chronic Stress, Fight Or Flight Response, Hpa Axis

The Somatization Of Fear & Danger

The Physiology Of Pain

The Physiology Of Sleep. Dreaming

The Physiology Of Orgasm: Just Before The Life Stream Gets Ready To Emanate.

The Internal View Of Sexual Intercourse

COURSE 3 CONTENTS

ENDOCRINOLOGY

Hormone: The Body Information

Hypothalamus

The Pituitary Gland

The Pineal Gland: A Magnum Mysterium

The Hormonal Stress Cycle

Feedback Mechanisms

When What Is Down And After Regulates What Is Up And Before

Hormones & Homeostasis: Health As A Balance Outcome

Interaction Between The Hormonal System And The Mind

Pathologies And Syndromes

Medical And Divine Hermaphroditus

When Humans Intervene In Natural Paths: Hrt

Peace & Love Hormones: Oxytocin And Endorphines

Ethical Aspects

AIMS OF THE MODULE

This Module aims to acquaint Students with the Sciences of Anatomy, Physiology and Endocrinology, especially those Students who do not come from a Medical or Midwifery background so that they can understand whatever somatic issues the Client brings to their attention; see the connection that these can have; get a better understanding of the psychosomatic phenomena. More specifically, the Anatomy Course aims to maintain the importance of understanding the structure of the living body but also to offer an understanding of the Laws of Life. This Physiology Course aims to help Students realize the Process of Evolution as they study mechanisms for maintenance, growth, and reproduction, despite perturbations of the internal and external environment. Finally, the aim of Endocrinology is to help Students identify the function of the Endocrine System; the physiological effect of the Hormones produced; as well as understand the molecular mechanisms involved in signaling events at the cellular and whole Human level. Students will be able to understand the differences that may take place when a Human Organism functions under stress in comparison to a natural safe mode or what changes take place when in fear or pain.

LEARNING OUTCOMES

MODULE TITLE	PSM7S102 Anatomy, Physiology & Endocrinology
Science Fields	E, F, V, X
Knowledge & Understanding	A1, A3, A4, A21
Skills & Competencies	B1, B5, B7, B8, B12, B13, B16, B17, B19, B20, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7S201 STRUCTURE

This module under the title **Introduction to Epigenetics** consists of 1 Course and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	Introduction to Epigenetics
COURSE UNIT CODE	PSM7S201
TYPE OF COURSE UNIT	selective
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	1st
SEMESTER	2nd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

A Brief History Of Epigenetics

Genetics And Epigenetics : Definitions And Theoretical Considerations

Perceptions Of Epigenetics & Mechanisms

What Turns You On And Off

Epigenetic Technology

Epigenetics And Human Dis-Ease: From Mechanism To Therapy. Epigenetic Therapy

AIMS OF THE MODULE

This Module aims to introduce the Students to the rather new Science of Epigenetics and generate an interest for further study. It analyses main concepts within the field; creates the setting for reflection about the interplay between the environment and the organism; aspires to lead the Students to reflect on what can trigger Evolutionary Changes: bring about Health in our Human Experience. Finally, this Module introduces Students to Epigenetic Technology and what we may see in the future in terms of Epigenetic Therapy.

LEARNING OUTCOMES

MODULE TITLE	PSM7S201 Introduction to Epigenetics
Science Fields	D, C, O
Knowledge & Understanding	A1, A3, A4, A21
Skills & Competencies	B1, B5, B7, B8, B12, B13, B16, B17, B19, B20, B22
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7S202 STRUCTURE

This module under the title **Neurophysiology** consists of 1 Course and bears 5 Credits.
The Module specifics are as follows:

MODULE TITLE	Neurophysiology
MODULE CODE	PSM7S202
TYPE OF MODULE	selective
LEVEL OF MODULE	2ndcycle
YEAR OF STUDY	1st
SEMESTER	2nd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 x 16 weeks = 40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

The Physiology Of The Nervous Cell

The Neural Nerve And The Electric Current, Threshold Level, Potassium-Sodium Ions

The Nerve Impulse. Neurotransmitters: The Documentation Of Emotions?

