

Hope 2014 Bucharest



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Applying an Emotional Education Curriculum with Hospitalized Pupils

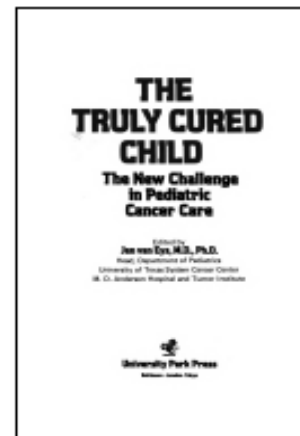
Marianthi Papadimitriou
mpapadimitriou@hotmail.com

MA in ICT, PgDipSEN
MSc Clinical Health Psychology

The Truly Cured Child: the new challenge in pediatric cancer care

"How truly cured can a child be when he has survived a life-threatening illness due to the progress of science but is facing significant difficulties in life because his psychosocial needs have been overlooked for an extended period of time?"

(Jan van Eys, 1977)



The price of survival: effects of prolonged hospitalization

- **Cognitive Consequences**
 - 21% repeats the class
 - 46% learning difficulties
 - 31%-50% SEN support programme
 - More likely never to graduate from Secondary Education
- **Psychological Consequences**
 - PTSD (Post-traumatic Stress Disorder)
 - Increased aggression, hyperactivity
 - Decreased self-esteem/ self-confidence
 - Withdrawal, passivity
- **Social consequences**
 - 19% reported not having close friends (c. group: 9%)
 - 42% does not have close friends (c.g.: 33%)
 - Bullying 48% (self-report)
 - 77% related to appearance

Harila-Saari AH. et al. J Clin Oncol 2007 Jun 10;25(23):3518-24

Barrera M et al. Cancer, 2005; 104(8):1751-1760

Mitby PA et al. Cancer 2003;97:1115-1126

Rennick RN. Et al. Pediatr Crit Care Med. 2004;5(4)

Locus of control (Rotter, 1954)

Internal LoC

External LoC

- one of the main consequences of long-term hospitalization on children is the loss of control over their lives (Brez, 2000).
- children who take an active coping role are more cooperative with hospital staff and show less disturbance after discharge (Bonn, 1994).
- Studies with young adults, also, indicated that external locus of control can be associated with higher levels of stress and illness (Roddenberry & Kiberly. 2010)
 - more vulnerable to external influences and as a result they become more responsive to stress.

Bonn M. Curationis 1994; 17(2):20-4

Brez C. 2013; <http://www.musicasmedicine.com/internprojects/upload/courtney.pdf>

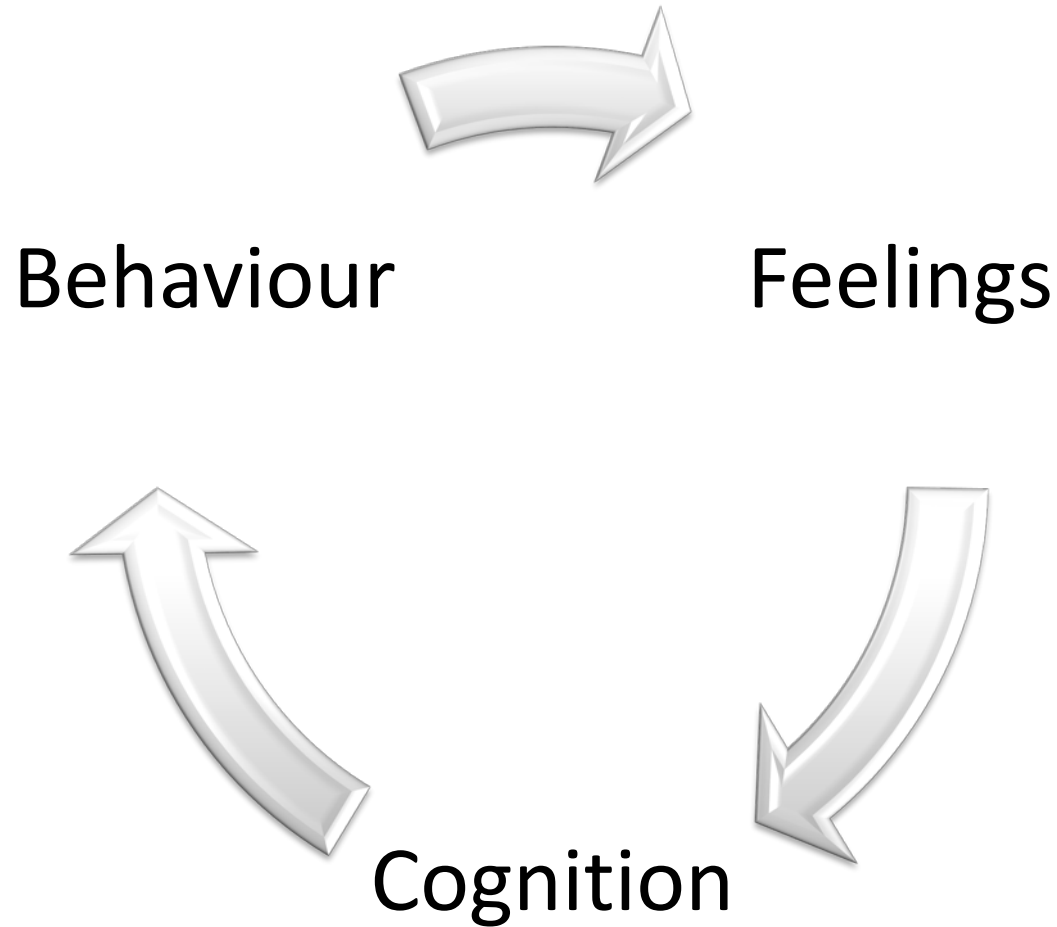
Roddenberry A. & Renk K. Child Psych and Hum Dev 2010; 41(4) p.353-370

