

More about consultations

Community Well-being Center Psychological Consulting Department

Individual consultations are provided on TUESDAYS and THURSDAYS.
You can arrange the consultation time by e-mail: pks@mruni.eu

We invite you to make a request for psychological counseling if:

- you feel that feelings and experiences are boiling inside
- you face life's difficulties that make it difficult to be alone
- you constantly feel stress, tension, anxiety
- you are depressed and sad for a long time
- everything is "too much"
- there are questions about career planning
- you want to know yourself better

The duration of consultations is 50 minutes, consultations usually take place once a week. Mykolas Romeris University is providing its students and employees an opportunity to use up to 6 consultations free of charge during an academic year. Confidentiality is guaranteed.

Psychological consultations are an opportunity to look at your life from the outside with the help of a psychologist, to better understand your inner world, to discover new ways that help you deal more successfully with the challenges of everyday life. Psychological counseling helps a person to reassess the situation and, based on a new vision, to change behavior, which improves the quality of life and emotional health.

It is important to note that a psychologist does not give advice or tell a person how to solve problems. A psychologist helps to cope with a difficult situation, find solutions to problems, survive a crisis, gain better self-awareness, and overcome feelings of hopelessness and helplessness.

Life is diverse and unpredictable. None of us are immune from painful experiences, but it is important to give yourself a chance to feel better.

Let's get to know each other

Community Well-being Center
Psychological Consulting Department Consultant

Eglė Balčiūtė



Hello, I am psychologist Eglė Balčiūtė. I think that counseling is like an inner journey. Traveling together makes it easier to discover new things, accept old ones, and sometimes just navigate through everyday life. I invite you to go on this journey together!

Education

2009–2013 – acquired a bachelor's degree in psychology at Vilnius University

2013–2016 – acquired Master's degree in clinical psychology at Vilnius University

2020–2022 – completed initial psychotherapeutic skills training program (Practical Psychology Study Center, Lithuanian Analytical Psychology Association)

From 2022 – studying in the post-graduate study program "Fundamentals of mindfulness-based cognitive and behavioral therapy" (LSMU Institute of Neurosciences)

Let's get to know each other

Community Well-being Center
Psychological Consulting Department Consultant

Eglė Uselienė



Hello, I am psychologist Eglė Uselienė. At work, the most important thing for me is respect, trust and a warm relationship through which a safe space is created to be and share what is important and what concerns you most at the moment. I believe that every person has all the answers within themselves. Consultation is a conversation during which you have the opportunity to take a deeper look at your life, see recurring patterns of your behavior, discover your resources and answers to your questions.

Education

2003–2007 – acquired a bachelor's degree in psychology at Vilnius Pedagogical University

2019–2021 – acquired Master's degree in Business psychology at Mykolas Romeris University

2020–2022 – completed initial psychotherapeutic skills training program (Practical Psychology Study Center, Lithuanian Analytical Psychology Association)

Let's get to know each other

Community Well-being Center
Psychological Consulting Department Consultant



Hello, I am Andrius Liachovičius, a psychologist who mainly works with sports psychology (I worked at the Tokyo Olympic Games and other major sports events both with representatives of individual sports and at the Kaunas Žalgiris basketball club). In consulting, the most important thing to remember is the rule that 99% of all answers have the client, and it only takes the consultant 1% to unlock that hidden knowledge.

Education

2003–2007 – acquired a bachelor's degree in psychology at Mykolas Romeris University

2019–2021 – acquired Master's degree in Sports psychology at Lithuanian sport University