Brain Physiology

Neurulation And The Human Brain/ Mind From Conception To The First Years Of Life After Birth

The Prenatal Memory And Learning Function

The Influence Of Stressors, Alcohol, Drugs, Smoking In The Brain Development Of The Unborn

Diet , Exercise And Lifestyle Of The Mother And Its Influence On The Brain Development Of The Unborn

The Evolution Of Intelligence

Supporting The Unborn Child's Healthy Development: Putting Theory Into Practice

Accute And Chronic Stress Reactions

The Sensorial System And The Brain: Primal Development & Postnatal Maturation

Emotion & Brain/Mind Interplay

Neuron-Mirrors

Endometrial Epigenetic Mechanisms

Awakening Intelligence

When The Brain Is In Pain

The Human Sleep Cycle And The Universal Sleep (Pralaya)

AIMS OF THE MODULE

The aims of this Module is to acquaint the Students with Neuro-Science so that the Students can understand how the brain function and how the signal is transmitted and received leading to a Communication that makes sense among organisms, among Humans and between the environment and a Human. Furthermore, it aims to help Students realize the interplay between the emotion and the brain and study mechanisms that can awaken higher functions of the Mind and Intelligence. Finally,

this Module aims to help Students understand the changes that may happen when there is pain, fear or other toxins in the environment of the Human Experience. The Module aims to inspire Students to make good use of the knowledge provided so that Students can start thinking in terms of Primary Health Advancement the significant factors that can lead to Better Health and Better Communication in the world.

LEARNING OUTCOMES

MODULE TITLE	PSM7S202 Neurophysiology
Science Fields	D, C, O
Knowledge & Understanding	A1, A3, A4, A21
Skills & Competencies	B1, B5, B7, B8, B12, B13, B16, B17, B19, B20, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7201 STRUCTURE

This Module under the title **Perinatal Psychology (Birth Dynamics, Breastfeeding & Beyond)** consists of 2 Courses and bears 10 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	Perinatal Psychology (Birth Dynamics, Breastfeeding & Beyond)
COURSE UNIT CODE	PSM7201
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	2nd
SEMESTER	3rd
NUMBER OF ECTS CREDITS ALLOCATED	10
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	3 X 16 weeks =48 hours
TOTAL LEARNING HOURS	160 hours

COURSE CONTENTS

COURSE 1

Introduction To Perinatal Psychology:
Labor And Birth As The End Result Of
Conception And Pregnancy

The Physiology Of Birth

The Psychological Encoding Of The
Bursting Of The Waters And The Onset Of Con-
tractions And Its Impact Later In Life

The Birth Trauma & Its Linkage To
Psychopathology

Birth As An Active Dialogue Between The Child
Being Born And The Maternal Environment

Homebirth

Waterbirth

Natural Birth

Epidural, Anaesthesia, Medical Interventions At
Labor And Its Psychological Or Other Impact In
Life

The Profile Of Children Born With Forceps

The C-Section & Vbac

How To Heal/Support The Cesarean Born Baby

The Psychological Dimensions Of The Cutting
Of The Umbilical Cord

Maternal Morbidity-Neonatal Mortality

Baby Loss: The Grief Process. The Replacement
Child

Copying With Pain

COURSE 2

Facilitating The Perinatal Bonding

Breastfeeding

Final Stages Of Labor. Taking Care Of The
Mother And The Newborn

The Placenta In Different Cultures

The Newborn That Needs Extra Support: Nicu.

