



LABORATORY OF SCHOOL PSYCHOLOGY
EDUCATION, RESEARCH AND APPLICATIONS

DEPARTMENT OF PSYCHOLOGY
NATIONAL AND KAPODISTRIAN
UNIVERSITY OF ATHENS

PURPOSE



The Laboratory of School Psychology: Education, Research, and Applications (LPS) of the Department of Psychology has been operating since 1999 as a Center for Research and Applications in School Psychology and is part of the development of a multi-level model linking theory, research, education, and applied interventions across schools, institutions, and broader community settings. The Laboratory functions in close collaboration with the Master's Program in School Psychology, thereby fostering the reciprocal exchange between research and professional practice. Its primary objectives are the promotion of mental health and resilience in educational and family contexts, the implementation of preventive strategies, and the establishment of sustained partnerships between the University, schools, and community agencies.

The specific objectives are based on the following interrelated axes:

- education and training of undergraduate and graduate students, teachers, mental health specialists, and parents on issues of prevention, promotion of mental health, and facilitation of learning
- development, implementation, and evaluation of evidence-based prevention and intervention programs,
- provision of counseling/psychological services to the school community,
- strengthening of a positive climate and promotion of mental resilience and well-being at the school/community level,
- conducting research,
- scientific publications and editions,
- collaboration with schools and community organizations,
- collaboration with Greek and international scientific societies and organizations.

SCIENTIFIC TEAM

Director: Dr. Chryse (Sissy) Hatzichristou, Professor of School Psychology and Director of the Graduate Program "School Psychology", Department of Psychology, National and Kapodistrian University of Athens.

The scientific team of the Laboratory consists of faculty members, school psychologists, doctoral candidates, and graduate students of School Psychology, as well as graduates of the Master Program in School Psychology of the Department of Psychology, National and Kapodistrian University of Athens.

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KEY ACTIVITIES



EDUCATION – SPECIALIZED TRAINING

in collaboration with the MA Program in School Psychology, NKUA

- Schools/Conferences of School Psychology
 - 4th Panhellenic Conference on School Psychology "School communities that connect: Support, Empowerment, Collaboration" (March 19-22, 2026, Athens)
 - 3rd School of School Psychology: "Psychosocial Support for Vulnerable Groups of Students" (March 27 – 28, 2020, Athens)
 - 2nd School of School Psychology: "An ecological approach to psychological well-being: The role of teachers and schools" Prof. Bonnie Kaul Nastasi (April 12-13, 2014, Athens)
 - 1st Summer School of School Psychology: "Response to intervention: A system of improving the learning and behavior outcome of all students" Prof. .George M. Batsche (June, 26-27, 2010, Spetses)
- Specialized training seminars on crisis management (2008 -)
 - Training/education of teachers and parents on psychosocial support for children and adolescents at school and in the family during the CoVID-19 pandemic
 - 1st Educational Seminar entitled "Psychosocial support for refugee children." (May 6, 2017)
 - Crisis Intervention & Recovery: The Roles of School-Based Mental Health Professionals, Prof. Stephen Brock & Ass. Prof. M. Reeves (March 28-29, 2009, Athens)
 - Crisis management: Prevention and Intervention in the community, (April 4, 2008, Megaron Concert Hall, Athens)
 - Crisis Prevention, Preparedness, Intervention & Recovery: The PREPaRE Model of School Crisis Response, (5-6 April, 2008, Athens)
 - The impact of disaster on the community and on schools: An interdisciplinary approach, Prof. Mooli Lahad, (1 June 2008, Athens).
- Specialized training seminars within the framework of the C4C project on psychosocial issues during the economic crisis, strengthening a positive climate and mental resilience in the school community (2012 -)
- Training seminars on "Social and Emotional Learning Education" (2004-)

in collaboration with the MA Program in School Psychology, NKUA

- **Routes II:** "A networking activity for educational communities and organizations to promote a positive school climate and strengthen positive behaviors and relationships" (2024–25)
- **Routes I:** A school networking activity for strengthening school communities at a systemic level (classroom/school) and enhancing psychological resilience during challenging periods, Post-flood crisis support (Central Greece, 2023–24).
- Psychosocial support for school communities in the context of the COVID-19 pandemic (2020- 2022)
- Psychosocial support program for refugee children in the school community (2015-)
- Multilevel program for psychosocial support and promotion of mental resilience in the school community during a period of recovery and adaptation after catastrophic events (8 primary schools & 8 kindergartens) (2018-2019)
- Multilevel Model for the Provision of School Psychological Services developed and implemented by the Center for Research and Applications of School Psychology within the framework of the "Education of Roma Children" Program implemented by the Center for Intercultural Education (NSRF 2007–2013) (2011 - 2015: 2-7 faculty members, 4-13 school psychologists in schools, 37-64 primary and secondary schools, 826-1985 students)
- Project Connecting4Caring (C4C)



