



## PERSONAL INFORMATION

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## WORK EXPERIENCE

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- 01.10.2020 - present **Consultant/Tutor**  
European Council  
Adapting and moderating an online course for the prisons and probation staff in Kosovo, through the HELP (Human Rights Education for Legal Professionals) platform, to prevent radicalization in prisons.
- 01.03.2020 - present **Founder/Psychologist**  
e-Mental platform  
Volunteer work to face the consequences of Covid19: promoting mental health, psycho-education, psychological counselling and individual psychotherapy via the online platform.
- 01.08.2019 – 15.03.2020 **Consul/First Secretary**  
Kosovo Ministry of Foreign Affairs (Kosovo Embassy in Doha, Qatar).  
Consolidation of the new Embassy of Kosovo in Doha. Participating in bilateral and multilateral meetings.
- 01.11.2018 – 30.08.2019 **Trainer/Facilitator**  
International Organization for Migration (IOM).  
Training the Kosovo youth on IC (Integrative Complexity) thinking. The aim of this program was to prevent radicalization among adolescents.
- 15.01.2019 – 30.08.2019 **Prisoners' Psychologist**  
Pristina Pre-Trial Detention Centre.  
Psychological interviewing, emotional support, psychological counselling and psychotherapy. Special focus: Prevention of self-harming and suicidal behaviors among the prisoners. Support of the de-radicalization programs in the prison, mainly focusing on the mental health aspect.
- 15.11.2018 – 15.02.2019 **Project Consultant**  
Peer Education Network (PEN) [www.ngo-pen.com](http://www.ngo-pen.com)  
"Men and Boys as Partners in Promoting Gender Equality and the Prevention of Youth Extremism and Violence in the Balkans".
- 03.01.2018 – 15.01.2019 **Prisoners' Psychologist**  
The High Security Prison in Kosovo.  
Psychological interviewing, emotional support, psychological counselling and psychotherapy. Special focus: Prevention of self-harming and suicidal behaviors among the prisoners. Support of the de-radicalization programs in the prison, mainly focusing on the mental health aspect.
- 01.06.2015 – 01.11.2015 **Editor Journalist**  
National online media [www.lajmi.net](http://www.lajmi.net)  
Writing and editing daily articles, mainly about politics and social issues.

- 01.09.2015 – 01.11.2015 **Teacher**  
 “Selajdin Mullaabazi-Mizi”, Rahovec , Kosovo.  
 Teaching psychology for professional high school students.
- 01.09.2012 – 01.07.2015 **Teacher**  
 (One year study leave)  
 “Xhelal Hajda – Toni”, Rahovec, Kosovo.  
 Teaching psychology for high school (gymnasium) students.
- 14.12.2011 – 14.02.2012 **Intern**  
 UNKT (United Nations Kosovo Team), United Nations office in Kosovo.  
 Assisting on the statistical and communication work. Participating in meetings and conferences of International Organizations operating under the UN umbrella.
- 01.01. 2011 – 30.12.2011 **Journalist**  
 National daily newspaper “Infopress”, Kosovo.  
 Writing daily articles about national and regional political issues.
- 10.05. 2009–10.05.2011 **Country Representative**  
 EFPSA (European Federation of Psychology Students Associations)  
[www.efpsa.org](http://www.efpsa.org)  
 Participation in different EFPSA meetings held in different countries around Europe, focusing on advocating the membership of Kosovo in EFPSA.
- 20.01.2008–20.12.2010 **Chairman**  
 KOAPS (Kosovar Association of Psychology Students), Pristina (Kosovo)  
 Organizing students’ Board meetings and other activities related with students’ life. We also prepared a written report to inform the Government of Kosovo about the phenomenon of war traumas among the former soldiers of the Kosovo Liberty Army.
- 01.02.2008–01.07.2008 **Intern**  
 Kosovo Ministry of Justice (The Department of Probation Service).  
 Assisting in the Probation Service by: visiting the families of delinquent teenagers, monitoring their commitment to rehabilitation process; court meetings etc.

