

**Georgios KALLERGIS**  
**Associate Professor in Psychiatry**  
**FACULTY OF HEALTH SCIENCES, NURSING DEPARTMENT**  
**-UNIVERSITY PSYCHIATRIC CLINIC & Mental Health Center,**  
**Kalyftaki, Nea Kifissia, Greece & Davakis PINDOU 42, GOUDI, Zografou, Athens**  
**2107218320, 2103501567 E-mail: gkallerg@nurs.uoa.gr**

## **TEACHING**

### **Undergraduate**

1. **Psychosocial Rehabilitation:** 2004-2005, 2005-2006, 2006-2007, 2007-2008, 2008-2009
2. **Social Psychiatry :** 2009-2010, 2010-2011, 2011-2012, 2012-2013 2013-2014 2014-2015, 2015-2016, 2016-2017, 2017-2018, 2018-2019
3. **Psychiatry:** 2004-2005, 2005-2006, 2006-2007, 2007-2008, 2008-2009
4. **Clinical Psychiatry:** 2009-2010, 2010-2011, 2011-2012, 2012-2013 2013-2014 2014-2015, 2015-2016, 2016-2017, 2017-2018, 2018-2019
5. **Liaison psychiatry:** 2015-2016, 2016-2017, 2017-2018, 2018-2019

### **POST-GRADUATE**

1. **Psychosocial Rehabilitation:** 2004-2005, 2005-2006, 2006-2007, 2007-2008, 2008-2009, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018
2. **Psychotherapies:** 2004-2005, 2005-2006, 2006-2007, 2007-2008, 2008-2009, 2009-2010, 2010-2011, 2011-2012, 2012-2013, 2013-2014, 2014-2015, 2015-2016, 2016-2017, 2017-2018

## **EDUCATION**

Doctoral Diploma: **University of Ioannina, School of Medicine, Greece, 2001**

Postgraduate Diploma: **Psychiatry Aristotle University of Thessaloniki, Greece, 1988**

First Degree: **Medical Degree, University of Rome, School of Medicine, Italy, 1980.**

## **RESEARCH INTERESTS**

1. Social Psychiatry
2. Psychotherapies
3. Liaison Psychiatry
4. Training and Support Groups for Healthcare professionals
5. Therapeutic Relationship
6. Informing Patient and Family in relation to his type of personality

## **RESEARCH PROGRAMMES**

- **Empathic communication in the therapeutic relationship:**
  - Self-awareness in preparation in professional therapeutic relationship.
  - Clinical practice:
    - i. Enhanced Therapeutic Relationship,
    - ii. Basic Counseling
    - iii. Patient information
- **Psychodynamics - Psychiatry and Supportive Psychotherapy :** 2007-2008 Annual Educational Seminar: The purpose of the Research Study is to train nurses of the University of Athens and prepare them for work in mental health units. Trainees: Postgraduates, Students of "Mental Health"
- **Comparison of Attitudes of Health Professionals and the Public for Cancer Disease.** 2005-2007:

- **Synthetic Bio-Dialectics (Psychotherapy) Therapy in Psychiatry: Individual - Family - Group**

