

Psychosocial Interventions in a Greek Prison Context

CHRISTINE MAERKL, CLINICAL PSYCHOLOGIST (MSC) COGNITIVE
BEHAVIORAL PSYCHOTHERAPY FAMILY PSYCHOTHERAPY

KORYDALLOS HEALTH CENTER FOR PRISONERS

Duties of a Psychologist as described Penitentiary Code

- ▶ Psychological support through individual and group sessions aimed at
 - ▶ smooth adjustment
 - ▶ secure sentencing (suicide prevention)
 - ▶ Preparation for the return to society
- ▶ Psychological testing
- ▶ Recommendations for work assignments of prisoners
- ▶ Working with the families
- ▶ Promotion of mental health issues in prison and improvement of detention conditions and psychosocial needs.
- ▶ Cooperation with social and health services
- ▶ Cooperation with external organizations (NGOs) regarding the implementation of programs in prison

Morgan et al
(2007)
Needs for and
Barriers to
Correctional
Mental Health
Services: Inmate
Perceptions,
Psychiatric Services
58(9):1181-6

Table 2
Pattern matrix of principal components analyses regarding barriers to accessing mental health services

Item	Self-preservation concerns	Procedural concerns	Self-reliance	Professional service provider concerns
Seen as weak	.892 ^a	.093	-.002	-.083
Seen as a snitch	.886 ^a	.096	-.100	-.02
Mental health groups are "rat groups"	.848 ^a	-.038	-.029	.075
Information will be used against me	.572 ^a	-.301	.184	.294
Lack of confidentiality	.519 ^a	.171	.051	.135
Unsure how to access help	-.067	.821 ^a	.025	.213
Unsure when to seek help	.103	.821 ^a	-.033	.076
Length of treatment	.338	.472 ^a	.136	-.007
Mental health treatment is for crazy people	.294	.437 ^a	.273	-.103
People should deal with their own problems	-.019	-.027	.863 ^a	-.072
Prefer to talk to family and friends	-.07	.023	.803 ^a	.069
Previous bad counseling experience	.010	-.018	-.108	.847 ^a
Have to see a trainee or master's-level professional (no access to a doctor)	-.001	.225	.113	.647 ^a
No access to a doctor	.161	.125	.153	.519 ^a

^a Significant loading for the component

ΔΗΜΟΚΡΑΤΙΑ
ΥΠΟΥΡΓΕΙΟ ΥΓΕΙΑΣ
ΓΕΝΙΚΟ ΣΤΑΣΙΑΣ
ΚΟΡΥΘΑΛΛΟΥ
13 560/19-12-19

κ.η. Φραζέρο
19-12-19

ΠΡΟΣ :
ΨΥΧΟΛΟΓΟ.

