

Addiction Counselling Centre for University Students and Employees

The Addiction Counselling Centre is a clinical department of the Centre for Addictology. It primarily serves university students and employees whose health and social situation is currently or developmentally endangered by drug use issues and non-substance addictions. The Addiction Counselling Centre is on the premises of the Centre for Addictology at the Psychiatric Clinic of the 1st Faculty of Medicine, Charles University in Prague.

The goal of the outpatient clinic is to eliminate the impact of risk behaviour in terms of drug use and non-substance addictions, e.g. gambling and a lack of control over the use of information technologies among university students, employees, and their family members. Besides eliminating the early termination of studies, with all its individual and social consequences, this especially involves offering professional and early assistance. It provides an opportunity to address the causes of these issues and reduce their impact, including the protection of other students and teachers.

The Addiction Counselling Centre is aimed at: (a) students; (b) university employees, or (c) people close to them, whose health or social situation is currently or developmentally endangered by drug-related issues and associated problems.

The Addiction Counselling Centre provides the following services:

(a) Information service, including Internet counselling

The information services of the Addiction Counselling Centre involve providing information about drug-related issues and non-substance addictions (in the form of personal counselling, as well as via our web pages). The offer also includes Internet counselling; in which experts from the field of addictology answer questions and the answers are then posted at www.adiktologie.cz.

(b) Individual counselling and psychotherapy

Individual counselling and psychotherapy are carried out in the form of a controlled interview between the client and the therapist. Its purpose is to disclose the troubles which the client faces in his or her life, as well as their correlates, which are not always obvious at first sight. The Addiction Counselling Centre will provide these services in the form of short-term psychological counselling (several sessions) or medium-term and long-term psychotherapy (regular sessions, which take place for a year or more).

(c) Counselling for family members, friends, or loved ones

Within the framework of counselling for parents, friends, or relatives, we offer these people an opportunity to talk about the problems of their family members or the people close to them. We also try to help them find solutions or at least support in such problem situations. "

(d) Counselling and therapy for couples and families

Counselling and therapy for couples and families is a field of psychotherapy or psychological counselling. It deals with family or partnership problems and tries to solve or modify them in order to achieve the non-problematic functioning of the couple or family. The Addiction Counselling Centre offers these services in the form of both short-term counselling (several sessions) and medium-term therapy for couples and families (periodical sessions over a period of several months or more).

(e) Crisis intervention

Crisis intervention is psychological assistance which is based on several sessions and interviews with a client who is in a crisis situation. The Addiction Counselling Centre provides these services with the goal of stabilising the current condition of the client and returning him/her to his/her previous level of functioning.

(f) Diagnostics

Using psychodiagnostic services, we offer the possibility of mapping the degree and patterns of substance use and non-substance addictions. The professional assessment and interpretation of the results will facilitate easier orientation on the issues. The results can be used as a point of departure for psychotherapy or psychological counselling.

(g) Referral to other services

The Addiction Counselling Centre also offers the possibility of referring and involving the client in other services (social, legal, or psychiatric), which are not offered by the clinic.

If necessary, all the above-mentioned services can be used anonymously. All services are provided free of charge.

Contact:

Addiction Counselling Centre

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