



CAPS



← → 🔍 Poznań University of Medical Sciences

CAPS



**Counselling and Psychological Services for
PUMS Students**



CAPS



← → 🔍 What is CAPS?

CAPS' main priority is to support the mental health of our student body at PUMS

- connect students seeking support with university therapists for 20 free sessions
- organize several activities and online workshops where we discuss and learn from professionals about mental health topics
- increase awareness about mental health services available to PUMS students in Poland and abroad
- decrease the stigma against medical professionals requiring mental health services or psychotherapy



**STUDENT
COUNSELING
SERVICES**



CAPS

Our Team



← → 🔍 Who do I turn to for help?

Our Team



**Dr. Nadia
Kruszynska**

clinical
psychologist
psychotherapist



**Magdalena
Wiśniewska**

psychologist
psychotherapist



**Alicja
Dominiak**

psychologist
psychotherapist



**Róża
Guźniczak**

psychologist
psychotherapist



**Dr. Hanna
Bogacka**
clinical
psychologist and
psychoanalyst



Adam Bekier
psychotherapist



CAPS

Our Team

Student Liaisons



← → 🔍 Who can I talk to for more information?

Student Liaisons



Marcela Trocha

4/4 MD



Stefan Makrievski

4/4 MD



Emily Tharp

2/5 MD



Zaid Al-Shakarchi

3/4 MD



Sara Wronski

2/5 MD



Melanie Kiebalo

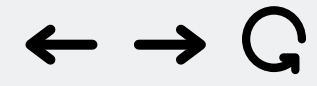
2/5 MD



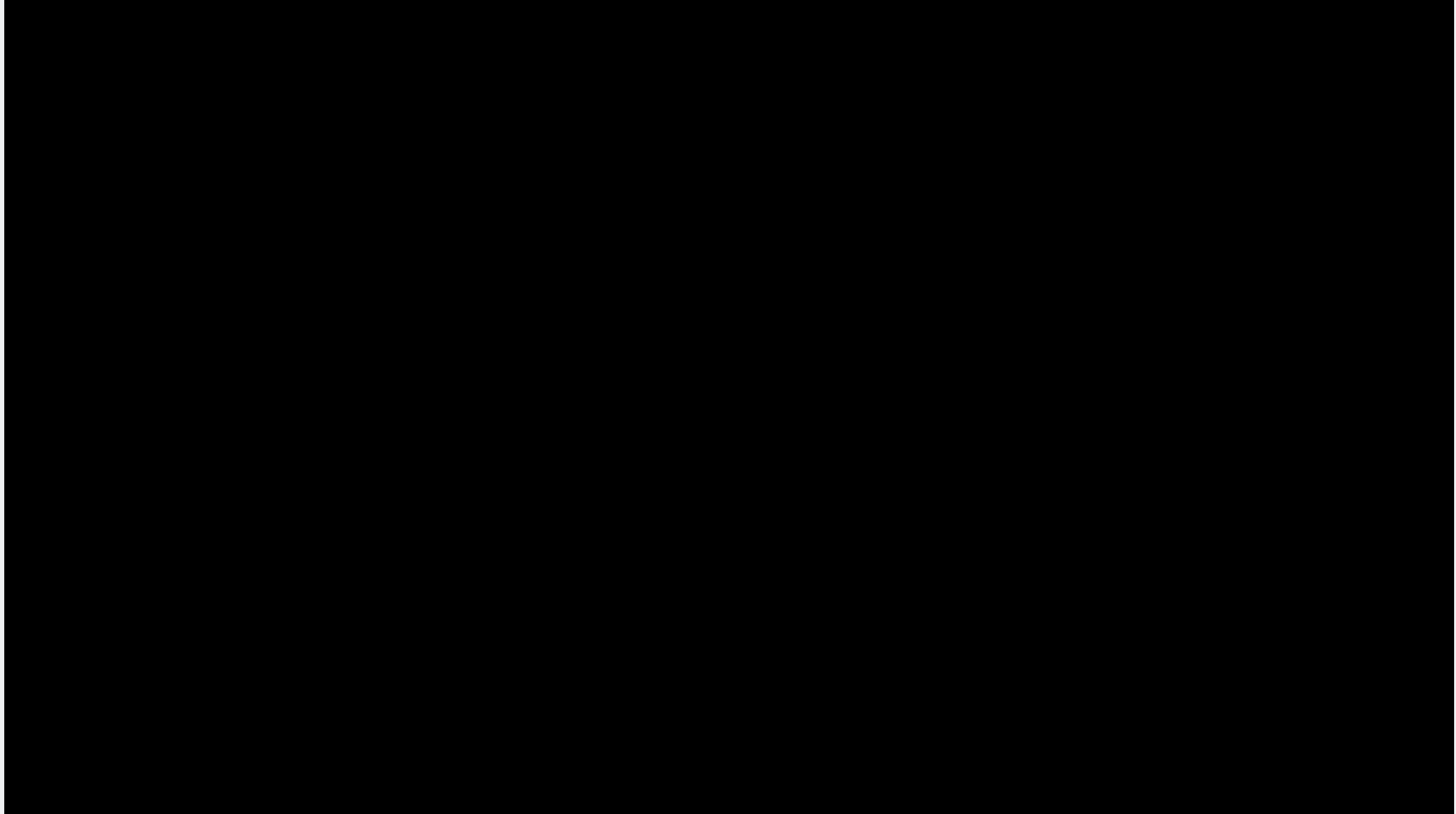
CAPS

Our Team

Student Liaisons



Q Hello from the student liaisons!