ΕΧΩ ΑΝΑΓΚΗ ΝΑ ΜΕΙΝΗΣΩ

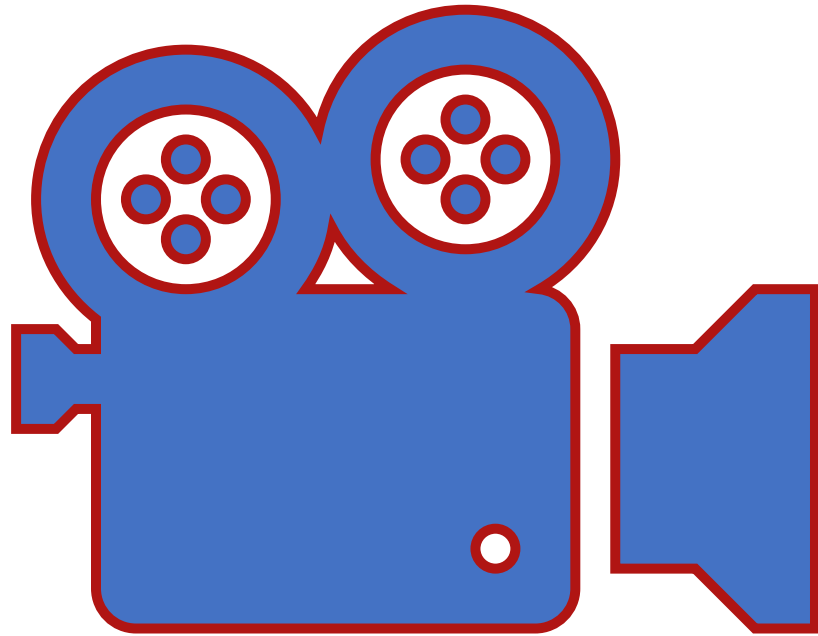
κ.η. Μάρω
19-12-19

ΠΡΟΣ :
κ. ΨΥΧΟΛΟΓΟ

Παρακαλώ για ακρόαση
ψυχολόγου το συντομότερο
δυνατό. Δεν μπορώ να ελέγξω τον
εαυτό μου από αλλοπατριστικές ιδέες.

Ευχαριστώ
Ο αιτών

Written Application

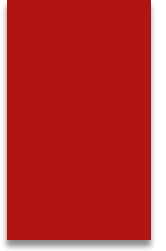


Movie club

It's very good for me to visit you and listen
To me understand me and show me the better
Way. For some body maybe you are the only visitor
In the during months and years and it's very great
To meet them. it's very hard for me to lose my
Freedom. inside a country that country had and has
Very great democracy and human right ^{among} ~~in~~ ^{the} all

TABLE 1. Discriminant Analysis of Items From the Beck Depression Inventory (BDI)

Item from BDI (N=834)	Correlation Coefficient
Feel sad	0.834
Discouraged about future	0.653
Satisfaction from life	0.640
Disappointed in self	0.589
Feel like a failure	0.540
Loss of interest	0.531
Feel guilty	0.523
Hard to make decisions	0.517
Worried about health	0.506
Feel like killing themselves	0.489
Feel they are to blame	0.481
Feel more tired	0.464
Feel they are being punished	0.461
Have to push oneself to do things	0.428
Worried about looking unattractive	0.420
Early morning awakening	0.401
More tearful	0.395
More irritable	0.321
Loss of appetite	0.319
Loss of libido	0.240
Loss of weight	0.194

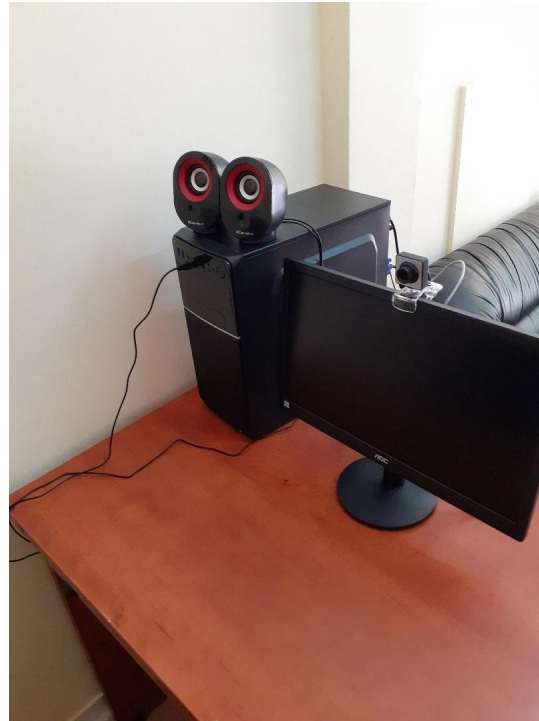




SKYPE – VISIT



To get to know the family
Counsel family members
Family meeting
Refer family members to mental
health services in the community



Groups and Programs

- ▶ Addiction
- ▶ HIV – Positive peer support
- ▶ School
- ▶ Music groups
- ▶ Creative writing
- ▶ Epanodos



Underline the
human aspects
everybody can
understand and
empathize with!

Thank you for
your attention!