

Rules for the Use of Psychological Support at Wrocław University of Science and Technology

The purpose of these rules is to provide basic information on available psychological support for doctoral students and employees at Wrocław University of Science and Technology. These rules aim to promote psychoeducation, support well-being, and ensure equal access to psychological support in a safe and discreet manner.

I. Psychological Support - General Information.

1. Psychological support offered by Wrocław University of Science and Technology should be understood as voluntary and confidential psychological counseling, offered to healthy individuals experiencing developmental crises or adaptive difficulties in the event of an accumulation of stressful life events.

2. The offered form of psychological support does not replace and is not identical to psychiatric care, psychotherapy, crisis intervention, or other forms of intervention dedicated to individuals receiving psychiatric, psychotherapeutic, or neuropsychological treatment, or in connection with ongoing diagnostics, diagnosed personality disorders, mental illnesses, or psychorehabilitation. In the above cases, it is necessary to continue visits or initiate visits to public or private clinics providing comprehensive assistance. A sample list of counseling centers, along with contact numbers, is available <https://dpm.pwr.edu.pl/wsparcie-psychologiczne/wsparcie-poza-pwr>

3. Psychological support, as defined by psychological counseling, is provided by practitioners who have completed higher education in psychology and obtained a psychology diploma.

4. Stages of psychological support:

After selecting a specialist and an appointment date in the booking system, a psychological consultation lasting up to 45 minutes takes place. The number of appointments is determined individually, taking into account the situation of the individual seeking psychological counseling.

II. Rules for using psychological support at Wrocław University of Science and Technology.

1. Accessibility:

Psychological support is available to doctoral students, postgraduate students, and individuals employed at Wrocław University of Science and Technology after booking an appointment in the system.

2. Free of charge:

Services are offered free of charge.

3. Anonymity and discretion:

Meetings are held in complete anonymity and discretion in the psychological support room no. 338 in building L-1.

4. Making an appointment:

For psychological counseling, please make an appointment by selecting a specialist and appointment date using the booking system available at:
<https://dpm.pwr.edu.pl/wsparcie-psychologiczne>

5. Cancelling an appointment:

If you need to cancel a scheduled psychological counseling appointment, please cancel it immediately using the booking system. Failure to cancel appointments or repeated cancellations may result in limited access to the service.

III. Scope of assistance:

1. Independent and impartial assistance:

Identifying difficulties, determining factors that perpetuate the problem, seeking new solutions, and supporting the participant in implementing changes.

2. Voluntary nature:

Using psychological support is voluntary. It is in the interest of the individual to schedule a convenient time and arrive on time for their appointment with the psychologist.