

Eliza Maciejewska, PhD

I am a psychologist (A. Mickiewicz University in Poznan, specialties: psychotherapy of mental disorders, psychology of education), a certified cognitive-behavioral psychotherapist (School of Cognitive-Behavioral Psychotherapy at SWPS in Poznan), an EMDR therapist (PTT EMDR), an English philologist (UAM), and a doctor of philosophy in the field of linguistics (UAM).

I gained clinical experience at the Hospital for the Neurologically and Mentally Ill in Gniezno, the Adult Psychiatry Clinic at Karol Jonscher Clinical Hospital in Poznan, FENIKS. Counselling, Personal Development and Support Services Ltd. in Edinburgh, "Humani" - Psychotherapy and Personal Development Studio in Poznan, Heliodor Świącicki Clinical Hospital of Medical University in Poznan, the Mental Health Center at the HCP Medical Center - Saint John Paul II Hospital in Poznan, and at the Center for Psychological and Psychotherapeutic Care for Children and Adolescents at Medicor in Poznan.

I provide individual cognitive-behavioral therapy and EMDR therapy, integrating these approaches with elements of ACT, DBT and schema therapy. I work in Polish and English. I am a member of the Polish Society of Cognitive and Behavioral Therapy and the Polish Society of EMDR Therapy.

In 2023, I defended my PhD dissertation in linguistics at the Faculty of English at Adam Mickiewicz University in Poznan, entitled "Redefining the study of interactions with autistic adolescents: A discourse analytic perspective". The doctoral thesis was interdisciplinary, on the border of psychology and sociolinguistics, and concerned the use of linguistic tools to better understand the communication of people on the autism spectrum and improve therapeutic methods in this area.

As part of my work at the Psychological Help Point of Poznan University of Technology, I help people who:

- experience difficulties in coping with stress and anxiety
- need support in difficult situations / with adaptation to a new situation
- have problems expressing and controlling emotions
- want to be more assertive
- have difficulties organizing work/study time
- want to improve their relationships with people
- want to communicate more effectively
- want to improve the quality of their lives

You can also report other mental problems.

Counseling in English for non-Polish speakers.

