



M.S. in Stress and Health Management

A comprehensive,
scientifically grounded
approach to understanding
and managing stress

A GLANCE

Designed by one of the world's leading experts in the science of stress, this interdisciplinary program draws on courses in the life sciences and psychology to help you build a strong understanding of the stress system and its role in health and disease.

With its emphasis on research and its balance of theory and practice, you will become skilled in applying evidence-based stress management techniques to help clients or yourself better cope with stress and improve health and well-being. If you are already working in a health-related field, earning the M.S. in Stress and Health Management will enrich your practice with additional knowledge and expertise and distinguish you as a committed professional.





The Program at a Glance

Duration 1 ½ years full-time	Language English	Courses 9 + Thesis	Delivery Mode Online and on-campus
--	----------------------------	------------------------------	--

Strengths of the Program

- Expert Design** The MSSHM has been designed by Professor George P. Chrousos, one of the world's leading experts in the biology and in the medicine of stress.
- World-Class Faculty** You'll be taught by an exceptional team of biomedical scientists and expert practitioners in clinical psychology, nutrition, psychotherapy, and management. Many of the faculty have served as senior health policy analysts, scientific advisors to governments, and executive officers in hospitals, corporations, and foundations.
- Holistic Education** You'll be encouraged to develop and express yourself as both a scholar and a professional practitioner. You'll build strong skills in designing, conducting, and communicating the findings of your research. At the same time, you'll learn techniques and methods to tackle stress that you can immediately implement in your practice.
- Balance of Theory and Hands-On Learning** The program gives equal weight to theory and practical learning. Courses are taught through an engaging mix of lectures, hands-on workshops, case-based learning, problem sets, and scientific presentations.
- Option for Online Attendance** All the onsite courses are taught in specially equipped classrooms and videocast live. So, if you live or work outside Athens, you can attend the entire program or just selected courses via our online learning and collaboration platform.

Financial Aid & Scholarships

Hellenic American University admits students on the basis of academic promise and not on their ability to pay.

We provide guaranteed scholarship aid to students with demonstrated financial need.

More than 90% of our students received some sort of financial assistance in the 2021-22 academic year.

For more information on our financial aid program, contact our Admissions Office.

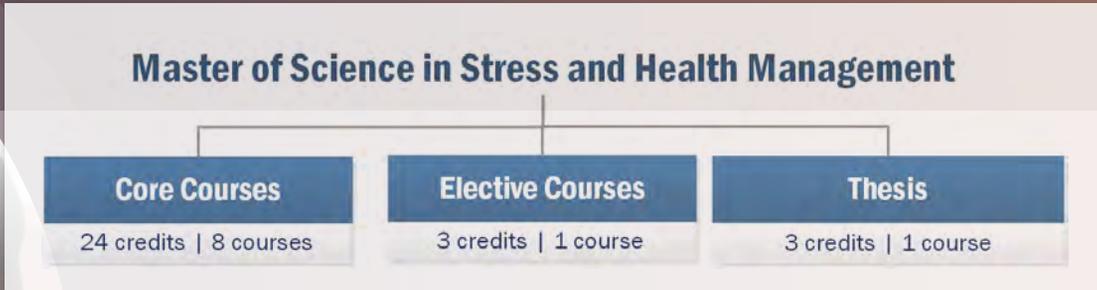
Admission Requirements

Minimum requirements for admission to the MSSHM program are:

- An undergraduate degree from an accredited college or university with at least a B (3.0) grade point average;
 - For those applicants whose native language is not English, the University requires evidence of proficiency in English;
- A personal essay, submitted as part of the application form;
- An interview with a member of the Admissions Committee

Overview of the M.S. in Stress and Health Management

The MSSHM is a 30-credit graduate degree program. It consists of 8 required courses, one elective course (chosen from three options), and a research-based thesis.



The interdisciplinary curriculum includes courses in the biology and medicine of stress, statistics and research design, counseling, and evidence-based stress management.

