

Olga Klamut

Psychologist, researcher and educator

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EDUCATION

09.2019-

PhD student in Medical Psychology and Psychopathology

First Faculty of Medicine, Department of Psychiatry

Charles University in Prague

Thesis: The Effects of Contemplative Practices on Mental Health

10.2010-07.2016

M.A. in Psychology

University of Wrocław, Individual Interdisciplinary Humanistic Studies

Thesis: The Relationship between Time Perspective and Burnout Syndrome

PROFESSIONAL EXPERIENCE

09.2021- current

Ola Klamut Psychology – private practice

- 1:1 psychological counselling
- Somatic stress release therapy
- Facilitating group mental health workshops
- Creating corporate mental health and leadership training programs
- Clients include Meta, Likeminded, Mindberry, DCG Medical Center

01.2019- 01.2021

Integrative Medical Center / Wrocław, Poland

- Psychosomatic therapist: yoga and psychosomatic workshops

10.2017-10.2018

Welfare Inpatient Facility for the disabled & mentally ill (PDPS) / Ostrowina, Poland / 2nd psychologist

- Evaluation of patients, psychological testing, crisis intervention, individual therapy
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CERTIFICATIONS

- **Registered Yoga Teacher** / Yoga Alliance 200hr / Bhagsu Yoga Institute, India
 - **Somatic Stress Release Practitioner with Dr. Scott Lyons**
 - **Psychedelic Integration Training for Therapists** / Polish Psychedelic Society
 - **Psychological First Aid** / John Hopkins University
 - **CBT- Cognitive Behavioral Therapy foundations** / Lower Silesian Center of Psychotherapy
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PUBLICATIONS

- Klamut, O. (2024) *Exploring the Relationship Between Interoception, Time Perspective, and Sleep and Digestion Quality: A Cross-Sectional Study* / in progress.
 - Klamut, O. Weissenberger, S., (2023) *Embodying Consciousness Through Interoception and a Balanced Time Perspective* / Brain Sciences
 - Klamut, O. Weissenberger, S., (2022) *A Balanced Time Perspective and Burnout in the Corporate World* / International Journal of Environmental Research and Public Health
 - Unger, A., Papastamatelou, J., Vowinckel, J., Klamut, O., Hager, A. (2022) *Time is the fire in which we burn (out): How Time Perspectives Facilitate and Inhibit Burnout Tendencies of Health Caring Professionals* / Psychological Studies
 - Groyecka, A., Witkowska, M., Wróbel, M., Klamut, O. (2019) *Challenge your stereotypes! Human Library and its impact on prejudice in Poland.* / Journal of Community & Applied Social Psychology
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CONFERENCE CONTRIBUTIONS

08.2023 / **Mind and Life Europe Summer Research Institute, Pomaia, Italy**

- *Poster presentation / Embodying Consciousness Through Interoception and a Balanced Time Perspective*

10.2022 / **Horizons Perspectives on Psychedelics, New York, NY**

- *Source Foundation Travel Grant Awardee*
- *Horizons PBC young researcher scholarship*

07.2021 / **3rd International Conference on Time Perspective, Vilnius LT**

- *Individual Speaker / Presentation 'The Embodiment of Balanced Time Perspective'*
- *Workshop Facilitation / Mindful Embodiment of a Balanced Time Perspective*

08.2016 / **3rd International Conference on Time Perspective, Copenhagen DA**

- *Individual Speaker / Presentation 'The Relationship between Time Perspective and Burnout Syndrome'*

LANGUAGES

fluent English, Polish / *intermediate* French

RESEARCH INTERESTS

psychoneuroimmunology / neurodivergence / cognitive embodiment / consciousness studies

stress response / interoception / psychosomatics / neurogenesis / polyvagal theory

time perspective / post traumatic growth / psychedelic assisted therapies