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# Psychological counselling providers for all CU students and staff members

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Please book a consultation with a specific counselor through [the application](#).  
If you cannot find an available slot in the application, write to us at [poradny@cuni.cz](mailto:poradny@cuni.cz).

***Our psychological counselors:***

Mgr. Kristina Křivková



in person | online

**Clients approach me with topics such as:**

- coping with acute stress and stress management
- life changes, adaptation to new life stages
- study-related difficulties
- anxiety, depression
- ADHD screening
- building self-esteem and interpersonal relationships

I studied Psychology at the Faculty of Social Studies, Masaryk University. I completed comprehensive crisis intervention training, coaching training for psychologists, and a one-year training program in Acceptance and Commitment Therapy (ACT). I have gained experience on a crisis hotline for children and students, in an online counseling chat service, and in providing individual psychological support to clients with mental health difficulties. I have also worked in online psychological counseling and led workshops on mental health. In working with clients, I draw from different approaches to adapt to their individual needs.

Mgr. Gabriela Malíková



in person | online

**Clients approach me with topics such as:**

- Challenging emotions, emotional self-regulation, coping with acute stress
- Anxiety and depressive states
- Stress management, motivation, energy management
- Self-concept and self-worth, relationship with oneself, self-discovery, relationship with the body
- Dissatisfaction in relationships
- Life changes, adaptation to new life stages

I am a psychologist and crisis intervention specialist. I am currently undergoing psychotherapeutic training in integrative Gestalt therapy. My professional experience comes from healthcare, education, and the social sphere. I have worked in child psychiatry and in a day care centre. At Linka bezpečí (Child Helpline), I worked as a crisis counselor in a 24/7 phone service, and I continue to cooperate with the helpline as a lecturer.

In education, I have worked in various roles – as a lecturer of prevention programs for classes, providing intervention services to groups dealing with relationship issues and bullying, and as a school psychologist at a grammar school.

Currently, I work privately with clients and organize courses and workshops for both public and private sectors in the areas of well-being, communication, and coping with highly stressful situations.

Mgr. Lukáš Pánek



in person | online

**Clients approach me with topics such as:**

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

I graduated in single-subject Psychology and worked as a school psychologist at both elementary 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. Klára Horáková



in person | online

I focus on integrative psychotherapy and art therapy. I completed a two-year training in art therapy and artefiletics, a course in crisis intervention, and a psychiatric minimum. I am currently finishing a five-year experiential training in integrative psychotherapy at the Skála Institute.

In my practice, I draw on experiences from both my professional and personal life. I have worked in the non-profit sector with people experiencing mild to severe mental health conditions. An important part of my professional career was spent in a corporate leadership role, where I learned how essential it is to have clear goals in both life and work. For the past four years, I have also led art therapy groups and worked as a counselor at the Hybernáská Counseling Centre at the Faculty of Arts, Charles University.

If you currently feel unsure of which direction to take or where to find strength, I will be glad to support you. I believe that change is possible.

How I work: In my practice, I strive to tailor therapy to each individual client. In the first session, I always map out the client's life situation and their ideas about what they would like to change and what challenges they are facing. Together, we then set the duration and form of our cooperation..

Mgr. Dita Kramářová



in person | online

I graduated in single-subject Psychology. Professionally, I spent several years working in crisis intervention on a helpline and in delivering primary prevention programs in schools. I now work as a school psychologist at an eight-year grammar school in Prague and I am also undergoing psychotherapeutic training in Biosynthesis.

In psychological consultations, I often work with topics such as anxiety, work/study-life balance, coping with challenging life situations, as well as relationship and study-related difficulties. I offer support, cooperation in mapping out problems and finding solutions, and guidance in understanding one's own needs and boundaries. I believe that there is always something that works, and from that, we can build further progress.

I try to adapt each consultation to the needs of the client. Together, we set the goals of our cooperation and an estimated number of sessions. There is no need to prepare for the meeting in advance – I will guide you through the entire process.  
Mgr. Hana Drazdíková



in person | online

I studied Psychology at the Faculty of Arts, Charles University in Prague. I am currently in psychotherapeutic training in Systemic Therapy (The Art of Therapy, GI) and have completed courses in Comprehensive Crisis Intervention and Motivational Interviewing. I work as a crisis counselor on a helpline, as well 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 at the Good Shepherd Hospice in Čerčany.

It is important for me to respect the individuality of each person and their chosen life path. In therapy and counseling, I follow the motto: "help clients so they can help themselves." I truly believe that everyone has the potential to cope with their difficulties – it only needs to be discovered and developed.

Consultations are also available in English.