These are the required core courses:

- Principles of Complexity, Homeostasis and Stress
- Biology and Psycho-Neuroendocrinology of Stress
- Research Design and Evaluation
- Statistics and Hypothesis Testing
- Health Promotion Principles and Practice
- The Role of Stress in Health and Disease
- Stress Manifestations over the Life Course
- Evidence-Based Stress Management
- Thesis

In addition, you choose one of the following courses as your elective:

- Foundations of Counselling
- Leadership and Organizational Behavior
- Project Management

Certificate in Stress Management

A certificate option is also available for individuals who do not wish to do the full degree program.

The Certificate in Stress Management requires the completion of the following four courses:

- Principles of Complexity, Homeostasis and Stress
- Biology and Psycho-Neuroendocrinology of Stress
- Health Promotion Principles and Practice
- The Role of Stress in Health and Disease

What You'll Learn

The program provides you with in-depth knowledge of the science of stress and the role of stress in chronic non-communicable and other diseases. You'll become familiar with instruments to identify and evaluate stress. You'll also acquire the practical skills to apply evidence-based stress management methods for individuals and groups in a variety of settings.

By the time you complete the program, you'll be able to:

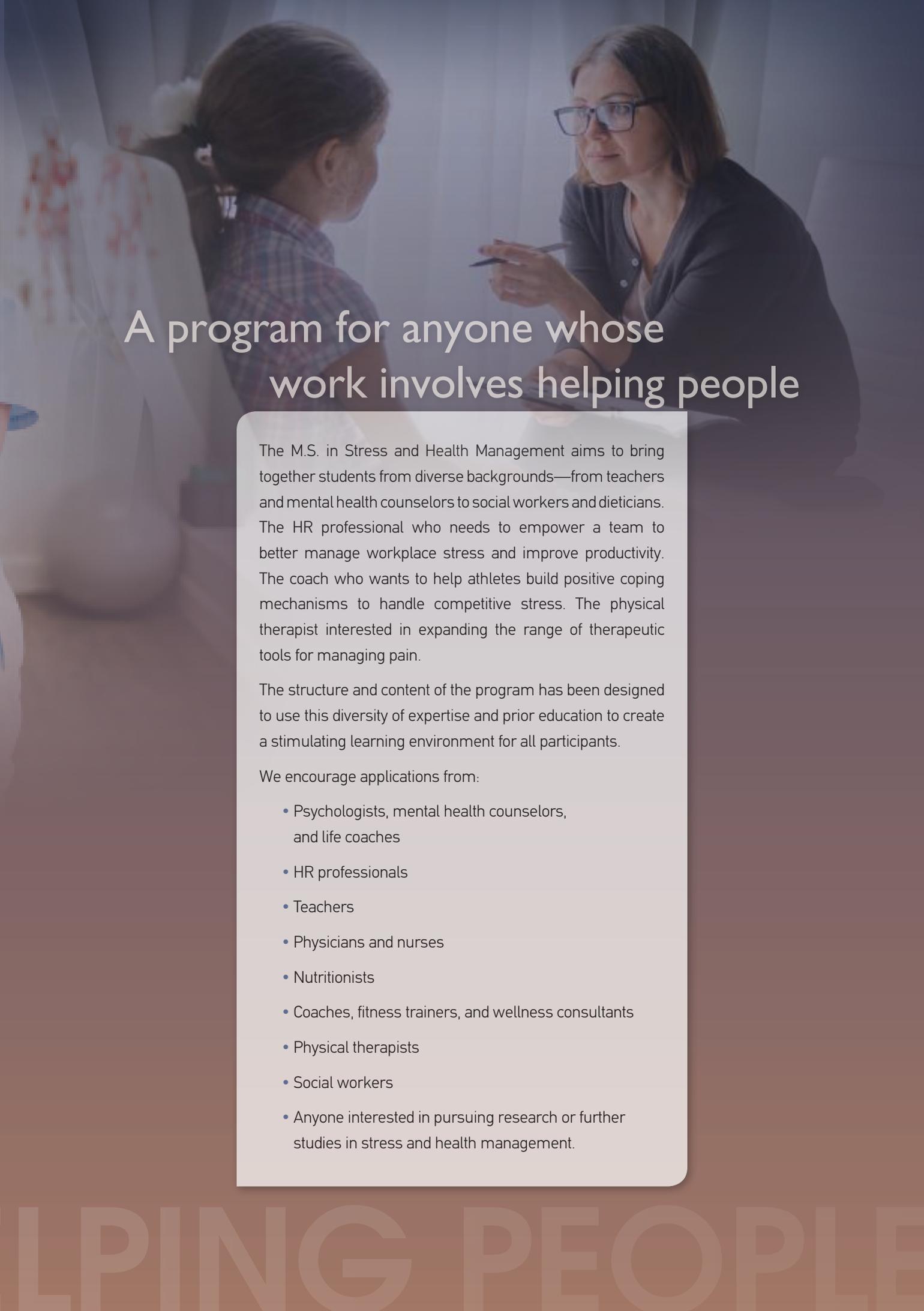
- Design, conduct, and evaluate health promotion programs;
- Perform and teach evidence-based stress management techniques;
- Design and conduct intervention studies in subpopulations of individuals with chronic stress;
- Possess skills in biostatistics and research methodology, including how to design clinical trials.