## **EDUCATION and TRAINING**

- 01.10.2016 - 2021 **PhD Candidate**  
 The University of Warsaw, Faculty of Psychology.  
 Research: The role of metacognition and emotional dysregulation on the impact of transgenerational traumas on youth delinquency and radicalization.
- 01.03.2018 – 2021 **Specialization in Cognitive Behavioral Therapy**  
 Israeli Association for Behavioral and Cognitive Therapies (ITA).  
 Diagnosing and treating mental disorders through the CBT approach.
- 01.11.2015 – 01.10.2016 **Erasmus Mundus postgraduate exchange student**  
 The University of Warsaw, Faculty of Psychology.  
 Preparation of doctoral thesis proposal. Attending classes in Clinical Psychology, Psychology of Religion, Criminal Psychology, and Psychotherapy.
- 01.10.2013 – 25.02.2015 **Master degree (with distinction) in Counselling Psychology**  
 Sheffield University  
 Master thesis: The impact of PTSD on general mental and physical health among the war veterans in Kosovo.
- 03.01.2010 – 30.10.2012 **Master studies in International Relations and Diplomacy**  
 FAMA College

All exams finished, but Master thesis yet to be completed.

- 01.10.2006–29.12.2009 **Bachelor of Psychology**  
The University of Pristina, Faculty of Philosophy.  
General psychology, methodology, statistics, social psychology, psychopathology, education psychology etc.
- 01.11.2014–11.11.2014 **Certificate**  
Youth Initiative for Human Rights, Belgrade (Serbia).  
Lectures and seminars on war crimes and transitional justice in former Yugoslavia.
- 30.06.2014–09.07.2014 **Certificate**  
SCiM (Students Organization of the University of Maribor), Maribor (Slovenia).  
Workshops on international politics and journalism.
- 01.07.2013–01.08.2013 **Certificate**  
American University of Kosovo  
Peace Building and Postconflict Transformation summer school.
- 14.06.2013–30.06.2013 **Participation certificate**  
SCI Berlin, Berlin (Germany)  
Workshops and discussions about Balkans' people and culture.
- 14.03.2009–01.09.2009 **ECDL Certificate**  
American University of Kosovo, Pristina (Kosovo)

## **PUBLICATION LIST**

- 21 – 22 May 2018 New York, USA  
28<sup>th</sup> World congress on Psychiatry, Psychological Syndromes and Therapeutics.  
*Conference paper:* Adapting the Difficulties in Emotional Regulation Scale (DERS) for the Albanian population.
- 04 – 06 May 2018 Skopje, Macedonia  
International Conference on Social Sciences and Humanities, International Balkan University  
*Conference paper:* The psychometric properties of the Albanian version of the Harvard Questionnaire for Trauma (HTQ).
- 25 – 26 May 2018 Pristina, Kosovo  
International Student Conference, AAB College  
*Conference paper:* Translating and adapting a psychological scale for a new population: The case of the Albanian version of the Metacognitions Questionnaire-30 (MCQ30).
- 28 April 2017 Warsaw, Poland  
Erasmus Mundus for the Community, University of Warsaw, Poland.  
*Conference paper:* The phenomenon of loneliness and its impact on general health among Kosovo war veterans.

**Languages** Albanian – mother tongue  
English – advanced  
German – basics

### **Additional skills:**

**Communication skills:** My background in psychology and psychotherapy has developed my listening skills, while my experience in teaching, diplomacy and journalism have improved my speaking and writing skills. I have lots of experience in group discussions and public speaking. I have written and published many articles in the media. Also, I have some experience in live TV discussions.

**Organizational/managerial skills:** I am very flexible and adaptive to work in different environments and cultural settings. This is proven by the fact that during my professional life, I had to study, live and work in different locations all around the world, while, my work experiences go far beyond my educational background.