

Office Hours:

Mon/Tue/Thu/Fri morning

Wed afternoon

By appointment!



Counselling Services

Mag. Irene Trummer M.A.

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Information Intranet:

Organisation/Servicestellen ► Personalressort

► Quick Links: Lebens- und Sozialberatung

Counselling Services for Academic & Administrative Staff of the University of Graz



Work-Life Balance

In our hectic times employees are increasingly required to react with great flexibility to change and new demands at work and in their private lives, and it is often necessary to reorient and to redefine values and self-concepts. Work-life balance can thus be a major challenge.

According to its self-definition, the University of Graz takes up this challenge by installing Counselling Services for its academic and administrative staff. By this measure in the framework of ´workplace health promotion`, the University intends to make a contribution to the development of a health-enhancing living and working environment on campus.

Professional Counselling

... is one of the pillars of preventative health care in Austria, alongside with Medicine, Psychology and Psychotherapy. The scope of work of this profession comprises *“psychological counselling, coaching, and guidance and support of individuals or institutions in relationship-oriented areas of interaction”*.

Counselling at the University of Graz

intends to support and relieve employees in their working environment. Personal conflicts that seemingly have their roots at work but can often be traced to deeply private circumstances, can be discussed in a confidential setting. Furthermore, counselling can also provide support in coping with the challenging intercultural experience of relocating your life´s and work´s main focus to a different country and city.

Reflections on Life Issues

Mag. Irene Trummer M.A., Counsellor with further training in Client/ Person-Centered Psychotherapy (Carl Rogers), is available to all staff members of the University of Graz who are in need of counselling or want to reflect on their work- and/or life situation. Ms. Trummer provides support with work-related or private challenges, and offers counselling sessions in conflict situations or complex decision-making processes, which are strictly confidential.

In counselling, she aims for mindful and constructive accompaniment of advice-seeking individuals in clarification-, solution- and development processes. She advocates a humanistic approach in client work, which is defined by unconditional positive regard, empathy and congruence/authenticity on the part of the counsellor.

Her special interest lies in the area of **personality development**. Strongly ingrained modes of reaction and behavior often cause constant repetitions in undesirable personality patterns. In order to live a content and self-determined life, it is essential to detect and dissolve these underlying basic (mostly unconscious) patterns, which were perhaps once useful or even necessary for self-preservation but are not helpful any more.