

DYMITR LESZKO

*Doctor of Theology, Psychologist,
Psychotherapist, Art therapist, Coach*



CONTACT DETAILS

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COMPLETED COURSES:

"Mindfulness – Attention Training"
- 25h

Psycho-dietitian and nutritionist
- 50h

Personal and Fitness Trainer
- 447h

Consultant in CBT
- 100h

ADDITIONAL ATTRIBUTES:

fluent communication in three languages:
- Polish
- Russian
- Ukrainian

EDUCATION:

Catholic University of Lublin

DOCTOR OF THEOLOGICAL SCIENCES IN HOMILETICS, 4 OCTOBER 2021

University of Mukachevo (diploma recognised at the WNS of the University of Gdansk)

PSYCHOLOGY, MASTER DEGREE, DECEMBER 2020
- studies with pedagogical preparation

International Academy of Transcultural Positive Psychotherapy (IAPP), Wiesbaden Academy of Psychotherapy (WIAP)

CERTIFIED POSITIVE PSYCHOTHERAPIST, NOVEMBER 2020.

- the training comprised 1010 hours of theoretical and practical classes
- training completed successfully at master level

Higher Vocational Training College in Przemyśl

ART THERAPIST, SEPTEMBER 2020

- training included 120 hours of theoretical classes and 250 hours of practical classes
- studies completed with a very good grade

Ukrainian Institute of Cognitive-Behavioural Therapy (UICBT)

CONSULTANT UNDER SUPERVISION - COGNITIVE-BEHAVIOURAL THERAPY, MAY 2015 - SEPTEMBER 2017

- completion of the basic course "Cognitive-Behavioural Therapy" authorising to conduct individual psychotherapy under supervision

Coaching UP University

COACH ICF - COACHING COURSE WITH THE HIGHEST LEVEL OF ACTP ACCREDITATION
- 130 hours of theoretical and practical classes were completed

University of International and Regional Cooperation of Zygmunt Gloger in Wolomin

SOCIOTHERAPY WITH RE-SOCIALISATION AND ADDICTION PREVENTION, SEPTEMBER 2020 - JULY 2021R.
- the course comprised 385 hours of theoretical and practical classes

University of Communication, Politics and International Relations in Warsaw

RIGHT TO TEACH ETHICS AND PHILOSOPHY AT SCHOOL-JUNE 2016.

- studies completed with a very good grade

COMPLETED COURSES:

Ukrainian Institute of Cognitive-Behavioural Therapy (UICBT)

SCHEMA THERAPY (IN COOPERATION WITH THE INTERNATIONAL SOCIETY FOR SCHEMA THERAPY (ISST), JULY 2017

- the training comprises 87 hours of theoretical and practical classes
- the training entitles the holder to conduct psychotherapy under supervision

International Centre of Excellence in Emotionally Focused Therapy (ICEEFT)

EMOTIONALLY FOCUSED THERAPY BASIC COURSE, JULY 2018

- The course entitles the holder to conduct couples therapy under supervision

Ukrainian Association of Psychotherapists. School of Psychotherapy Development in Kiev.

PROPAEDEUTICS OF PSYCHIATRY, SEPTEMBER 2020-FEBRUARY 2021

- the training comprises 156 hours of theoretical and practical classes

ABOUT ME

I am a practical psychologist, psychotherapist (I work in the following spheres: positive and cognitive-behavioural approaches. I also provide art therapy, schema therapy and emotion-focused therapy. I try to take care of the whole person: body, psyche, and spirit (soul) as a human unity.

SKILLS

LISTENING
REFLECTION
PSYCHOLOGICAL TESTING
GOOD ORGANISATION OF WORK

COMPETENCES

- **ABILITY TO WORK AS PART OF A TEAM**
- **SYSTEMATICITY**
- **HARD-WORKING AND PRECISION**
- **ABILITY TO ESTABLISH AND MAINTAIN CONTACT**
- **ELASTICITY**
- **EMOTIONAL CONTROL**
- **SOLUTION-ORIENTATION**

EXPERIENCE:

I have worked and continue to work with young people and adults in psychological crisis through private practice, as well as in school and with various church organisations.

From 2015 to today I have been teaching children and young people in school (religion, ethics). From 2015 to 2019, I also worked as a therapist at the Nursing Home in Pralkowce.

In 2017- 2018 I conducted developmental group trainings for young people, women and married couples (Lviv, Przemyśl).

Areas of help:

- *Mood disorders*
- *Anxiety disorders*
- *Stress*
- *Crises: professional, life-affecting, emotional*
- *Individual psychotherapy*
- *Intrusive thoughts*
- *Complex of emotional distress.*
- *Agoraphobia*
- *Trepidation*
- *Panic*