

REGULATIONS ON PROVIDING PSYCHOLOGICAL ASSISTANCE AT VISTULA UNIVERSITY

Rules for providing psychological assistance:

1. Psychological assistance (in the form of consultations) is provided at the request of the interested person, in line with these regulations.
2. Consultations are free of charge.
3. Consultations with students are carried out upon a prior arrangement on a first-come, first-served basis in accordance with the schedule provided on the University's website.
4. Consultations are conducted by appropriately qualified personnel.
5. Psychological assistance is provided at an ad hoc basis and serves identifying the problem and proposing further steps. Each student is eligible for 2 consultations per semester.
6. In the case of inability to take part in the counselling session on the agreed date, students are obliged to cancel the session no later than 24 hours in advance. In such a case, a new session date will be set. Failure to cancel the session results in moving the student to the end of the line.
7. Students will be informed immediately if the psychologist is unable to attend the session and the next available date will be proposed.
8. The counselling session lasts 50 minutes. If a student is late, the session will not be extended.
9. The sessions are individual and take place on the TEAMS platform. Connecting to the counselling session is only possible using an email address from the Vistula domain.
10. The psychologist is bound by the principle of confidentiality (in accordance with the "Code of Professional Ethics" of the Polish Psychological/Psychiatric Association) except for cases related to a threat to the life or health of the student or other people. The obligation of confidentiality is not time-bound.
11. Students requesting a consultation with a psychologist are obliged to read these regulations, sign them, and send them by e-mail. Failure to submit a written acceptance of the regulations is tantamount to resignation from the consultation.
12. The session with the psychologist is a consultation, therefore the psychologist does not issue any certificates or opinions.
13. The psychologist does not conduct psychotherapy.
14. Students should have appropriate equipment for consultations including a microphone and a camera.
15. The psychologist is not responsible for interruptions in the meeting resulting from students' defective equipment.
16. During psychological consultations both parties are required to have their cameras on.
17. In the event of students' aggressive behaviour, the psychologist may refuse to provide a consultation. In such a situation, the psychologist prepares a note from the session.