Kangaroo Care

Post-Partum Aspects: Cross-Cultural Practices

Prenatal & Post Partum Depression

Mothering The Mother

The First Year Of Our Baby: Towards The End
Of Symbiosis

Safe Attachment & Reactive Attachment Disor-
der (Rad)/ Order (Rao)

Walking Into Autonomy

AIMS OF THE MODULE

This Module aims to teach Students the most significant aspects of our Birth Experience and how this Experience is encoded in us and appears again and again in Life after Birth as children and adults. It is a most interesting Module in the study Perinatal Psychology. The Course contents give Students a good overview of the points studied in depth. The **1st Course** focuses on the Birth Experience while the **2nd Course** focuses on Breastfeeding, Newborn and Baby Care; examines issues of Perinatal Bonding and Safe Attachment; looks at issues that are of importance for the mother as Representative of the Maternal Environment and how she can be supported to be empowered to **mother her baby**. Students get to understand what a **Natural Birth** is and why it is different from a **Medicalized Birth**. She/He will be able to explore the advantages of a Waterbirth and how to do a Waterbirth. Furthermore, Students will have the opportunity to study the importance of Breastfeeding from a Psychological point of view and what it is like to meet the criteria for a Baby Friendly Hospital. All in all, this Module imparts a great amount of knowledge about what works best; what is connected with what; aims to inspire all those involved to adopt practices which will provide for Optimum Beginnings.

LEARNING OUTCOMES

MODULE TITLE	PSM7201 Perinatal Psychology(Birth Dynamics, Breastfeeding & Beyond)
Science Fields	A, B, H, F, I, P, W
Knowledge & Understanding	A1, A2, A3, A4, A7, A8, A9, A10, A11, A12, A14, A15, A16, A17, A18, A19, A20, A21, A22
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7202 STRUCTURE

This Module under the title **Early Parenting & Primary Health Promotion Programs** consists of 2 Courses and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	Early Parenting & Primary Health Promotion Programs
COURSE UNIT CODE	PSM7202
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	2nd
SEMESTER	3rd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE 1 CONTENTS

Physiological Adaptation Of An Expectant Mother To The Changes Observed In Pregnancy: A New Physical And Mental State, So Natural And Yet So Unknown

Health And Wellbeing Of The Mother/Maternal Environment And The Child

Why Pregnant? Psychosocial Motivation For Motherhood/Parenthood In A Diverse Range Of Family Structures

Key Points Of Maternal Care

And The Father? Empowering Fatherhood

The Birth Scene

Postpartum Care

The Newborn Care

Parenting A Child With Extra Needs

COURSE 2 CONTENTS

Health Advancement And Health Education Programs

Stages Of Health Promotion Programs

Aims And Goals In Health Education

The Strategic Aspects Of A Health Promotion Program.

Designing A Health Promotion Program

Prenatal Health Programs Outlines

The Prenatal University

The World Of The Unborn Child

Nurturing The Unborn Child

Hello Baby, Hello Family

First Start

Balanced Beginnings

Welcome

AIMS OF THE MODULE

This Module aims to acquaint Students with the ways and methods a Health Advancement Program is made; inspire them to reflect, synthesize and then conceive, design, implement and operate similar Programs so that they become Evolutionaries not just Professionals repeating or applying in practice the instructions offered. Furthermore, as seen in the Course Contents, the most significant Primal Health Advancement Programs in the field of Prenatal Psychology are presented to encourage understanding and empower Students to learn more and include them in their practice.

LEARNING OUTCOMES

MODULE TITLE	PSM7202 Early Parenting & Primary Health Promotion Programs
Science Fields	A, B, G, H, I, J, L, M
Knowledge & Understanding	A1, A3, A4, A7, A8, A9, A10, A11, A12, A13, A14, A15, A17, A18, A19, A20, A21, A22, A23
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7203 STRUCTURE

This Module under the title **Prenatal Psychotherapy Issues & Professional Skills** consists of 1 Course and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	Prenatal Psychotherapy Issues & Professional skills
COURSE UNIT CODE	PSM7203
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	2nd
SEMESTER	3rd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

Concepts Of Therapy In Ancient Times And Now

Culture And The Therapeutic Relationship

The Therapeutic Figures Versus Friends And Helpers. The Therapeutic Alliance. The Client –Centred Approach Of The Early Prenatal Psychology Pioneers

The Therapeutic Process: From Beginning To Completion

Therapeutic Interaction & Communication. Conditions Necessary For Effective Counseling Within Prenatal Psychology

The Attitude That Heals: What Enhances Growth In Others.