## SCIENTIFIC PUBLICATIONS

1. Madianos SM, Zartaloudi A., **Kallergis G.**, Alevizopoulos G. DURATION OF UNTREATED MENTAL DISORDERS AND HELP-SEEKING IN A SECTORIZED ATHENS AREA. PRIMARY CARE AND COMMUNITY PSYCHIATRY. (Vol. 13, No 4, Dec 2008, 148-154)
2. **Kallergis G.**, Madianos M. PSYCHOTHERAPEUTIC INTERVENTIONS IN SCHIZOPHRENIC DISORDERS. ENCEPHALOS-ATHENS-, 2008, 45.1: 17.
3. Madianos M, Alevizopoulos, **Kallergis G.**, Koukia E. Rouvali O., Tomaras V. CHANGES IN UTILIZATION OF COMMUNITY MENTAL HEALTH SERVICES IN THREE ATHENS AREAS 1979/83, 2000-2004. THE EUROPEAN JOURNAL OF PSYCHIATRY. Vol. 22, No 4, Oct/Dec 225-234, 2008.
4. **Kallergis G.** USING PERSONALITY CHARACTERISTICS TO INDIVIDUALIZE INFORMATION TO CANCER PATIENT. Journal of Balcan Union of Oncology (BUON) Vol 13, No 3: 415-420, 2008.
5. **Kallergis G.** USING THE DENIAL MECHANISM TO INFORM THE CANCER PATIENT. Journal of Balcan Union of Oncology (BUON) Vol.13, No 4: 559-563, 2008.
6. **Kallergis G.** INFORMING THE CANCER PATIENT AND FAMILY. Journal of Balcan Union of Oncology (BUON) Vol.14, No 1 :109-114, 2009.
7. **G. Kallergis,** M. Madianos RELATIONSHIP BETWEEN PSYCHOSOCIAL, FACTORS, PSYCHOTHERAPIES AND THE COURSE OF CANCER, *ENCEPHALOS ATHENS VOLUME 46, (3), 2009*
8. **Kallergis G.** INFORMING CANCER PATIENT IN RELATION TO HIS TYPE OF PERSONALITY: THE CONTROLLING-ORDERLY (OBSESSIVE) PATIENT. J BUON. 2010 Jul-Sep;15(3):601-6.
9. **Kallergis G.** INFORMING CANCER PATIENT IN RELATION TO HIS TYPE OF PERSONALITY: THE DEPENDENT (ORAL) PATIENT. J BUON 2011 Apr-Jun;16(2):366-71.
10. **Kallergis G.** INFORMING CANCER PATIENT IN RELATION TO HIS TYPE OF PERSONALITY: THE EMOTIONAL-HYPERTHYMIC (DRAMATIZING) PATIENT. J BUON. 2011 Oct-Dec;16(4):765-70.
11. Kourti M, Katostaras T, Fildisis G, Kallergis G, Christofilou E, Floros I. CONFLICTS IN THE INTENSIVE CARE UNIT. Archives of Hellenic Medicine / Arheia Ellenikes Iatrikes . 2011, Vol. 28 Issue 4, p555-560
12. **Kallergis G.** INFORMING CANCER PATIENT IN RELATION HIS TYPE OF PERSONALITY: THE EMOTIONAL-HYPOTHYMIC (DEPRESSIVE) PATIENT. J BUON. 2012 Jan-March;17(1):149-154.
13. Kourti M. , Fildisis G. , **Kallergis G.** , Katostaras T. SHORT -TERM PSYCHOLOGICAL EFFECTS IN FAMILY MEMBERS OF ICU PATIENTS Review of Clinical Pharmacology and Pharmacokinetics. Ed: 26:93-97, July 2012.
14. Madianos M., Economou M, Peppou L E., **Kallergis G.**, Rogakou Efi, Alevizopoulos G., MEASURING PUBLIC ATTITUDES TO SEVERE MENTAL ILLNESS IN GREECE:DEVELOPMENT OF A NEW SCALE. THE EUROPEAN JOURNAL OF PSYCHIATRY. Vol. 26, No 1, Jan/March (55-67), 2012.
15. **Kallergis G.** INFORMING CANCER PATIENT BASED ON HIS TYPE OF PERSONALITY: THE ARROGANT (NARCISSISTIC) PATIENT. J BUON. 2012 Oct-Dec;17(4):791-795.
16. Kourti M, Katostaras T, **Kallergis G.**, Christofilou E, Floros I, Fildisis G. ROLE OF ICU NURSES IN THE CONFRONTATION OF POST-TRAUMATIC STRESS DISORDER IN RELATIVES OF ICU PATIENTS IN A GENERAL HOSPITAL OF ATHENS, GREECE. Critical Care 2012, 16(suppl 1): 488-488. Editor: J.L.Vincent, BioMed Central
17. **Kallergis G.** INFORMING CANCER PATIENT BASED ON HIS TYPE OF PERSONALITY: THE AVOIDANT PATIENT. J BUON. 2013 Vol. 18(2):527-531.
18. **KALLERGIS, G.** Informing cancer patient based on his type of personality: The suspicious (paranoid) patient. *Journal of BU ON* 2013, 18.3: 746.-750
19. **Kallergis G.** INFORMING CANCER PATIENT BASED ON HIS TYPE OF PERSONALITY: THE UNINVOLVED-ALOOF PATIENT J BUON. 2014; 19(1):278-282

