

Center for Psychological Consultation and Mediation

There are sometimes difficult situations at the University. Sometimes resulting from communication errors, lack of information about special needs, personal concerns, or disputes that require mediation and finding a solution that will be safe and good for both parties. Everything, of course, within the framework of applicable law and principles on which the University operates. This may apply to both students and teaching staff. In these and many other situations, a psychologist who provide adequate support can be helpful.

We offer support to academic staff in matters like:

- Better understanding of the problems of students with disabilities
- Designing methods for effective work with disabled students and making improvements for them
- Communication problems regarding the student-university and university-student needs
- Handling conflicts in class or during examinations

How to contact us:

- Online chat or a phone call
- Individual appointment at the University of Technology during weekly psychologist's duty hours:
 - Tuesdays 12.00am - 04.00pm
 - Wednesdays 8.00am - 12.00am
- Another available place to meet is the center of "Your new possibilities" association located at: Ul. Grabiszyńska 163, room 210-215.

Appointment in advance is necessary. Our staff speak Polish, English and the sign language.

In order to keep full confidentiality of meetings and discussed matters please contact directly our psychologist, who runs the center:

Mateusz Kur, Monday – Friday 9.00am - 4.00pm

m.kur@tnm.org.pl

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Below please see some information on Mateusz Kur by himself:

mgr Mateusz Kur, psycholog



My name is Mateusz Kur. I graduated in Psychology and Cultural Anthropology, and I am deeply interested in the holistic approach to human beings. This allows me to interconnect cognitive, emotional and physical aspects in my therapeutical practice with patients. I have been involved in working with disabled people (particularly with impaired hearing) for a long time, and thanks to my ability to use the sign language, I feel that I am capable of entering their world. Apart from that, as a fluent English speaker I have a lot of experience in interacting with foreigners representing a different set of cultural values and other backgrounds. I have the necessary skills and competences to 'see' the people as individuals thanks to my college education and professional career.

Below are listed some areas I specialise in:

- Psychological support for people in crisis
- Boosting motivation, finding ways for self-improvement and setting personal goals
Working with children and teenagers in foster care
- Counselling in the sign language for the deaf and hearing impaired
- Running workshops and educational practice
- Handling problems in relationships
- Resolving conflicts using the NVC (Non-violent Communication) method