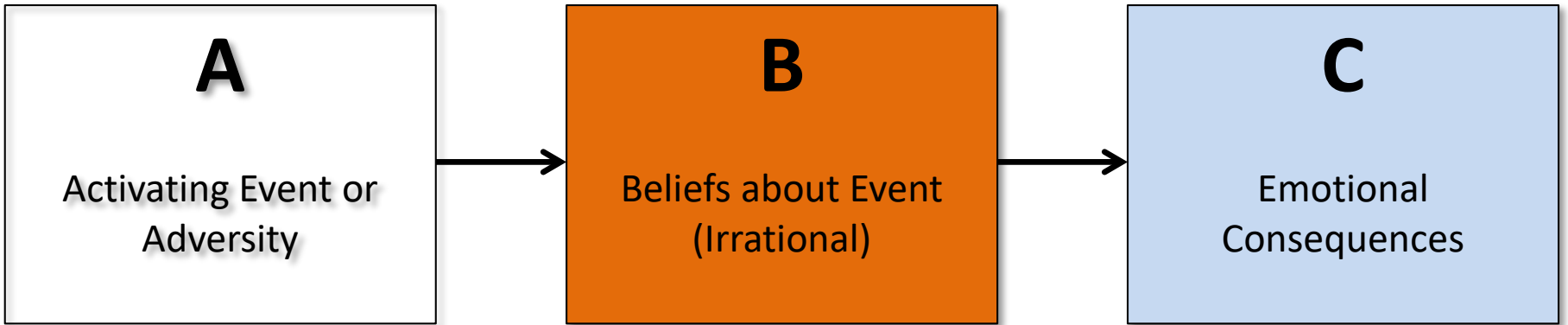
REBT as an educational process

- We cannot change the distressing situation
- We can change the way a child thinks and feels about a situation (increase ILoC)

- HOW?

REBT (Ellis, 1959)

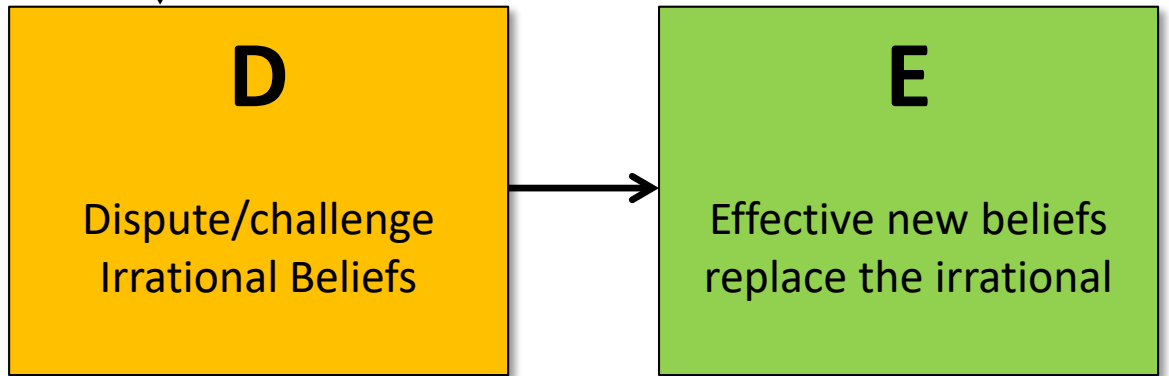




- Demandingness (must)
- Awfulizing
- Low frustration tolerance
- Global rating of self/others

Counselling Interventions
Rational Emotive Behaviour Education (REBE)