- **"WeC.A.R.E.":** International distance learning program for specialized training of teachers and Intervention in the classroom to promote a positive climate and mental resilience in the school community (2012-2016)

- **"E.M.E.I.S.":** Specialized teacher training and classroom intervention program to promote a positive climate and mental resilience in the school community (2012-2013)



- **"Support-Living":** Training program for teachers on psychological support for children in period of economic crisis (2011–2012)

Donations: Stavros Niarchos Foundation, Maria Tsakos Foundation, elpis, Solidarity Now

Total participants in the three programs: 757 teachers, 297 schools, 11,103 students

- Awareness Program for the Integration of Students with Special Educational Needs in collaboration with the Master's Program in School Psychology (2007 - 2009)
- Program for Crisis Management in the School Community (2004 -)
- Social and Emotional Learning in Schools: A Program for Promoting Mental Health and learning in the school community (2004-) (Total participants in Greece and Cyprus: 900 teachers and 15,000 students)
- Intercultural program – The Olympic Spirit through the Voice of Children in collaboration with the MA School Psychology and International School Psychology Association (2003–2005) (21 countries, 1,700 projects)
- Psychosocial support program – counseling intervention for repatriates and foreigners students μαθητές (1998-1999)



Greek

- “Psychosocial support for school communities in the context of the COVID-19 pandemic”
- “Dimensions of friendship and exploration of individual and systemic protective factors in adolescence”
- “Evaluation of prevention and intervention programs Project Syn-Fronizo” (“WeC.A.R.E.”, “E.M.E.I.S.”, “Syn-Fronizo”)
- "School climate, psychosocial adjustment, and mental well-being of primary and secondary school students during the economic crisis" (2015 - 2019)
- "Study of individual and systemic psychosocial factors contributing to the development resilient classes and schools in the Greek education system (2013 -)
- “Evaluation of the effectiveness of a psychosocial intervention and school support program psychological services within the framework of the “Education of Roma Children” program (2011-2015)
- "Evaluation of the process and effectiveness of the WeC.A.R.E. Program: International Program training of teachers and intervention to promote a positive climate and mental resilience in primary and secondary schools" (2012-2016)
- Evaluation of the process and effectiveness of the program “E.M.E.I.S”: Specialized Program” training of teachers and intervention to promote a positive climate and mental resilience in the school community" (2012-2013)
- Theses (Master's Degree in School Psychology, National and Kapodistrian University of Athens)
- Doctoral dissertations

International

Participation in international research projects in collaboration with the International School Psychology Association and the Graduate Program in School Psychology, National and Kapodistrian University of Athens

- «A compensated study to understand teacher resilience during the post-pandemic recovery» (Associate Prof. Chunyan Yang, University of California, Berkeley, US (2024-..)
- School cultural congruity and parent engagement (Prof. Shane Jimerson, Santa Barbara University, US) (2022-23)
- Cross Cultural School Climate Study Group (ISPA) (2016-)
- An examination of individual and contextual factors contributing to resilient classrooms and schools: (SSSP/ISPA) (2013-2016)
- Exploring student engagement in schools internationally: A collaborative international study (2007-2015)
- Promoting psychological well-being globally (2007 - 2015)
- Promotion of Children's Rights Internationally
- Crisis Intervention in the School Community
- School violence and school safety
- Provision of school psychological services in different countries

Greek

Hatzichristou, C., (2015). *Prevention and promotion of mental health at school and in the family*. Athens: Gutenberg.

Hatzichristou, C. (2015). *Parental separation, divorce, and children. Children's adjustment to the dual-core family and school*. Athens: Pedio.

Hatzichristou, C., (2014). *Counseling in the school community*. Athens: Typothito.

Hatzichristou, C., (2014). *Project Syn-Fronizo, Connecting4Caring (C4C): Multilevel Program for the Promotion of Mental Well-being in the School Community through Modern Interactive Media and Applications. Program Evaluation*. Center for Research and Applications of School Psychology and Society for School and Family Counseling and Research: Athens

Hatzichristou, C. (ed.) (2012). *Crisis Management in the School Community*. Athens: Gutenberg.