Who will teach you

The program brings together core faculty of biomedical scientists and expert practitioners in clinical psychology, nutrition, psychotherapy and management. They include (in alphabetical order):

- **Dr. Aristidis Charonis**, collaborating investigator at the University Research Institute for Maternal and Child Health and Precision Medicine.
- **Professor George Chrousos**, Professor Emeritus of Pediatrics and Endocrinology, Director of the Research Institute for Maternal and Child Health and Precision Medicine, and head of the unit on Clinical and Translational Research in Endocrinology at the National and Kapodistrian University of Athens School of Medicine.
- **Dr. Evi Hatzandreou**, Senior Director, Health Policy and Market Access.
- **Dr. George Paltoglou**, pediatric endocrinologist.
- **Dr. Anna Papageorgiou**, nutritionist in the Department of Childhood Obesity at Mitera Hospital.
- **Dr. Harikleia Stefanaki**, pediatrician and post-doctoral researcher at the National and Kapodistrian University of Athens Medical School.
- **Dr. Effie Tsilibary**, Associate Professor of Neuroscience at the University of Minnesota Medical School.
- **Dr. Liza Varvogli**, psychologist and psychotherapist.

UP L EARN THE



A program for anyone whose work involves helping people

The M.S. in Stress and Health Management aims to bring together students from diverse backgrounds—from teachers and mental health counselors to social workers and dietitians. The HR professional who needs to empower a team to better manage workplace stress and improve productivity. The coach who wants to help athletes build positive coping mechanisms to handle competitive stress. The physical therapist interested in expanding the range of therapeutic tools for managing pain.

The structure and content of the program has been designed to use this diversity of expertise and prior education to create a stimulating learning environment for all participants.

We encourage applications from:

- Psychologists, mental health counselors, and life coaches
- HR professionals
- Teachers
- Physicians and nurses
- Nutritionists
- Coaches, fitness trainers, and wellness consultants
- Physical therapists
- Social workers
- Anyone interested in pursuing research or further studies in stress and health management.

HELPING PEOPLE



Massalias 22
10680 Athens,
Greece

Tel: +30 210 3680950
info@haec.gr
www.haec.gr

 www.facebook.com/HellenicAmericanCollege

Hellenic American College has signed a cooperation agreement with Hellenic American University (New Hampshire, USA) that enables the College to offer the University's undergraduate and graduate degree programs at its facilities in Athens. Upon successful completion of their studies and the fulfillment of all degree requirements as specified in the relevant University Catalog, participants in these degree programs are granted a degree directly from Hellenic American University.



Hellenic American University is accredited by the New England Commission of Higher Education (NECHE).

Hellenic American University's degree programs are regulated, approved, and regularly monitored by the New Hampshire Department of Education, Division of Higher Education – Higher Education Commission.

Hellenic American College and Hellenic American University do not discriminate on the basis of race, color, national and ethnic origin, gender, sexual orientation, age, religion, physical disability, or veteran status in the administration of their educational policies, admissions policies, scholarship and loan programs, and athletic or other school-administered programs.