

# Katalin Tamás

## Psychologist



### Summary

As a passionate and deeply committed psychologist with psychodynamic orientation, I help my clients to improve their relational capacities and coping skills individually and in groups.

#### Specialties

- **Groups** | Mentalization, assertiveness, communication, group analysis
- **Individuals** | Psychodynamic psychotherapy, counseling, metaphors

### Professional experience

#### Psychologist

2017. August - Present ([Pszichofészek](#) – a 120-member psychology practice in Budapest)

- Provide psychodynamic counseling, mentalization and assertive communication trainings.
- Co-lead mentalization based psychoeducational trainings for patients.
- Co-lead case-discussion group for psychologists.

2017. June — 2018. May ([Lung Hospital of Törökbálint](#))

- Counsel patients and staff of the Pulmonology and Oncology Department.

#### Trainer

2013. January — Present ([Asszertív Akadémia](#))

Soft-skill development processes for individuals and groups.

- *Assertive communication* | Self-assertion and active listening for win-win situations.
- *Conflict resolution* | Reassuring solutions for problematic situations at work.
- *Active Listening* | Reflecting on content, emotions and motives to build trust.

#### Volunteer

2015. July — 2017. May ([Thalassa - Institute for Psychotherapeutic and Psychiatric Rehabilitation](#))

- Run errands with patients, coordinating weekend group activities, attending staff meetings, weekly large groups, monthly supervision groups.

2013. September — 2017. June ([Károli Gáspár Református Egyetem, SOULitó](#))

Counselor at the Peer Counseling Group of the Károli Gáspár University of the Reformed Church.

- *60 hours of training* | Training was led by Nóra Mailáth PHD, clinical psychologist.
- *Individual counseling* | Counseling sessions for students in a psychodynamic framework.
- *Case discussions* | Weekly case discussions with other members of SOULitó.

#### Marketing communication

1998. January — 2016. January (Budapest HU, London UK)

Design and execute comprehensive marketing and communication campaigns.

- Plan marketing strategy, implement and analyse on- and offline marketing campaigns.
- Design and diagnose Wordpress websites, SEO, blogging, newsletters, social media.
- Manage development process for marketing effectiveness measuring software.
- Plan and design advertisements, write copy.

## Studies

### **Applied Health Psychology Postgraduate Qualification**

University of Szeged, Faculty of Medicine and Humanities, 2018-2021

### **Group analytic leader**

Hungarian Psychoanalytic Association, 2016-2020

### **Mentalization Based Treatment: Basic Training**

Anna Freud National Centre for Children and Families, 2017

### **Psychologist**

MA in Psychology, University of Szeged, 2015-2017

BA in Psychology, Károli Gáspár University of the Reformed Church, 2012-2015

### **Master of Business Administration**

Bloomsburg University of Pennsylvania, USA, 2002-2003

### **Economist, marketing major**

University of Miskolc, 1993-1998

## Self-improvement

### **Analytically oriented psychotherapy**

450 hours

### **Group analysis**

250 hours

### **Psychodrama**

150 hours

### **Hypnotherapy (KIP, NLP, Ego-state) and Metaphor therapy**

100 hours

## Additional Information

**Languages** | Native Hungarian, fluent English, good German

**Affiliations** | European Association for Psychotherapy

### **Research and Conferences**

2017. October – Attend the Psychotherapeutic Relationship Conference | *Santa Fe, USA*.

2014. June – Join the MDMA assisted psychotherapy research group | *Charleston, USA*.

2014-2018 – Develop a human motivation system ([Katalizis](#))

## Contact details

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