Hatzichristou, C. (2011). *School Psychology*. Athens: Typothito.

Hatzichristou, C. (ed.) (2011a). *Social and Emotional Education in School: Program for the Promotion of Mental Health and Learning in the School Community: Educational Material I: Primary Education Kindergarten, 1st and 2nd grade: (Theoretical framework and activities, includes 12 volumes with theory, research findings, and classroom activities)*. Athens: Typothito.

Hatzichristou, C. (Ed.) (2011b). *Social and emotional education at school: Program for promoting mental health and learning in the school community: Educational material II: Primary education C, D, E, F, G: (Theoretical framework and activities, includes 13 volumes with theory, research findings, and classroom activities)*. Athens: Typotheto.

Hatzichristou, C. (Ed.) (2011c). *Social and emotional education at school: Program for the promotion of mental health and learning in the school community: Educational material III: Secondary education: Theoretical framework and activities. (Includes 13 volumes with theory, research findings, and classroom activities)*. Athens: Typotheto.

Hatzichristou, C. & Polychroni, F. (eds.). (2007). *Tryferoulis Mikrofteroulis. A fairy tale about diversity*. Text: T. Karagianni. Athens: Fantasia.

Hatzichristou, C. (ed.) (2004). *The Olympic Spirit through the voices of children*. Center for Research and Applications of School Psychology, University of Athens, Athens: National Communication.



International

C. Hatzichristou, B. Nastasi & S. Jimerson (Eds.) (2024). *Handbook of school psychology in a global context. Transnational approaches to support children, families and school communities*. Springer.

C. Hatzichristou & S. Rosenfield (Eds.), (2017). *The international handbook of consultation in educational settings*. Taylor & Francis.

- **Publications in Greek and international scientific journals**
- **Handouts**

Greek

Hatzichristou, C., Yfanti, Th., Lambropoulou, K., Georgouleas, G. (2025). Supporting children and adolescents who express concern about the earthquake. School Psychology Laboratory, Department of Psychology, National and Kapodistrian University of Athens. (earthquakes in the Cyclades islands)
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Hatzichristou, C., Yfanti, Th., Lambropoulou, K., Georgouleas, G., Athanasiou, D., Fragiadaki, D., (2023). Guidelines for returning to school and the classroom after experiencing a natural disaster (*School Year 2023-2024*). Athens: Laboratory of School Psychology, Department of Psychology, National and Kapodistrian University of Athens.
https://schoolpsychlab.psych.uoa.gr/fileadmin/depts/psych.uoa.gr/schoolpsychlab/uploads/Fylladio_gia_Scholeia_plimmires.pdf

Hatzichristou, C., Yfanti, Th., Lianos, P., Lambropoulou, K., Georgouleas, G., Athanasiou, D., Fragiadaki, D., (2023). Useful tips for parents/guardians on providing psychosocial support to children after experiencing a natural disaster. Athens: Laboratory of School Psychology, Department of Psychology, National and Kapodistrian University of Athens.
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<http://www.centerschoolpsych.psych.uoa.gr/images/Kalws-irthame-sto-Sxoleio-Covid19.pdf>

Hatzichristou, C., Yfanti, Th., Lambropoulou, K., Lianos, P., Georgouleas, G., Athanasiou, D., Fragiadaki, D., Michou, S. (2020). Returning to school and strengthening mental resilience after staying at home during the COVID-19 pandemic. Useful tips and activity sheets. Athens: Laboratory of School Psychology, Department of Psychology, National and Kapodistrian University of Athens.
http://www.centerschoolpsych.psych.uoa.gr/images/Epistrofi_sto_Sxoleio_Covid19.pdf

Hatzichristou, C., Yfanti, Th., Lambropoulou, K., Lianos, P., Georgouleas, G., Athanasiou, D., Fragiadaki, D., Michou, S. (2020). Reconnecting at School: E-stories in the classroom. Useful tips for transitioning to the online classroom and managing discussions that are likely to arise in relation to the difficult situation we are experiencing & Activities to strengthen social and emotional bonds in the online classroom to enhance students' mental resilience during periods when schools are closed due to emergency circumstances. The case of Covid-19. Athens: Laboratory of School Psychology, Department of Psychology, National and Kapodistrian University of Athens.
<http://www.centerschoolpsych.psych.uoa.gr/images/pdf/epanasyndeomaste-sto-sxoleio-e-istories-drastiriotites-stin-taksi-COVID-19.pdf>

