

Statement of consent to participation in mental health counselling

Mental health counselling is intended to jointly explore the problem brought by you, and to jointly solve the blocks and life management difficulties arising therefrom. The counselling process – involving a maximum of 12 sessions of 50 minutes per occasion – is intended to enable you to face the challenges of everyday life and difficulties arising from your university studies successfully again. If necessary, questionnaires and tests will be used in addition to interviews in order to specify the problem. If it seems that the problem or block brought by you goes beyond the framework of this mental health counselling or requires more special care, you will be recommended to consult with a specialist more appropriate to the case or to visit a care institution. A specialist of psychology will decide on the length of the counselling process and the number of occasions (1 to 12). Contacts will be kept by electronic correspondence.

Mental health counselling will be conducted at previously fixed appointments; the psychology specialist may only be contacted within such time intervals.

Your data and the information made available to us will be treated confidentially; no external access whatsoever will be provided to your personal data. The processing of personal data is governed by the General Data Protection Regulation of the European Union (GDPR).

I have understood the information on mental health counselling, I agree with its content, and I will participate in the examination and the ensuing counselling process by being aware thereof.

I further understand that counselling aims to improve self-awareness and encourages personal development that is not in any way a substitute for hospital or specialised (psychiatric) care and/or psychotherapeutic treatment.

I accept that in case specialised (psychiatric) care and/or psychotherapeutic treatment is required, the psychology specialist is entitled to close the counselling process if a decision is made about the redirection to an institution providing more complex assistance. Concerning the resort to appropriate medical treatment, no liability should be imposed on Obuda University or its psychology specialists.

By signing this statement, I declare that I have read the privacy policy related to the data processing of the mental health counselling process.