

Katalin Tamás

Licenced Psychologist, psychotherapist



As a Licenced Psychologist and Psychotherapist, I specialize in helping adult clients navigate relationship, emotional or communication challenges and manage somatic symptoms, offering services in both English and Hungarian. With over 800 hours of analytic therapy and 13 years of analytic supervision experience, I lead the Hungarian team for Davanloo's Intensive Short-Term Dynamic Psychotherapy (ISTDP). Additionally, I serve as one of the editors for the Journal of Contemporary ISTDP.

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📍 Location: Hungary

🌐 <https://tamaskata.hu/>

Experience

Private Praxis (Budai Tanácsadó)

Psychologist, Budapest

2017-present

I provide individual and group psychodynamic psychotherapy for adults.

<https://budaitanacsado.hu/>

University of Pannonia

Psychologist, Veszprém

2022-2024

I provided individual psychotherapy sessions in English for international students of the university.

<https://uni-pannon.hu/>

Pulmonology Clinic

Psychologist, Törökbálint

2017-2018

I conducted psychological counselling to patients and staff in the chronic pulmonology ward and active inpatient oncology wards.

<http://torokbalintkorhaz.hu/>

Assertive Institute

Trainer, Budapest

2013-present

I lead communication trainings (Assertive Communication, Conflict Management, Active Listening, Emotional Management).

<https://asszertivakademia.hu/>

Voluntary work

Thalassa House

2015-2017

"Segély Helyett Esély" Foundation

I worked with patients around the House, coordinated weekend recreational activities, take part in teamwork, attended large groups and supervision groups.

<https://www.thalassahaz.hu/>

Student Support Centre

2013-2017

Károli Gáspár University of the Reformed Church

After completing a 60-hour Short-Term Dynamic Psychotherapy training as a peer facilitator, I conducted 10-session therapeutic processes for university students, supported by weekly supervision.

<https://btk.kre.hu/index.php/soulito/>

Methods

Intensive Short Term Dynamic Psychotherapy

2022-2025

Group analysis

2016-2020

Mentalization-Based Treatment: Basic Training

2017

University studies

University of Szeged Licensed Psychotherapist
Psychotherapy 2022-2025

University of Szeged Health Psychologist
Clinical Health Psychology 2018-2021

University of Szeged Licensed Psychologist
Psychology MA 2015-2017

University of Bloomsburg
Master of Business Administration 2002-2003

Therapy

ISTDP 2023-present

Analitically oriented psychotherapy 2014-2022

Group analysis 2016-2020

Psychodrama 2013-2015

Conferences, research projects

The Therapeutic 2024 | San Diego, USA
Alliance

IEDTA
<https://iedta2024.com/>

The Psychoterapeutic 2017 | Santa Fe, USA
Relationship

American Academy of Psychotherapists
<https://www.aapweb.com/>

MDMA 2014 | Charleston, USA
psychotherapy

MAPS
<https://maps.org/mdma/>

Languages

Hungarian
mother tongue



English
Fluent