What we provide



Counseling

Contact Dr. Nadia Kruszyńska directly or approach one of our student liaisons to assist you with finding a psychologist that best suits your needs.

Pitstops

Interested in learning how to better your mental health? CAPS' Pitstops are fun, collaborative seminars where students come together to learn from professionals about various ways to maintain a healthy balance between school and life.

Fun Activities

Collaborations with other clubs for exploring hobbies and making friends. CAPS members will be present at various clubs' events - feel free to approach us if you want to talk about anything or set up a meeting with a therapist!



We provide support for **STUDENT LEADERS**

CAPS **MEETINGS** Counselling and Psychological Services

These recurring meetings are group sessions with a psychologist to guide you throughout your journey as a student leader at PUMS.

All meetings will be held on MS Teams

STUDENT LEADERS

Second and Fourth
Tuesday of the month at
7pm or 8.15pm



CLASS REPS

First Tuesday of each
month at 7pm or 8.15 pm

RES. ADVISORS

Third Tuesday of each
month at 7pm or 8.15 pm



- Resident Advisors
- Class Representatives
- Club Presidents
- and others who have leader positions

are welcome to group meetings and open hours to

- improve leadership skills
- de-stress
- seek for new perspectives in solving ongoing problems
- preventing burnout!
- building community



As a student at PUMS, you are entitled to 20 free counselling sessions (in total) with CAPS. Find more details on the PUMS website.

When making an appointment, follow the following distress scale...

Distress scale



Code Red

You are at an 8–10 on the distress scale

Examples of code red crises:
Suicidal Ideations
Psychosis
Traumatic Event

Call an ambulance: 112
Then text code RED
and your name to Dr
Nadia Kruszynska

Capsuula
Capsuula



Code Yellow

You are between 6 and 8 on the scale

Examples of code yellow situations:
Feeling overwhelmed, having panic attacks
Depression
Substance-related issues
Mourning, relationship crises

Contact one of the
CAPS psychologists by
email, text, etc. and get
an appointment within
7 days



Code Blue

You are below a 6 on the distress scale

Examples of code blue situations:
Problems with adaptation
Social problems
Learning difficulties
Learning disabilities
Couples therapy (contact Adam)

Contact one of the
CAPS psychologists by
email, text, etc. and get
an appointment within
10 days

Where to find this:

- PUMS Website
- Student Zone
- Medical and Psychological Assistance
- CAPS



← → 🔍 Do we offer open group meetings for all students?

The Idea of Pitstops

Pitstop Workshops are held once every two weeks (Mon./Tues.) evenings on MS Teams and/or on-site

- we meet in small groups for 1,5 hour workshops
- chill atmosphere
- we co-create a comfortable and respectful space for discussion and an exchange of ideas or concerns





← → 🔍 What will be covered in Pitstops this year?

Agenda for Pitstops 2022/23

Pitstop Workshops are held once every two weeks (Mon./Tues.) evenings on MS Teams and/or on-site. WE START IN SEPTEMBER

- Acclimating to a new culture/country
 - Developing a social life in Poznań
- 1st Generation MDs in the Family
 - How to manage your family's expectations
- Managing Stress Effectively
- Focused Movement / Yoga
- Prioritizing rest and self-care
- Improve your Night
- Dealing with imposter syndrome
- Dealing with grief & loss



- ^b
 - Normalize Psychotherapy
 - Student Parents
 - Support and tips
 - Eating Disorders
 - raising awareness
 - Beat Procrastination
 - Is it just gaming or already an addiction?
 - Productivity



← → 🔍 Does CAPS provide classes for school credit?

Electives and trainings: Psychological support in a cross-cultural context



...have you always tried to be there for your colleagues while they were going through a mentally distressing time?

or

...have you always been interested in treating your patient as a whole rather than just their disease?

or

...have you wanted to learn how to speak calmly with patients during crises?

or

...have you been concerned with how to approach difficult topics with your future patients?

JOIN US!



CAPS

Our Team

Student Liais

Our Services

CAPS Color C

Pitstops

Elective

FUN



← → 🔍 How can I get involved other than attending events?



MEDICINE IS ART! NOTEBOOK DOODLE COMPETITION



IF YOU CONSTANTLY DRAW STUFF IN YOUR NOTEBOOK DURING CLASSES, THIS CONTEST IS FOR YOU! SHOW YOUR TALENT

BEST DRAWINGS WILL BE EXHIBITED ON CAMPUS FOR STUDENTS TO VOTE. WINNER WILL BE ANNOUNCED AND CELEBRATED WITH REWARD.

WHERE: SEND US YOUR DOODLES AT CAPS.PUMS@GMAIL.COM

DEADLINE: 25 SEPTEMBER 2022

PICTURE SOURCE: DESIGNSTACK.CO

DOODLE Competition

submit your doodles to win a great prize!

follow us on social media

