Psychological Counselling for all CU students and employees - Carolina Centre

You can visit the counselling in person and we also offer services on-line. We use Skype, Teams, ZOOM and other available tools, according to your agreement with the chosen counsellor.

We offer counselling in English, **free of charge for all CU students and employees**. Should you need our help to deal with your study, family, personal or other problems, you are welcome to come to our Counselling Centre.

Rules for the provision of counselling services

Address: Školská 13a, Prague 1 small green door
The consultations take place mainly at Školská, sometimes at offices of individual counsellors.

Registration: please, make an appointment in our application
REGISTRATION FOR COUNSELLING IN ENGLISH

Information how to get to the application.

If there are no consultations available in the application, please, write us to: counsel@ruk.cuni.cz
If your situation is urgent or you require consultation outside regular working hours, please use one of the services or lines that offer crisis intervention or support 24 hours a day, seven days a week. You can find them in the tab Emergency services outside of Charles University .
If you need psychological help due to the **crisis situation in Izrael, Ukraine**, you can contact us: counsel@ruk.cuni.cz , ***we will try to arrange a meeting as soon as possible.***
Our counsellors:

	**Mgr.Tomáš Holub** **Contact:** tomas.holub@ruk.cuni.cz **Place:** Školská 13a, Prague 1

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. Subsequently, I transitioned to working with classroom collectives and children's groups, serving as a lecturer in primary prevention and personality development groups for children and adolescents, and conducting psychological interventions within classroom collectives. I hold a two-year training certification in art therapy and artephiletics, along with a five-year experiential training in psychoanalytic psychotherapy.
Currently, I serve as a coordinator of services for students with psychological and other problems (category F) and as a regional prevention methodology expert for Prague 5.

	**Mgr. Kristina Křivková** **Consultations:** Terms offered in our reservation app **Place:** mainly Školská 13a, Prague 1 or online

I studied psychology at Masaryk university. I completed trainings in crisis intervention, coaching and acceptance and commitment therapy. I have experience working at a crisis line for children and students, in chat counselling, and psychological support for clients with mental health problems. I have also provided online psychological counselling and lectured workshops about mental health. When working with clients, I integrate different approaches to adapt to their individual needs.



Msc Steve Borg
Consultations: Terms offered in our reservation app
Place: Školská 13a, Prague 1

My name is Steve and I hail from the sunny island of Malta. I am a teacher turned occupational psychologist practitioner where I deal with people who have issues with motivational, performative and habitual practice. I also focus on mental health issues at the school and employment setting. I also well-researched into gamification and how this can aid people's engagement and focus on goals and resolutions. I am also a soft skill trainer and my areas of speciality are emotional agility, communication skills, group dynamics, teaching and creativity.



Mgr. Gabriela Malíková
Consultations: Terms offered in our reservation app
Place: mainly Školská 13a, Prague 1 or online

I am a psychologist and crisis interventionist. I am currently a student of psychotherapeutic training in integrative gestalt therapy. So far, I have drawn my professional experience from healthcare, education and the social sphere. I worked in child psychiatry hospital and in a day care center for adults. I worked at the Safety Line as a crisis interventionist in non-stop telephone service. I continue to work with the Safety Line as a lecturer. In education, I held various positions - as a lectuer of preventive programs for classes, and I also provided intervention services to classroom collectives with relationship problems and bullying. I worked as a school psychologist at a high school. I currently work privately with clients and implement courses and workshops for the public and private sector in the areas of well-being, communication and handling high stress situations. I also work privately with clients.

Clients can contact me with topics such as:
• challenging emotions, emotional self-regulation, work with acute stress
• anxiety and depressive states
• work with stress, motivation, work with energy
• self-image, self-confidence, self-worth, relationship with oneself, search for oneself, relationship with the body
• dissatisfaction in relationships
• changes in life, adaptation in new life stages



Mgr. Veronika Sláviková
Contact: veronika.slavikova@ruk.cuni.cz
Place: Školská 13a

A five-year study of psychology was my first step towards discovering myself and, through it, the people around me. After studying in Bratislava, I went to study in Prague, where I completed a crisis intervention course, online counseling and an individual coaching course. I teach workshops on the topics of emotions, self-love, authenticity, working with stress and mindfulness. I have experience working with people with psychological problems and with victims of domestic violence. I have been working with teenagers and youth in crisis situations and difficult life periods for a long time. I am interested in a holistic view and combine body work with coaching and counseling techniques. Together with clients, we co-create a supportive space and seek unique resources for finding an authentic path through life's challenges.



Mgr. Lukáš Pánek
Place: Na Míčánce 32, Praha 6
Contact: 10368590@o365.cuni.cz

I have a degree in psychology, and I have experience working as an elementary and high school psychologist. I am currently in the supervision portion of my psychotherapy training in Biosynthesis and work with clients in private practice.

I offer ***mental health counselling*** and ***short-term therapy*** for CU students and staff. Feel free to contact me if you're facing problems with your studies, mental health problems such as anxiety, difficulties in relationships, or if you're seeking support in challenging situations.