

The therapy sessions and trainings conducted by the UNEC Center for Mental Health Services

Since the establishment of the UNEC Center for Mental Health Services two psychologists have been providing therapy sessions to UNEC students and faculty and staff. During this period, a total of 111 initial applications were made and 499 sessions were held with them, including:

- 46 initial applications and 167 sessions in the first semester;
- 65 initial applications and 332 sessions in the second semester.

All the sessions are highly confidential.

During this period, trainings were held on the following topics:

December 12th, 2022, School of Economics - UNEC campus No. 2 - "Pre-exam stress and ways to eliminate it"

December 15th, 2022, SABAH groups – UNEC main campus - "Pre-exam stress and ways to eliminate it"

December 15th, 2022, School of Finance and Accounting - UNEC main campus - "Pre-exam stress and ways to eliminate it"

December 16th, 2022, School of Design – UNEC campus No. 3 - "Pre-exam stress and ways to eliminate it"

December 20th, 2022, College of Finance and Economics - UNEC campus No. 3 - "Pre-exam stress and ways to eliminate it"

December 22th, 2022, School of Business and Management - UNEC campus No. 4 - "Pre-exam stress and ways to eliminate it"

March 30th, 2023, International School of Economics – UNEC main campus - "Perfectionism: the truths and the mistakes"

April 3rd, 2023, with the joint cooperation of UNEC New club and the Center for Mental Health Services – UNEC main campus - "Pre-exam stress and ways to eliminate it"

May 16th, 2023, College of Finance and Economics - "Domestic violence".