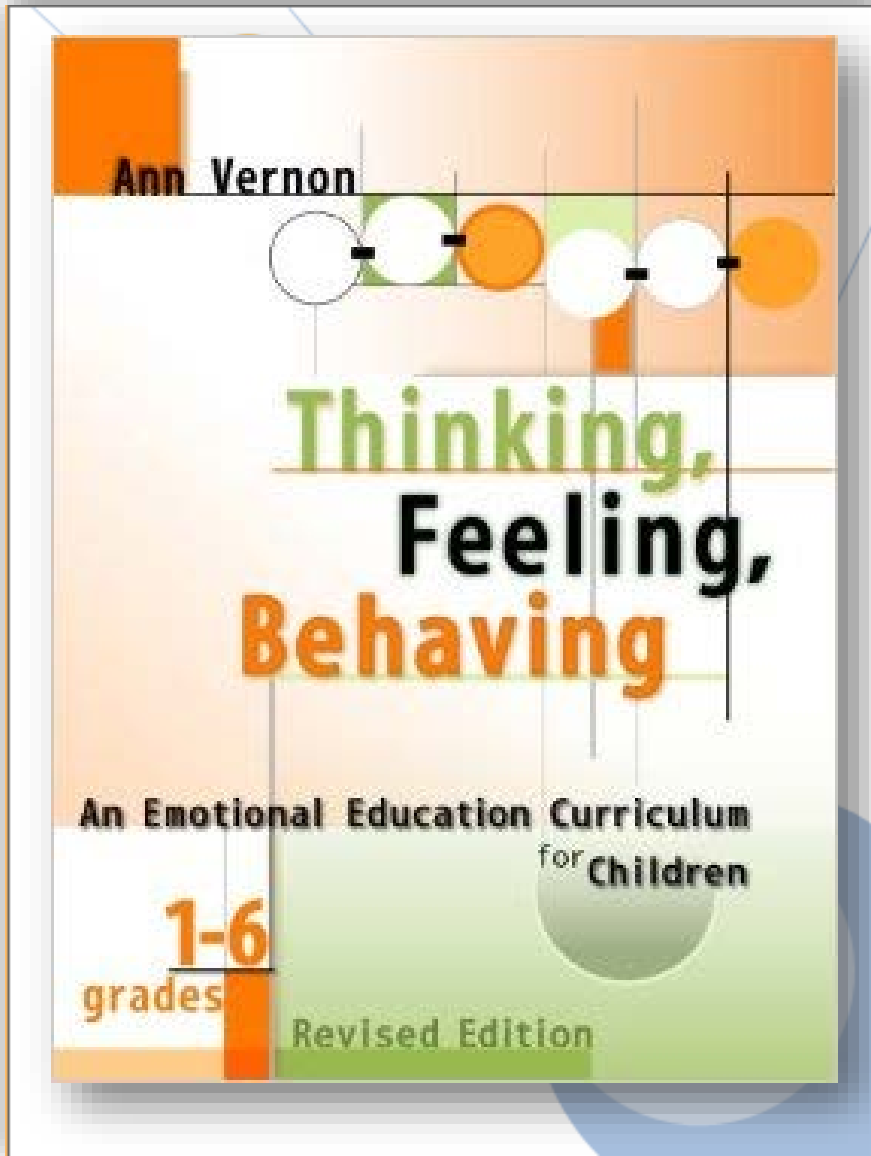
- Preferences
- Living in the gray
- I can stand it
- Self/others acceptance



Aaron Beck & Albert Ellis



REBE curriculum



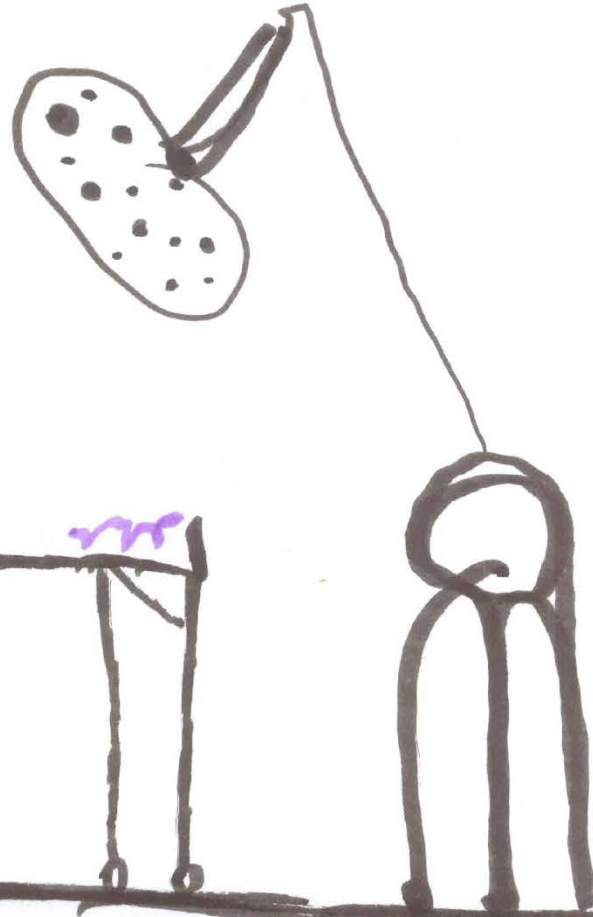
1. Hidden Feelings-hidden Thoughts
2. Before and After
3. Thinking-Feeling
4. What could Alex do?

Τι μπορεί να επιβιώσει;

Όχι το κρυοθέλιο.

θα
βελτιωθεί
να
υπάρξει?

θα
ναυτίσει
αργά?



Hospital school is good medicine

Thank you! Ευχαριστώ!

