



CURRICULUM VITAE

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Psychology Practicing License Licence : Nr. 383

WORK EXPERIENCE

Clinical experience

Februry 2017–

Position: Child and adolescent psychologist

Main activities

and responsibilities: Role: assesment, diagnosing and treating patients suffering from mental illnesses; dealing with the relationship between mental and physical illnesses, as a large proportion of people suffering from physical illnesses also have mental health problems and vice versa; using of integrated biopsychosocial models to understand and manage mental illness, neurodevelopmental disorders, emotional disorders and abnormal behavior.

Competencies:

- Clinical expertise - putting into practice clinical knowledge, clinical skills and professional attitudes to provide care for the patient focusing on the patient.
- Communication skills - facilitating and managing the doctor-patient relationship and the dynamics of this relationship before, during and after treatment.
- Collaborative skills - working as an equal member of a multidisciplinary mental health team in order to provide the best possible treatment for the patient;

- Managerial skills - active participation in the organization of the health service, in the establishment of sustainable health practices, making decisions on the use of resources and contributing to increasing the effectiveness of the mental health services system;
- Advocacy skills – use of my clinical expertise responsibly to improve the health and well-being of patients with mental health problems, the community and the population;
- Professional integrity - genuine commitment to the mental health and well-being of individuals and society by being ethical in my daily practice, enforcing regulations and displaying high standards of conduct;
- Desire for knowledge - participating in continuing education, as well as creating, disseminating, applying and translating medical knowledge in the field of mental health.

Tasks: Providing care for patients with mental illness, neurodevelopmental, emotional and behavioral disorders from a point of view through the following processes:

- Clinical evaluation and diagnosis.
 - Choosing the most appropriate and evidence-based therapy, communicating it to the patient and parents/carer and informing them about the side effects.
 - Participation in the drafting of the individual treatment plan;
 - Assessment of the patient's condition on an ongoing basis.
- Evaluation and management of the complexity, severity of the situation in which the patient finds himself and the level of risk to himself and others.
 - Visit to the settlement
 - Referral for hospitalization
 - Referral to other team members (psychologist, social worker, etc.) for a more comprehensive assessment of the situation and for ongoing follow-up of the patient.
- Providing teaching, training and psychoeducational activities for young professionals, other team members, and primary care staff, educating patients and their families, on mental illness and no doubt learning from them.
 - Providing individual or family counselling
 - Fighting stigma and discrimination against people with mental health problems and their families through the highest ethical values.

In the role of clinical leader of a multidisciplinary team:

- Performing the clinical management of a multidisciplinary team by demonstrating:
- Positive energy in difficult circumstances and having as main orientation the quality of service provided;
- Clinical decision-making skills in the context of a multidisciplinary work.
- Ability to manage team dynamics.
- Promotion and providing professional development for colleagues.
- Efforts to improve the quality of service.
- Equality in access to service.
- Role of mental health services ambassador.
- Vision for the future, promoting developments in mental health policies and practices

Name of employer: Public Mental Health Directorate/ Community Mental Health Center Nr.1, Tirana, Albania

February 2017 – Present

Position: Child and adolescent psychologist.

Main activities

and responsibilities: Role: assesment, diagnosing and treating children and adolescents suffering from mental illnesses offering inpatient and daily treatment and follow-up.

Admission and hospitalization to child and adolescent psychiatric ward of the severe cases based on a thorough, careful and comprehensive assessment according to approved clinical protocols and acting on the best interest of the patients health, respecting patients rights and minors rights.

Informing empathically on the admission, the patients and the parents/caregivers about the procedures, mental health status, benefits of hospitalization, duration of treatment, treatment options, expected results, and getting the written informed consent signed by the parent/caregiver and the patient older than 14 years old.

Careful documentation on the respective registers and other frameworks of the data obtained and procedures and treatments provided.

Respecting confidentiality of the patients records.

Meeting with patients and evaluating their conditions, disorders, or disabilities.

Diagnosing mental and affective conditions.

Developing treatment plans, using therapies and counseling.

Assisting patients as they cope with difficult situations.

Educating family members or guardians on supporting patients.

Consulting for social services and court systems.

Continuing education activities.

Providing teaching, training and psychoeducational activities for young professionals, other team members, and primary care staff, educating patients and their families, on mental illness and supervising child and psychiatrist residents (some of whom have won international rewards while under my supervision)

Providing individual or family counselling

Fighting stigma and discrimination against people with mental health problems and their families through the highest ethical values.

Participation in research and creative work in order to improve the care provided to the patient.

Name of employer: University Hospital Center “Mother Tereza”, Departement of Neuroscience, Child and Adolescent Psychiatric Service, Tirane, Albania

January 2016 – December 2016

Position: Clinical Psychologist

Main activities

And responsibilities: Assessment of health conditions of the patients and making referrals to the respective specialists based on clinical judgement and clinical protocols.
Performing regular check-ups for patients with chronic and mental diseases
Promotion and education on birth control options
Treatment of different mental health conditions

EDUCATION AND TRAININGS

October 2006- July 2009 **General Psychology**

Title/Qualification: Degree “General Psychologist”

Subject/Skills: Assessment, Diagnosing and Treatment of children and adolescents , adults with behavioral and other mental health problems.

Place/Organization: Albanian University, Tirane, Albania

September 2009 -July 2011 Albanian University, Tirane, Albania

Title/Qualification: Degree “Cinical Psychologist”.

Subject/Skills: Assessment, Diagnosing and Treatment of various mental health conditions.

Place/Organization Albanian Ununiversity of Tirana, Tirana, Albania

PARTICIPATION ON INTERNATIONAL KONFERENCES/SEMINARS

11 -12 April, 2010 “Comprehensive care in psychiatric services with beds”, WHO, Ministry of Health, Tirane, Albania

11- 12 Prill, 2011 “Comprehensive care in psychiatric services with beds”, WHO, Ministry of Health, Tirane, Albania

6 - 9 July, 2011 EPA Summer School Course “Comorbidity between mental and physical disorders”, Nice- France

October, 2014 “Training of Health Professionals on Integrated Management of Health; Management of Projects and Information Systems In Public Health”, AAIE-SRC&IT, Distance training (online), Tirana, Albania

10-13 May, 2017 “27th Turkish Child and Adolescent Psychiatry Congress”, organizuar nga Turkish Association for Child and adolescent Psychiatry, Izmir, Turkey.

9-11 July 2017 “17th International Congress of ESCAP 2017”, Geneva Switzerland

7- 20 November Training Mental Health and corruption “ Den Haag “ Netherland

LANGUAGES:

Albanian: Mother language
English: IELTS general – CEFR LEVEL-C1
Italian: Good speaking and writing skills

OTHER SKILLS

- An understanding and empathetic nature.
- Excellent listening and communication skills.

- Ability to work under intense pressure and respond to difficult questions.
- Good note taking and record keeping skills.
- Ability to work as part of a team
- Highly motivated