



22 SEPTEMBER 2021, 18:00  
AV. PALMERSTON 16,  
BRUSSELS



# Science Café

GUEST:  
TOMÁŠ REKTOR

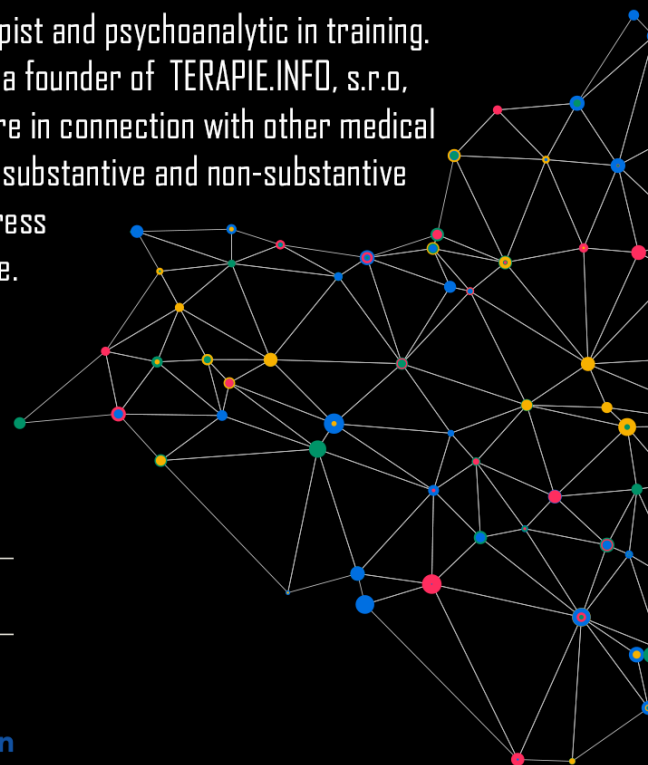
THEME:  
MENTAL HEALTH  
IN THE AFTERMATH OF COVID-19

ABOUT:

Along with the health impacts of the disease, COVID-19 has led to self and social isolation resulting in more people than ever experiencing feelings of helplessness, isolation, grief, anxiety and depression. Now with restrictions finally lifting, we are entering a 'new' normal. For many this means returning to the office and this can bring increased anxiety from worrying about catching the virus or relearning how to live our pre-COVID lives. How to adjust to the new normal and what will be the main challenges?

PROFILE:

Tomáš Rektor is a leading Czech psychiatrist, psychotherapist and psychoanalytic in training. He graduated from the Masaryk University in Brno. He is a founder of TERAPIE.INFO, s.r.o, which provides comprehensive service in mental health care in connection with other medical disciplines. In his career he focuses particularly on both substantive and non-substantive addictions, workaholism, stress and the burnout syndrome.



Prague House



CZECH CENTRE  
ČESKÉ CENTRUM

• south moravian region