20. **M. Kourti,<sup>1</sup> G. Fildisis,<sup>1</sup> E. Christofilou,<sup>2</sup> I. Floros,<sup>2</sup> G. Kallergis<sup>1</sup>**  
**FAMILY SATISFACTION WITH THE CARE OF PATIENTS IN THE INTENSIVE CARE UNIT.**  
*Arch Hellen Med, 31(1), January-February 2014, 60-70*
21. Th. Adamakidou, P. Galanis, **G. Kallergis**, Th. Katostaras. ASSESSING HEALTH-RELATED QUALITY OF LIFE IN THE GREEK HOME HEALTH CARE SETTING: COMPARING CANCER PATIENTS' AND NURSES' ASSESSMENT. *Home Health Care Management & Practice* 1-7, 2014.
22. Kourti, M., Christofilou, E. and Kallergis, G. 2015. Anxiety and depression symptoms in family members of ICU patients. *Av.Enferm.* 33(1): 47-54. DOI:<http://dx.doi.org/10.15446/1> Bogotá Jan./April 2015
23. F. Athanasiadou, A. Tzotzi, E. Koukia, G. Alevizopoulos, **G. Kallergis**. Relationship between depression and coronary artery disease risk in health Greek Military Population *Balkan Military Medical Review* 2015; 18(1): 1-4
24. **G. Kallergis** Informing cancer patient based on his type of personality. The self-sacrificing patient. *Journal of B.U.ON. : Official Journal of the Balkan Union of Oncology* [01 Mar 2015, 20(2):645-649]

## **BOOKS**

### **GREEK**

1. FAMILY APPROACH TO CANCER PATIENT IN THE LIAISON PSYCHIATRIC.  
G. Kallergis, Edition: Medical Graphics, ISBN 978-960-6827-00-6, 2008.
2. CHARACTERS AND PERSONALITY. G. Kallergis, Edition: Medical Graphics  
ISBN 978-960-6827-02-0, 2008.
3. INFORMING CANCER PATIENT. THEORY AND PRACTICE. G. Kallergis,  
Edition: Medical Graphics, ISBN 978-960-6827-03-7, 2008.
4. A GUIDE FOR INFORMATION AND COMMUNICATION WITH THE PATIENT  
G. Kallergis. Edition: Medical Graphics, ISBN 960-87977-0-5, 2003
5. EATING DISORDERS –AN APPROACH WITH FAMILY THERAPY  
G. Kallergis, Edition: Medical Graphics, 1998.
6. **Empathic communication in the therapeutic relationship:**
  - Self-awareness in preparation in professional therapeutic relationship.
7. **Empathic communication in the therapeutic relationship:**
  - Clinical practice:
    - Enhanced Therapeutic Relationship,
    - Basic Counseling

## **Book-Notes:**

### **GREEK**

Social and Community Psychiatry, in <http://www.nurs.uoa.gr/shmeioseis.html>

Lessons of Clinical Psychiatry, in <http://www.nurs.uoa.gr/shmeioseis.html>

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(for searching within international databases (PubMed, Google Scholar, Scopus). Please provide all combinations of name/& last-name that have been used in your publications )

- Kallergis G
- Kalergis G

## **ORGANIZATIONAL AND ADMINISTRATIVE ACTIVITIES**

- Director of the Department of Mental Health and Behavioral Sciences Department of Nursing, University of Athens from September 2017 to date.
- Director of the University Psychiatric Clinic "Ag.Anargyroi" of the Department of Nursing of the GONK, from 12/12/2018 to 1/6/2018.
- Head of the Mental Health Center of the Department of Nursing of the University of Athens in the following periods: September 2011 to September 2014 & September 2015 to January 2018, and June 2018 to date
- Member of the Graduate Committee from 2006 to 2014 and from April 2018 to today.
- Member of OMEA. (Internal Evaluation Group) 2018-2019
- Member of the 8th Mental Health Sector (TOPSY) of Attica (2008-2014).
- Supervisor of the Mental Health Center of Zografos, the Nursing School of the University of Athens from 2005 to 2014.
- Member (Treasurer) of the 16th Board of Directors of "Hellenic Medicine". Society for the Study of Psychosomatic Problems ", elected in May 2006.
- Member of the 15th "Hellenic Medicine" Board of Directors. Society for the Study of Psychosomatic Problems ", elected on May 8, 2004.
- Building Supervisor of Mental Health Center, Davakis Pindou 42, Goudi, Zografou, Athens (2006-2015)
- 1993-2004 : Organized the "Annual Meetings Psychooncology", in National Health System "Metaxa" Hospital
- 2003 : Established and Organized the New Community Center Psychooncology, of the National Health System "Metaxa" Hospital
- Member and Teaching personnel of Hellenic Society of Group Analysis and Family Therapy
- Member Committee for postgraduate programs

## **SOCIAL ACTIVITIES**

- Hellenic Association of Women with mastectomies (Group therapy with patients)
- Seminars in "Agaliazo"(group of volunteers against cancer) Seminars in "SOLIDARITY" ( Group Volunteers at Cancer Support Association of Cancer Patients )
- Seminars in Hellenic Anticancer Association
- Seminars in nursing home "CARE"