

It should be mentioned that the provided data and information concern only the organisations members of NOPG.

1. *How many psychotherapists work in your country?*

At the moment N.O.P.G. has 24 organisations as members which calculates approximately 1000 psychotherapists who are trained according to the EAP standards.

2. *overview on psychotherapy training*

Most psychotherapy training programs are four year programs which emphasize both theoretical skills as well as practice with supervision. Personal therapy is also required usually in the modality that one is trained in. Ethical guidelines and other training requirements are in alliance with EAP' s standards.

3. *list of psychotherapy schools in your country*

1. Athenian Institute of Anthropos
2. Athens Synthesis Centre
3. Gestalt Foundation
4. Greek Institute for Vegetotherapy and Character Analysis (E.I.N.A.)
5. Hellenic Biosynthesis Center
6. Hellenic Focusing Centre
7. Laboratory for the Study of Human Relations
8. Institute of Group Analysis Athens
9. Institute of Family Therapy
10. Institute of Psychodrama-Sociotherapy
11. Institution for Councelling and Psychological Studies
12. Art and Psychotherapy Centre
13. Training Institute of Dramatherapy and Playtherapy "Athyрма"
14. Hellenic Society of Daseinsanalyse
15. Hellenic Association Society for Existential Psychology "Gignesthai"

4. *Legal situation (is there a law or a regulation, if yes please attach the law/regulation to the article), is there a national register for psychotherapists?*

In Greece there is no legislation concerning psychotherapy: it is not recognised as an autonomous profession and the title of "psychotherapist" is not legally protected; consequently until now, everyone could use this title without having an accredited (or even, any) training.

A big differentiation is evident: the Universities on the one hand, give some kind of training to psychologists and psychiatrists, with very little clinical practice and no emphasis on personal therapy. Most of the private training centers, on the other hand, offer training in psychotherapy as a postgraduate course to graduates of the whole spectrum of humanistic and social studies (psychiatrists, nurses, social workers, sociologists, occupational therapists, teachers, etc.) without excluding graduates of other scientific branches. These centers actually follow a minimum of four years programme, with the first year as an "introductory" course (mostly theory and personal therapy / experience) and the other three years programme comprising theory, personal experience / therapy, and clinical work under supervision. The training programmes are either in a continuous basis or a "weekend" basis (training hours are distributed either through the whole week or only in weekends). There is a difficulty with some organisations to secure for their students a way to work with clinical populations, while others have no difficulty as they are both therapy and training centers.

There is no entry of "psychotherapist" in the computers of the National Statistical Service. So, there are no official data concerning the number of practicing psychotherapists. Another difficulty is that the title "psychotherapist" is put second to the basic profession of the therapist and is not often used in censuses. Many colleagues pay taxes as «psychotherapists», even though, in the strictest legal sense, only their basic professional identity is recognised (eg. Social worker)!

5. Payment: how much do clients pay on average per hour

The fees of a therapeutic session vary, according to the experience and academic title of the therapist and to whether it is an individual or a group approach. Thus, for an experienced therapist, the fees can vary from 35 to 135 euros for individual sessions, 100 to 150 euros per month (four sessions) for group therapy and 50 to 100 Euros per session for couples' therapy.

6. *Is psychotherapy paid by health insurance?*

There is not a universal public payment system yet and especially this period of financial crisis. However some patients can receive some of their money refunded if they have a doctor's certificate with a diagnosis that is considered by their public insurance (medical committee) to improve with psychotherapy. Usually, this can be renewed after a period of one year. In fact, only "medical psychotherapy" is approved by some public and bank insurances. As to the private insurances, their policy is not to insure any psychiatric problem.

7. *Which governmental body is responsible for psychotherapy in your country?*

The Ministry of Health

8. *Which psychotherapy modalities are accepted in your country?*

Art therapy

Body Psychotherapy

Dance therapy

Drama and Play therapy

Existential Psychotherapy

Gestalt

Group Analysis / Group Analytic Family therapy

Hypnootherapy

Individual Psychology (Adlerian)

Integrative Psychotherapy

Psychodrama

Psychoanalysis

Psychoanalytic Psychotherapy

Psychosynthesis

Person - Centered Psychotherapy

Systemic therapy / family and group

Therapeutic Community/Sociotherapy (training of personnel for therapeutic communities)