

## EDITORIAL

Dear colleagues,

we bring you a new issue dedicated to the topic „Counselling in the current context of social change”

Current societal changes are having a major impact on all areas of people's lives - in private, professional and public life. Many changes are having a positive impact – new technologies are supporting the development of education, allowing us to explore spaces that were previously inaccessible, information flows rapidly from one end of the world to the other, modern approaches to pupils are being applied in education (whether in teaching mathematics, Czech or foreign languages), we are travelling to destinations we previously only dreamed of as inaccessible places... On the other hand, we are paying a heavy toll for all these conveniences in the form of deteriorating mental health, increasing numbers of children, adolescents and adults seeking specialist care, changing the focus of specialist care, as well as changing client expectations.

Much contemporary society mentions the snowflake generation, a generation that is fragile, sensitive. I think it is important to make it clear that this generation is exactly the same as the generation before it. They live in a time of incredible information chaos, they are exposed to thousands of stimuli from all sides, which they are unable to filter sufficiently, they encounter difficult life situations that their parents did not encounter - the Covid 19 pandemic, the trauma of quarantine, changes in social relations, war conflicts in their immediate environment. They lose the consciousness of an open future (will there be one?), they lose the consciousness of their own identity

in terms of who I am and where I belong, because everything is happening so fast that the processes of internal transformation do not keep up with this pace, the life of the family as such is changing - all members have a large number of activities and often the intimacy of living together is disappearing - in such an environment it is difficult to find one's own place.

This and many other factors are leading to more intensive seeking of professional care. Unfortunately, we are not sufficiently prepared for this increase in interest - we do not have enough child psychologists and psychiatrists to care for adolescents, so it is necessary to respond to these needs locally and individually, in addition to a fundamental systemic change.

The 12th issue of our scientific journal contributes to these efforts by responding to changes in counselling care with concrete suggestions and examples of possible activities that can be implemented in practice. Here we address the issue of school phobia, which can be considered a massive problem that is increasingly encountered and often has tragic consequences (“Specificity and causes of school phobia in children and teachers actions”), another paper addresses the quality of communication between teachers and students as a source of creating a safe environment and promoting mental health (“The importance of the quality of social interactions between teachers and pupils in building a safe school environment - an analysis of teacher evaluation from the pupil's perspective “). Readers will also learn about “Supervision in schools from the perspective of supervisors” and about external mental health support options for college students in "Mental Health Apps

and Their Use by College Students." Promoting menopausal women's health using yoga is the focus of the text "Short-term yoga breathing intervention improves blood oxygenation, actual emotional state and resilience score in postmenopausal women".

In this issue, we also dedicate a medallion to an important personality – this time from abroad - Prof. Boguslav Šliwersky, who is not only a leading expert in Poland, but also collaborates significantly with many colleagues and institutions in our country and Slovakia. The medallion was prepared by prof. Alena Vališová.

In connection with Prof. Šliwersky's jubilee, we also publish a review of his important publication "Pedagogika. Podręcznik akademicki", this text defines key pedagogical issues in social contexts - economic, social, philosophical, ethical and psychological.

We would like to wish our readers as much strength and energy as possible ahead of the coming summer and hope that individual mental health care will become a significant priority in our daily lives.

On behalf of the editorial team

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