- "Together at home." Activities for creative expression and strengthening skills in key areas of child development. For parents and adults who care for children (2020). Athens: Graduate Program in School Psychology & Laboratory of School Psychology, Department of Psychology, National and Kapodistrian University of Athens.
<http://www.centerschoolpsych.psych.uoa.gr/images/pdf/mazi-sto-spiti-drastiriotites-gia-goneis-enilikes-pou-frontizoun-paidia.pdf>
- Hatzichristou, C., Yfanti, Th., Lambropoulou, K., Lianos, P., Georgouleas, G., Athanasiou, D., Fragiadaki, D., Michou, S. (2020). Reconnecting at home: Our stories. Activities to strengthen social and emotional bonds within the family in order to enhance children's mental resilience during periods when schools are closed due to emergency circumstances.
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Hatzichristou, C., Yfanti, T., Lianos, P., Stasinou, V., & Athanasiou, D., (2017). Psychosocial support for refugee children in the school community. (print). Athens: Center for Research and Applications of School Psychology, National and Kapodistrian University of Athens: Gutenberg.

Hatzichristou, C. (2013). Development of a multi-level model for the provision of school psychological services. Athens: Center for Research and Applications of School Psychology in collaboration with the Center for Intercultural Education, National and Kapodistrian University of Athens.

Hatzichristou, C., Kati, A., Georgouleas, G., Lykitsakou, K., & Yfantis, T. (2012). Psychological support for children in crisis situations. With an addendum on the economic crisis. Athens: Center for Research and Applications of School Psychology, University of Athens & Society for School and Family Counseling and Research.

Hatzichristou, C., Kati, A., Lykitsakou, K., Dimitropoulou, P., Lambropoulou, A., & Bakopoulou, A., (2009). Supporting Children in Crisis Situations: The Case of H1N1 Influenza. Athens: Center for Research and Applications of School Psychology, National and Kapodistrian University of Athens, Athens: Typotheto.

Hatzichristou, C., Dimitropoulou, P., Kati, A., Lykitsakou, K., Bakopoulou, A., & Lambropoulou, A. (2008). Supporting Children in Crisis Situations. Center for Research and Applications of School Psychology, National and Kapodistrian University of Athens, Athens: Typotheto.

International

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<http://www.centerschoolpsych.psych.uoa.gr/images/Re-ConnectingtotheSchool-inclass-activities.pdf>

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<http://www.centerschoolpsych.psych.uoa.gr/images/Wir-bleiben-zu-Hause-Wir-bleibenverbunden.pdf>

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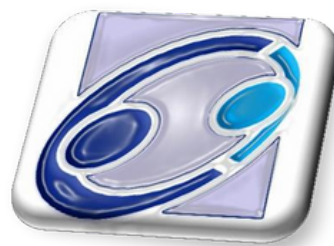
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CONFERENCES

Conferences

- 1st Panhellenic Conference on School Psychology (November 19-22, 2015), Department of Psychology and Research Center & School Psychology Applications Department of the University of Athens in collaboration with the School Psychology Branch of the Greek Psychological Society, Faculty of Philosophy, National and Kapodistrian University of Athens.
- 27th International School Psychology Conference in Athens (July, 13-17, 2005), co-hosted by: the Department of Psychology and the International School Psychology Association, NKUA.

Participation in conferences

Guest lectures & symposiums

Symposiums

Activities in the broader community

- Lectures and talks – collaboration with Primary and Secondary Education Directorates
- Seminars on crisis management

Alumni Network of the Master's Program in School Psychology, National and Kapodistrian University of Athens

- Organization of events upon completion of programs implemented in schools

COLLABORATION WITH INSTITUTIONS / SCIENTIFIC SOCIETIES

Greek

Division of School Psychology, Hellenic Psychological Association

Intercultural Education Laboratory, National and Kapodistrian University of Athens

Primary and Secondary Education Directorates

Offices of Education Coordinators abroad

School units in Greece and abroad

Regional Education Directorates

International

International School Psychology Association (ISPA)

National Association of School Psychologists (NASP)

American Psychological Association (APA), Division 16 of School Psychology, Globalization of School Psychology WG

International Institute of School Psychology



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