
Psychological counselling providers for all CU students and staff members.

Book a consultation with a specific counselor in the [registration app](#). If you don't find an available time slot in the app, please write to us at counsel@ruk.cuni.cz

Our psychological counsellors:

Mgr. Tomáš Holub



in person | online

I graduated with a degree in Psychology from the Faculty of Arts at Charles University. I commenced my professional journey as an art therapist in a healthcare facility, specializing in clients with schizophrenia and anxiety-depressive disorders. I then focused on school prevention, working as a lecturer in primary prevention and personal development groups for children and adolescents, and carrying out psychological interventions in school classes, which I followed up with a position as regional prevention methodology expert for Prague 5. I started at Charles University as a support coordinator for students with mental health issues and a psychological counselor. I now work as a psychologist of Resilience Centre at the rectorate of Charles University.

I hold a two-year training certification in art therapy, along with a five-year experiential training in psychoanalytic psychotherapy. I am currently attending training in EMDR (trauma processing using bilateral stimulation).

Mgr. Zora VansteenkisteCounselling in English and French

en présentiel | en ligne dans des cas exceptionnels

Langues de travail : tchèque, anglais, français

J'ai étudié le travail social ? l'École secondaire sociale et juridique de Prague, puis la psychologie ? la Faculté des lettres de l'Université Charles. J'ai commencé mon parcours professionnel comme assistante sociale dans un institut de diagnostic pour jeunes, avant de travailler dans un centre de conseil familial et relationnel, puis ? l'Institut Alice Masaryková – un lieu ? la fois d'accompagnement et de formation pour les étudiants en travail social.

Je me suis formée ? l'approche systémique sous la supervision de la docteure Alžběta Kučerová, auprès de qui j'ai travaillé pendant dix ans. M?me si j'ai exploré depuis d'autres approches et rencontré de nombreux enseignants inspirants, cette mani?re de penser et de travailler reste au c?ur de ma pratique.

La vie m'a conduite en Belgique, en Polynésie française, en Angleterre, en Nouvelle-Zélande et de retour en République tchèque – des expériences qui ont élargi mes horizons et nourri ma compréhension des différentes histoires humaines. Depuis neuf ans, je travaille avec V-Europe, une association d'aide aux victimes du terrorisme, o? j'accompagne des personnes traversant des situations de vie extr?mement difficiles.

Je crois qu'? travers un véritable dialogue, il est possible de regarder une situation autrement, de découvrir et d'ouvrir les bonnes portes, de trouver des ressources qui étaient restées cachées...

Parfois m?me, de trouver un puits dans le désert.

Mgr. Lukáš Pánek



in person | online

Clients turn to me with topics such as:

- study-related difficulties
- anxiety
- relationship problems
- support in difficult life situations

I studied single-subject psychology and worked as a school psychologist at both primary and secondary schools. I am currently in the supervision phase of psychotherapeutic training in the Biosynthesis method and work with clients in private practice.

Mgr. Hana Drazdíková



in person | online

I studied psychology at the Faculty of Arts, Charles University in Prague, and I am currently in psychotherapeutic training in systemic therapy (The Art of Therapy, GI). I have also completed courses in Comprehensive Crisis Intervention and Motivational Interviewing. I work as a crisis interventionist on a helpline and as a psychologist and therapist for one of the community teams of Fokus Praha in the Central Bohemian Region. Until the end of 2022, I also worked as a psychologist for the Čerčany hospice Dobrý Pastýř (Good Shepherd).

For me, it is essential to respect the individuality of each person and their chosen life path. In therapy and counseling, I follow the motto: "to help clients so that they can help themselves." I truly believe that everyone carries within them the potential to cope well with their difficulties—it only needs to be discovered and developed.