Measuring The Therapeutic Relationship: Research Approaches

Giving Advice: The Whole-Self Model

Transference And Countertransference

Understanding Self And Others: An Issue Of Healthy Boundaries

Concepts Of Counseling/Psychotherapeutic Techniques

Therapeutic Outcome

Philosophical Issues Around Birth & Death, Nature Or Man Intervention, Violence & Respect Pre/Perinatally (Abortion, Surrogate Parenting, Ivf, Genome Experimentation Etc)

The Responsibility Factor In Knowledge/Information Dissemination.

Words That Make A Difference:

The Influence Of Verbal/Non-Verbal Communication In Empowering The World

Case Studies

AIMS OF THE MODULE

This Module aims to help Students Reflect on Philosophical, Professional and Ethical Issues within the Field of Prenatal Psychology. Thus, this Module raises questions concerning Life and Death, with all its Accompanying Legal and Ethical Aspects of it; examines issues of trust; issues of Intervention, Fear and Acceptance, etc. It addresses issues of Infertility and/or Sub-fertility as well

as Technology Assisting Birth and invites Students to reflect on Surrogate Mothering, IVF Babies and the like. It also examines Challenges issues of Abortion and Adoption and their Impact on the Lives of all Involved. Also, this Module aims to enable Students to Advocate about Respect at the Beginning of Life. Finally, this Module aims to teach Students what a Therapeutic Relationship is and how it Develops in Various Settings; Inspire Them about Issues of Trust and Respect while Involved in Healing; look at their tasks as Professionals for Empowering the Human Being Level Away from Arrogance resulting from unresolved personal issues. It teaches Knowledge, Skills and Competencies Concerning Working with Clients and Introduces Various Models used in the Past or Being Used Now. Case Studies Make Points Clear.

LEARNING OUTCOMES

MODULE TITLE	PSM7203 Prenatal Psychotherapy Issues & Professional Skills
Science Fields	A, B, G, H, I, L,M, O, T
Knowledge & Understanding	A1, A3, A4, A7, A8, A9, A10, A11, A12, A13, A14, A15, A17, A18,A19, A20, A21, A22, A23
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B12, B13, B14, B15, B16, B17, B18, B19, B20, B21, B22, B23, B24
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7204 STRUCTURE

This Module under the title **The Primal Experience & Psychopathology** consists of 1 Course and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	The Primal Experience & Psychopathology
COURSE UNIT CODE	PSM7204
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2ndcycle
YEAR OF STUDY	2nd
SEMESTER	3rd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

Anxiety & Neurosis (The Primal Origins)

Phobias, Panic Attacks.

Sleep & Sexual Disorders

Post Traumatic Stress Disorder

Depression, Mania, Bipolar Syndrome

Self-Destruction. Suicidal Ideation.

Schizophrenia, Obsession/ Paranoia, Delirium. Hallucinations.

Dementia, Alzheimer And The Disintegration Of Mental Functioning

Anorexia / Bulimia Nervosa

Addictions

Compulsive Behaviour.

Antisocial Behaviour

Basic Pharmacology Concepts

When Pregnant Mother Is On Medication

Hiv And Pregnancy/Birth

General And Local Anaesthesia, Epidural: The Effects Of Drugs On The Unborn Baby & The Child At Birth And Beyond

Can We Go Nature? Mild Interventions From The Natural Pharmacy

From Natural Healing Substances To Pharmaceuticals

Main Groups Of Medication

Vaccines: Friends Or Foes

AIMS OF THE MODULE

This Module aims to teach Students the connection between the Primal Origins of every Human being and the kind of behavior we develop later in Life, especially the connection of primal experience and Psychopathology. It teaches the information that will enable Students and Professionals to understand what is what and why it has come up so that they can better support clients when who come to her/his attention. What is very important is that Students will be able to start listening to people's stories from a completely new perspective and will start developing a very effective support approach towards what to do at the end of her/his studies. Finally, this Module teaches Pharmacology, so that even if Students do not come from a Medical Background, she/he can familiarize her/himself with Pharmacology concepts and contents. The Course contents can give an overview of the themes that are to be our focus of attention and exploration in this specific Module.

