

Elpira

Dětské psychologické
centrum

Elpira Child Psychological Center

In November 2024, we officially opened the Elpira Children's Psychological Centre in Prague, Czech Republic. This marked the start of our mission to make quality psychological care accessible to children and their families.

Thanks to growing interest and trust from our clients, we opened a second branch in Prague in September 2025. This branch focuses on clinical psychological diagnostics for children aged three and over.

This year, we are continuing to expand our services. In May 2026, we will open a branch in Olomouc, followed by a branch in Opava in September.

With these new branches, we will be able to provide psychological services for children, adolescents and their parents throughout almost the entire Czech Republic.

Our goal is to create a safe, professional and welcoming environment where families can find understanding and support.

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 www.elpira.cz



Ing. Mgr. Markéta Trojková – Owner of the center

I am the owner of the Elpira Children's Psychological Center, which I founded to help children and parents in today's fast-paced world. I believe that quality psychological support and time spent together can significantly contribute to children's healthy development. Our center focuses on combining professional help with creating a space for mutual understanding and sharing. At our center, we strive to ensure that every child and parent finds support, understanding, and tools to overcome the challenges of daily life.

I opened Elpira on 1 November 2024, with six psychologists and one speech and language therapist. Today, we have a total of 18 psychologists and two speech therapists, and we hope to continue growing.

Náš tým

Majitelka centra

**Ing. Mgr. Markéta
Trojková**



Prof. PhDr. Lenka Šulová CSc. – Psychologist and mentor of the center

Prof. Šulová is a mentor at our clinic. She works at the Department of Psychology, Faculty of Arts, Charles University and Faculty of Health Studies – Technical University of Liberec . She has led international research projects focused on early child development, the role of mothers and fathers and the importance of the family environment in relation to institutional influences on children. She is also interested in child speech development, the specific ways in which fathers and mothers speak to their children, and speech development in bilingual environments. She has worked for many years as a psychologist for children in foster care and has developed a methodology for teachers to strengthen children's legal awareness. She is the author or co-author of many psychological publications. Professor Šulová is a member of professional psychological societies in the Czech Republic and abroad and regularly participates in international professional meetings and research activities. In her counselling and psychotherapeutic work she focuses mainly on family relationships, partner relationships and the development of children and adolescents in the family environment.

Náš tým

Mentorka

**Prof. PhDr. Lenka
Šulová, CSc.**



Therapeutic services

At the Elpira Centre we offer a wide range of therapeutic psychological services aimed at children from 2 years of age, adolescents and their parents.

Individual therapy for children and adolescents

- Our experienced psychologists and psychotherapists work with children and adolescents to address a variety of psychological issues such as anxiety, depression, attention deficit disorder, behavioral problems, or life stressors. Therapy can take the form of play therapy, cognitive behavioral therapy, and other methods tailored to each individual's needs.
- Initial therapy takes place in the presence of a parent or parents.
- Parents are welcome and invited to attend subsequent therapy sessions, but it depends on the needs and wishes of the child as the therapists are there for them.

Consultations and individual therapy for parents

- Support and guidance for parents to better understand their children's needs and learn effective strategies for dealing with different situations.
- Support for parents when going through a difficult time in life such as divorce.
- Consultation can also be used if a parent does not want to take their child to a psychologist or does not know how to prepare them for a visit.

Couples therapy for parents

- Supporting parents through a difficult relationship period in order to save their relationship and family, or to learn how to communicate and agree together on a break-up that is as simple and argument-free as possible.

Family therapy

- We focus on strengthening communication and relationships within the family. Family therapy helps parents and children better understand each other and find common solutions to problems.

Psychological antenatal care for expectant and new mothers and fathers.

- Perinatal psychological counselling and diagnosis
- During pregnancy and after giving birth, a woman's mind as well as her body undergoes many changes. It is normal for expectant and new parents to experience a variety of emotions and feelings, be it joy, anxiety or even fear.
- At Elpira we offer a wide range of support and counselling to help every parent feel safe and calm during this challenging time. Please contact us to find out how we can help you. We believe that together we can find a way to healthy and happy parenthood.

Sport psychologist

- We help young athletes to develop mental skills such as focus, confidence, stress management and motivation. This promotes their enjoyment of sport and helps them to develop healthy relationships with performance and pressure from coaches, parents and themselves. Our goal is to support the child's overall psychological development in a sports environment.

Clinical psychologist

- At the Elpira Centre we offer the services of a clinical psychologist for children. Our aim is to be there for parents when they need help with school deferment, school admission, psycho-educational diagnosis. With issues of autism spectrum disorders, attention deficit disorders, educational difficulties, emotional and anxiety disorders.
- A wide range of diagnostic tests from the renowned company Hogrefe. Our offer includes tests focused on educational and psychological diagnostics such as ADHD, Dysgraphia, Dyslexia, Autism and many more.

Group therapy for adolescents

- We organise group sessions for children and adolescents where they can share their experiences and support each other in a safe and protected environment. Group dynamics can be very beneficial for developing social skills and self-esteem.
- The duration of group therapy is 6 months, with a maximum of 10 people and 2 therapists present for best results.
- Currently open for client recruitment

Elpira Team

Ing. Mgr. Markéta Trojková – Owner of the center

Prof. PhDr. Lenka Šulová CSc. – Psychologist and mentor of the center

PhDr. Petra Menclová, Ph.D. - Clinical Psychologist

PhDr. Václav Mertin – Psychologist

PhDr. Petra Menclová Ph.D. – Clinical Psychologist and Supervisor

Mgr. Markéta Holátková – Psychologist

Mgr. Veronika Giunta – Psychologist

Mgr. Ivanna Koperlian - Psychologist

Mgr. Marie Nosková – Psychologist

PhDr. Radana Wagenknechtová - Psychologist

Mgr. Simona Dejdarová – Clinical Psychologist

Mgr. Dominika Krupařová – Sport psychologist

Mgr. Karolína Hanušová - Psychologist

Mgr. Lucie Krupařová – Speech Therapist

Mgr. Nikola Chmelářová – Clinical Speech Therapist

Elpira Team

Mgr. Kateřina Fibichová – Psychologist and Diagnostician

Mgr. Eliška Šlajsová – Psychologist and Diagnostics

Mgr. Ingrid Štefanová – Psychologist and Diagnostics

Mgr. Markéta Mikulcová– Psychologist and Diagnostics

Mgr. Karolína Mikesková - Psychologist and Diagnostics

Mgr. Valerie Zinovéva - Psychologist and Diagnostics

Mgr. Simona Dejdarová – Clinical Psychologist and Diagnostics

Mgr. Lenka Jelínková– client center administration

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Thank you for you attention!