

# Counselling in English

THIS IS AN OLD VERSION OF THE WEBPAGE, **THE ACTUAL VERSION IS HERE:** <https://centrumcarolina.cuni.cz/CCENG-64.html>

You can visit the counselling in person. And, because of the Covid related restrictions 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.

**Address:** Školská 13a, Prague 1 small green door

The consultations take place mainly at Školská, sometimes at offices of individual counsellors.

**Place:** Školská 13a, Prague 1

**Registration:** [ALSO IN ENGLISH, list of consultations](#)

If there are no consultations available in the application, write us at [counsel@cuni.cz](mailto:counsel@cuni.cz) or make an appointment with the chosen counsellor via their e-mail.

	<b>Mgr. Lukáš Pánek</b>
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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.

	<b>Mgr. Anna-Marie Pospíšilová</b>
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I offer one-on-one **mental health counselling**, crisis intervention, and **training in relaxation techniques** at the Carolina Center. I provide support in coping with challenging situations relating to (not only) studies. I focus on helping those suffering from stress and anxiety. I offer both one-off and regular support sessions.

I have a degree in psychology from Palacký University. I have experience working as a school psychologist, and I spent several years working as a mental health programs lecturer in the NGO Nevypust' duši. Currently, I am a crisis interventionist at Linka bezpečí (Safety Line Association).

	<b>Mgr. Petr Arbet</b>
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I work as a psychologist, psychological coach and I'm in the supervision portion of my psychotherapy training. As a student I knew what it was like to feel uncertainty about purpose and meaning of life. Thanks to someone else I was able to get to know myself better and I would like to offer the same help to you.

I like to work with symbols and fantasy, you can imagine **therapy and coaching** as a way of opening a door. We only suspect that it exists, even though it's in our own house, within us. I would like to offer you a key, that can help you open it and see what is hidden behind the door. I like to work with topics like motivation, burnout or stress management.

**Soy psicólogo, coach y terapeuta. Mi misión es despertar en los demás el deseo de ser ellos mismos. Me centro en temas como: ansiedad, estrés excesivo, pérdida de sentido, motivación y ganas (no solo) para estudiar, soledad, depresión, problemas de pareja...**

Pasé un a?o en Valencia como estudiante Erasmus.

#### Coaching in English

	Jan Prach +420 724 358 829 Place: Palác Ymca, Na Poříčí 12 - SANTEA
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I work with people from many different fields, who have one thing in common – they want to work on themselves and change something in their lives. We are using both the support of Western psychology and the yoga techniques, meditation and mindfulness.

I perceive **coaching** as the essence of practical psychology. It is a set of mental life-hacks, tools that will help us to build and achieve goals, change and improve our lives. Properly managed coaching should lead a person to increase awareness of their life situation and responsibility for their decisions. This will incredibly increase his self-awareness, work efficiency and meaningfulness of life as such.

I have been working for several years with both managers and students who want to be at the forefront of their field and who are looking for motivation, discipline and the real purpose of their job.

	<b>Mgr. Karolína Koudelka</b> Maternity leave
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I have a degree in psychology from Charles University, I worked as a pedagogical assistant, psychologist for families or as a psychologist for children and adults at a crisis center (Diakonie ČCE). I'm currently in the psychotherapy training in **CBT (cognitive-behavioral therapy)**. I offer crisis intervention, mental health counselling, or short-term therapy. I focus on topics like study issues, relationships, challenging situations, parenting or anything else.

#### Further help in and outside of Charles University

[Where to find help in psychological emergency, crisis; leaflet with a list of services](#)



[Application „Don't Panic“, free psychological first aid](#)