LEARNING OUTCOMES

MODULE TITLE	PSM7204 The Primal Experience & Psychopathology
Science Fields	A, P, Q
Knowledge & Understanding	A1, A3, A4, A16, A19, A20, A21, A22
Skills & Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B12, B16
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7S301 STRUCTURE

This Module under the title **Writing for Academic Purposes** consists of 1 Course and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	Writing for Academic Purposes
COURSE UNIT CODE	PSM7S301
TYPE OF COURSE UNIT	selective
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	2nd
SEMESTER	3rd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	Educational Team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

The Process Of Writing

Academic Writing Principles

Structuring An Essay

Academic Articles

Academic Papers

Writing A Thesis

Improving Your Reasoning

Writing A Case Study

About References, Citations & Bibliography

Avoid Plagiarism

AIMS OF THE MODULE

This Module aims to teach Students the Process of Academic Writing. It is meant to help Students successfully do their Dissertation and at the same time develop Academic Writing Skills that are essential in their Professional Career.

LEARNING OUTCOMES

MODULE TITLE	PSM7S301 Writing for Academic Purposes
Science Fields	U, T, S, R
Knowledge & Understanding	A1, A2, A3, A4, A5, A6, A14
Skills & Competencies	B1, B2, B4, B5, B7, B8, B16, B25, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

MODULE PSM7PS302 STRUCTURE

This Module under the title **Leadership in Health** consists of 1 Course and bears 5 Credits. The specifics of the Module are as follows:

COURSE UNIT TITLE	Leadership in Health
COURSE UNIT CODE	PSM7PS302
TYPE OF COURSE UNIT	selective
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	2nd
SEMESTER	3rd
NUMBER OF ECTS CREDITS ALLOCATED	5
NAME OF LECTURER(S)	educational team
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	2.5 X 16 weeks =40 hours
TOTAL LEARNING HOURS	120 hours

COURSE CONTENTS

The Wider Context Of Professional Development. How The Health System Is Structured And How It Works.

Health Policies

Seeing Healthcare From The User's Perspective. Best Response To Users' Needs

Healthcare As A Process

The Nature Of Knowledge: The Philosophy Of Science

Local Versus Global, Small Versus Large Scale Change

Levels Of Quality Intervention

Why Continuous Professional Development? Features Of Effective Training

Positive Practice Environments

Audit And Feedback As Part Of A Strategy To Quality Improvement Of The Professional

Finding Your Place. Empowering Yourself To Empower Others

Leadership: Innate Or Acquired? The Nature Of Leadership

Leadership Theories

Leadership Models & Styles

Leadership Skills & Traits

Vision, Motivation And Initiatives. Beyond The Emotional Intelligence

Creating New Ways To Co-Creating Life Transforming Leaders

The Inner Journey To Excellence

AIMS OF THE MODULE

This Module aims to inspire, build and develop leadership Skills to Students so that they can excel in whatever they choose to do Academically or Professionally and thus become real Evolutionaries. It is a Module that goes beyond Professionalism as it aims to instill leadership values and qualities that bring Professionals to the top of a leadership scale in their Life as Human Beings. Apart from the various leadership styles and models presented, the Inner Journey of Excellence is what this Module aims to signpost and inspire.

LEARNING OUTCOMES

MODULE TITLE	PSM7PS302 Leadership in Health
Science Fields	A, B, I, R, T
Knowledge & Understanding	A1, A3, A4, A7, A8, A11, A12, A14, A17, A18, A19
Skills and Competencies	B1, B2, B3, B4, B5, B6, B7, B8, B9, B10, B11, B13, B14, B18, B19, B20, B21, B22, B23, B24, B26
Thinking Skills	C1, C2, C3, C4
Values	D1, D2, D3, D4, D5, D6, D7, D8
Other	E1, E2

PRENATAL PSYCHOLOGY DISSERTATION PS6D400

At the end of your studies, you are asked to write and submit your dissertation.

