

Health & Wellbeing

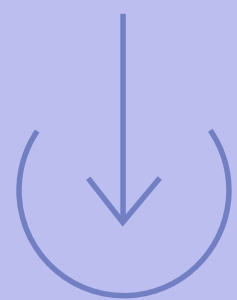
3 remote or in-person consultations with a psychologist-psychotherapist.

STATICUS



Valuing the well-being of our colleagues, Staticus offers 3 remote or in-person consultations with a psychologist-psychotherapist.

Staticus partnered up with two psychologists-psychotherapists, who welcome all colleagues for consultations at a convenient time and with utmost confidentiality.



Violeta Garbereder



The main topics of work

- anxiety, depression, existential crisis,
- relationship crisis, divorce, loss - mourning,
- self-esteem, self-realization,
- femininity/ masculinity.

"I am a psychologist-psychotherapist, and my work is based on the psychodynamic psychotherapy paradigm. Together with the individual who comes to therapy, we explore their inner world: thoughts, feelings, and emotional state. Our aim is to understand the causes of their struggles and find ways to manage them, leading to improved emotional well-being and personal integrity.

I have been working in this field for more than 10 years."

[Book a session](#)

You can contact Violeta directly:

E: violeta@psichologopagalba.lt

P: +37067529492

A: Vilnius

Read more:

www.psichologopagalba.lt

Mykolas Kriščiūnas



The main topics of work

- relationships,
- work (burnout, procrastination, etc.),
- traumatic experiences,
- mental disorder (anxiety, insomnia, etc.)
- topics of identity, purpose.

"I hold a master's degree in Clinical Psychology from Vilnius University (with a bachelor's from Vytautas Magnus University) and am currently studying Existential Psychotherapy at the Institute for Humanistic and Existential Psychotherapy.

In my practice, I integrate insights from both backgrounds, prioritizing dialogue to understand subjective experiences. Rather than evaluating or diagnosing, I focus on how individuals perceive their own lives and work collaboratively towards solutions. I address various issues such as relationships, work challenges, traumatic experiences, mental health disorders, identity, and purpose, guiding individuals to navigate life's challenges effectively."

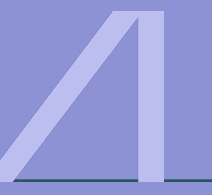
Book a session

You can contact
Mykolas directly:

E: krisciunas.mykolas@gmail.com

P: +37064343394

A: Kaunas



How to book a session with a preferred psychologist-psychotherapist?

1. Choose a preferred specialist
2. Contact the specialist directly using the contact details provided
3. Arrange a time and location with the specialist that suits you the most
4. Consult.

Additional information

- Staticus covers the cost of three sessions per employee per calendar year.
- This benefit applies to all employees of the Group.
- The psychologist will provide the People team with the name of the person applying and the number of consultations they have had, all other information and the content of the sessions remain confidential.
- If there is a need for a longer period of work with a specialist, the employee can discuss this with the specialist individually, paying for the sessions at personal expense.

Have another question?

If you have any other questions, concerns or feedback regarding the information provided, please don't hesitate to reach out to the People Department at HR@staticus.com.

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