



MUDr. Miloš RÝC

Specializované pracoviště v centru Prahy, zaměřené na léčbu bolesti a obtíží pohybového aparátu

MSc. Daniela Philippou

I completed my bachelor's degree program in Psychology in Empire State College, State University of New York, and subsequently earned my master's degree in Clinical Psychology in the University of Nicosia.

I like to work with a wide range of issues including trauma, anxiety, phobias, depression, loss and bereavement, relationship issues, work-related issues such as burnout, and adjusting to life transitions and changes, among others.

I have taken a particular interest in the treatment of substance abuse and addressing related issues of mental health, behavior patterns and treatment options which can include determining the causes of addiction, developing positive coping strategies and practicing skills and behaviors necessary for recovery, with the main goal of providing guidance for sobriety through counseling.

In my experience, therapy yields the greatest results through a combination of insight and behavior change. Through my training I have come to adopt an integrative manner drawing from a cognitive-behavioral framework, including mindfulness based techniques, to generate usable skills to change self-restricting ways of thinking and behaving based upon a deeper understanding using person centered concepts and principles. Such work allows for the client to practice the techniques outside the therapeutic setting and is short-term, and goal-oriented, while also allowing for self-exploration and reflection.

2018: CBT psychotherapeutic training for controlled drinking by the model of Prof. Joachim Koerkel, Quest Academy, Prague, CZ

2018: Individual Psychotherapy for Anxiety, Depression, Addiction – AdiCare, Prague, CZ

2017: Limassol Psychiatric Clinic - dealing with Adult Psychopathology, Limassol, CY

2015-2016: Psychotherapy, Leadership and Guidance in a Therapeutic Community working with drug addiction, providing individual psychotherapy sessions and group psycho-educational sessions, Nicosia, CY

2015-2016: Centre of Research and Consultation Services in Nicosia - individual and child psychotherapy sessions, Nicosia, CY

2015: Facilitator/Coach – LifeSkills Stress Management Workshop, Nicosia, CY

2015: Participant – Transgenerational Transmission of Trauma and its Psychology, Nicosia, CY

2014-2016: Rights Protection Commission of the Mentally Ill, Nicosia, CY

2013-2017: MSc. in Clinical Psychology, University of Nicosia, CY

2012: Volunteer in the Centre of Daily Care and Rehabilitation, Limassol, CY

2011: Participant - My Journey from Evil to Heroism by Philip Zimbardo, Prague, CZ

2010: Participant – Symposium of Positive Psychology, Prague, CZ

2008-2012: BA in Psychology – Empire State College, State University of New York, Prague, CZ