DISSERTATION TITLE	To be discussed with your tutor
COURSE UNIT CODE	PSM7400
TYPE OF COURSE UNIT	obligatory
LEVEL OF COURSE UNIT	2nd cycle
YEAR OF STUDY	2nd
SEMESTER	4th
NUMBER OF ECTS CREDITS ALLOCATED	30
NAME OF TUTOR	announced individually
MODE OF DELIVERY	FACE-TO-FACE/ ONLINE
PREREQUISITES AND CO-REQUISITES	None
RECOMMENDED OPTIONAL PROGRAM COMPONENTS	None
ASSESSMENT METHODS AND CRITERIA	as described in Part 1 of this catalogue
LANGUAGE OF INSTRUCTION	English / Greek
WORK PLACEMENTS	Yes
CONTACT HOURS	as needed
TOTAL LEARNING HOURS	380 hours

TABLE OF MODULES

YEAR 1 semester 1	YEAR 1 semester 2	YEAR 2 semester 3	YEAR 2 semester 4
OBLIGATORY			
PSM7101 Prenatal Psychology (Preconception to Birth Dynamics)	PSM7101 Prenatal Psychology (Preconception to Birth Dynamics)	PSM7201 Perinatal Psychology (Birth Dynamics, Breastfeeding & Beyond)	DISSERTATION
PSM7102 The Evolution of Prenatal Psychology	PSM7102 The Evolution of Prenatal Psychology	PSM7202 Early Parenting & Pri- mary Health Promotion Programs	
PSM7103 Anthropology of Birth, Cross-Cultural Issues	PSM7104 Bonding & Attachment	PSM7203 Prenatal Psychotherapy Issues & Professional Skills	
PSM7105 Research Methodology	PSM7105 Research Methodology	PSM7P03 The Primal Experience & Psychopathology	
SELECTIVE			
PSM7S101 The Com- plexity of Prenatal Psy- chology in a Salutogenic Context	PSM7S201 Introduction to Epigenetics	PS6S501 Well-being in the work- place	
PSM7S102 Anatomy, Physiology & Endocrinology	PSM7S202 Neurophysiology	PS6S502 Prenatal Dynamics in Starting a Career	

STATISTICS FOR THE 2 YEARS

TOTAL CREDIT NUMBER = 120
TOTAL LEARNING HOURS = 3,058 HOURS
CONTACT HOURS = 600 HOURS
INDEPENDENT STUDY HOURS = 2,458 HOURS
(DISSERTATION INCLUDED)
COMMUNITY WORK = 256 HOURS
PERSONAL DEVELOPMENT = 140 HOURS
DISSERTATION = 380 HOURS



READING LIST, RESOURCES & BIBLIOGRAPHY

As there is an extensive reading List, video resources and Bibliography, the specific information is given to the student as the sessions flow.



MENTORING

In Homer's "**The Odyssey**", Odysseus before leaving his city to join the Trojan War, entrusted his son Telemachus to his friend **Mentor**. Mentor had the duty to advise Telemachus in the absence of his father so that he could successfully complete his royal household tasks and then, Mentor was the one who escorted Telemachus on his journey to find his father and also find his full identity.

Throughout the epic poem, Athena, the Goddess of Wisdom manifested herself to Telemachus in the form of Mentor.

Cosmoanelixis realizes the importance of Mentor in the life of every Telemachus/ student or young professional as he (the student/ young professional) is in search of his own identity and in the process of gathering the wisdom of the Mind and the Heart which will guarantee the successful governance of all personal and community duties. Thus, *cosmoanelixis* offers a mentoring program to all students attending undergraduate, postgraduate and professional Higher Education Diplomas and Certificates.

OUR MENTORS

Our mentors have been carefully selected so that they can successfully meet the responsibilities that are expected from them and which are:

1. They offer information
2. They challenge assignments
3. They listen, probe, clarify and advise or guide so that the less experienced part can reach the highest possible experience level they have.
4. They help with studies/career decisions
5. They empower and develop trust
6. They showcase the student's/ young professional's achievements
7. They protect
8. They develop a personal relationship that promotes high values and ideals

In general, Our Mentors point the way, offer support and challenge our students and young professionals along their life journey.

