

More about consultations

Community Well-being Center Psychological Consulting Department

Individual consultations are provided on TUESDAYS and WEDNESDAYS.
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 5 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 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 the Bachelor's degree in psychology at Vilnius Pedagogical University

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

2020–2022 – completed the 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



Ivona Suchodolska-Miškinė

Hello, I am Ivona Suchodolska-Miškinė, a psychologist and psychotherapist. I believe that asking for a help when it is difficult time is an important and courageous step. Feelings of confusion, uncertainty, or difficult feelings are easier to deal with when you share them with someone. Attentive listening, mutual involvement can help you feel better. A psychologist's consultation is a space and time for oneself, a moment of stopping and being "here and now", which is often missing in the hustle and bustle of everyday life.

Education

2002–2006 – acquired a bachelor's degree in psychology at Vilnius Pedagogical University

2006–2008 – acquired Master's degree in Business psychology at Mykolas Romeris University

2010–2012 – completed the initial psychotherapeutic skills training program (Practical Psychology Study Center, Lithuanian Analytical Psychology Association)

2012–2017 – completed the Analytical Psychotherapy training program, "Practical Psychology Study Center", obtained the qualification of psychologist psychotherapist