OUR MENTORS' QUALITIES

They have the intention to be Mentors

Being a Mentor is an INTENTIONAL process. It is not a forced process. That's why, our Mentors are individuals who appreciate the importance of guiding young students and young professionals as they gather the maturity they can during life. Our Mentors see their tasks as part of their soul journey and respond to that full-heartedly, gaining insight, knowledge and satisfaction from such a relationship themselves.

They are Natural Nurturers

Our Mentors foster the growth and development of our Students and Young Professionals towards excellence and do it with gentleness, care and attention, the way a good parent takes their son or daughter by the hand and presents him/her with the world, teaching him/her how to find his/her own place out there fulfilling his/her destiny.

They have clarity of insight

When Odysseus entrusted his son to Mentor asked him to guide his son as he acquires his own wisdom and do it using his (Mentor's) Wisdom in a way that Telemachus does not rebel. Our Mentors are people who have the Insight to Lead and Guide in Respect. They are Experienced enough to foresee in time and Anticipate what each move or word can create and navigate their support in a way that Empowers the Young and Inexperienced to find his/her own ways safely without rebellion.

They are Big Supporters

Our Mentors act in ways that Safeguard the Well-being and Empowerment of the Young Students/ Professionals. Our Mentors "Keep it all Safe" for them. They create the secure background environment so that Students the Young Professionals can flourish and excel. Especially, at times of crisis, our Mentors believe in them before our Students and Young Professionals believe in themselves. Our Mentors have an Open Eye to Discern all Talents, Skills and Competencies that are there in Students/ Young Professionals – even potentially - and help them see for themselves too. They are there as they polish and develop their Potentials until their Charismata becomes Evident. Our Mentors can recognize the Psychological Maturity of their Mentee and can Design and Provide Appropriate Growth-producing Activities taking into consideration the Total Personality of each Mentee Totally Trusting that he/she has the capacity to Develop his Fuller Maturity.

They are Excellent Role Models

Our Mentors are What they Talk and Talk what they Act. They mentor their Students because they have already Walked the Path They Guide. Their Students can witness who they Are and how they Act and get Inspired to follow in their Steps – in terms of Principles and Values- as they Deeply Understand the Deeper Perspective of Who They Are and Who They Can Become. Our Mentors - through who they are, what they know and how they use all this - can significantly influence our Students and Young Professionals to reach their Life Goals as they can see a Future Image of who they will become in their Mentor who is who he is now.

They are Present

Our Mentors Stand Ready to offer their Guidance and Support when their Mentee asks for it. Exactly as a Good Father is always PRESENT to support his/her child – irrespective of age and circumstances – our Mentors have the time and are available to do their best in a Friendly Empowering Relationship based on Mutual Respect, Mutual Understanding.

WHAT A MENTOR IS NOT

A Mentor is NOT a Therapist per se. However, a Mentor can help you seek Reliable Therapy if needed.

A Mentor is NOT a Supervisor. However, your Mentor can help the student to connect with the right Supervisor depending on the Needs.

A Mentor is NOT your Educator. However, your Mentor can listen to any Challenges that arise from Educational Experience and can Support to find the best solution.

A Mentor is NOT a Financial Sponsor. However, a Mentor can guide as to what can be done to find a Financial Sponsor if Needed.

HOW CAN I CHOOSE MY MENTOR?

NOT ALL PEOPLE CAN BE YOUR MENTORS AND ALL PEOPLE CAN MENTOR YOU!

When there is a Specific Project you would like to work with a Mentor or when there is a specific Life/Work Challenge and you feel that you would benefit from the support of a Mentor, you can do the following:

1. Search for your Mentor

Go to the section Our Mentors and see if there is a Mentor you feel you would benefit working together. If you can not find one who is best for you, then you can seek an External Mentor and Connect.

2. Make an agreement with your Mentor

Make sure that in this mentoring agreement you agree on the following:

a. Time: Agree how long this Mentoring Relationship is going to last. It could be anything from a couple of months to a couple of years or longer. It would be advisable to also discuss how often you wish to meet for mentoring. Also, discuss how you will connect in case something urgent arises.

b. Ways: You can be flexible and agree that you can meet in person or you can phone or use technology to work together. In case you use the technology pathway, you will have a greater choice as you can be linked with Mentors living far.

c. Confidentiality: Although Mentoring is not Psychotherapy, it is advisable that you both agree that the content of your discussions are sensitive material and will be treated with confidentiality.

d. Tasks: As Mentors are not Super Humans having the answers to all questions, you'd better agree what kind of Mentoring you expect from your Mentor. A good Mentor may not agree to mentor you in a field that he does not feel appropriate and you need to know that and not take this refusal as a personal rejection. State your need clearly and openly and you need to be assured that sooner or later the best in Mentoring will connect with you or you will connect with him.

e. Allow for evaluation: It would be a good idea for you to agree that at regular intervals you can look back over the time and your co-work and evaluate the Process giving Feedback to each other.

f. What if things don't go well? There are a number of things that may arise during the Process of Mentoring. Perhaps your Mentor sees that your physical, psycho-emotional or mental Health is at risk and you need to agree to what you expect your Mentor do in such a case and to what extent; or there may be events of abuse or harassment that come to attention and in such a case what will be done so that all parts act within the legal frame and with respect to the relationship. Also, you need to Discuss from the Beginning what will happen if you the Mentee realize that you do not get what you need despite the excellence of your Mentor in other Fields and how you can Terminate this Relationship before the Foreseen Time.

g. Agree on the mentoring fees. Mentoring Fees are paid so that your Mentor can support her/himself and Continue on her/his Development as a Human Being. You pay for the service and this pay Returns to you in Multiple Ways, in Quality, Availability, Sense of Equality and Mutual Respect and Recognition of the Services Exchanged.

3. Pay your fees. Once you have Chosen your Mentor and you have Made an Agreement, you can Proceed and Pay for Service. For the cosmoanelixis Mentors use the Online Payment Link. For External Mentors follow your own personal agreement.

4. Enjoy Your Experience As You Walk Your Maturity Path.

TUITION FEE TABLE FOR 2014-2015

Name of Program	Annual Tuition Fee
Professional Higher Education Certificate	4,000 euros
Post Graduate Professional Education	4,000 euros

VAT is not included

DESCRIPTION OF FEES

Application Fee 50 euros

It accompanies the submitted application when it is part of an educational process.
It is NON- refundable

Registration Fee/ matriculation fee 200 euros

The one-time registration fee is payable at the time students sign their initial enrolment agreement. It covers different processes, among which the orientation course. It is NON_Refundable.

Early Registration fee 100 euros

The one- time registration fee is payable at the time students sign their initial enrolment agreement within the first 4 weeks of the open registration dates. It is NON refundable

Late Registration Fee 300 euros

The one- time registration fee is payable at the time students sign their initial enrolment agreement within the first 4 weeks after the closed registration dates. It is NON refundable

Late Tuition Payment Fee 20 euros

A late processing fee is assessed when a tuition payment is received more than 5 working days after the due date.

Tutorial Fee 70 euros per session

It is paid when a tutorial will be required if the student needs to raise a grade for a course or when remedial work needs to be done.

(Under)Graduation Fee 100 euros

It is paid when the student successfully completes his studies and wishes to participate in the Graduation ceremony.

Professional Higher Education Certificates/ Undergraduate Degrees/ Professional PostGraduate Certificate / MSc (identity authenticated) examination fee 100 euros

It is payable when the student participates for final exams under security measures to prove the authenticity of the identity of the learner.

VAT is not included

“It is absolutely safe to say that
if you meet somebody who claims
not to believe in evolution,
that person is ignorant, stupid or insane
(or wicked, but I'd rather not consider that).”

Richard Dawkins

EPILOGUE

DESTINATION: EVOLUTION!



Prenatal & Life Sciences

Educational Organization

Licence 2100346/2014

El Alamein 20, 142 31 Nea Ionia, Athens, Greece,

tel +30 210 2720015,

www.cosmoanelixis.gr, email: info@cosmoanelixis.gr