

BIOGRAPHY (CV)

PERSONAL INFORMATION

Name: **Valbona**
Surname: **Uka**
Address: **Prishtina**
Phone: **+383 (0)44/ 377-463**
E-mail **vuka5@live.com**
Nationality: **Albanian**

Year of birth: **26.06.1973**

EDUCATION:

<ul style="list-style-type: none">• Ministry of Health, Kosovo	Specialized Education Clinical Psychology 2020
Name and type of institution who has provided education	State university of Tetova Faculty of Philosophy Department: Psychology
<ul style="list-style-type: none">• Type of graduation or certification• Date (from – to)	Diploma Master of Clinical Psychology Direction: Clinical Psychology 2015- 2018
Name and type of institution who has provided education	State university of Tetova Faculty of Philosophy Department: Psychology
<ul style="list-style-type: none">• Type of graduation or certification• Date (from – to)	Diploma Master of Educational Psychology Direction: School Psychology 2013- 2016
<ul style="list-style-type: none">• Name and type of institution who has provided education	State university of Tetova Faculty of Philosophy Department: Psychology
<ul style="list-style-type: none">Type of graduation or certification• Date (from – to)	Graduated psychologist Direction: Professional Psychology 2009-2013

<p>Name and type of institution who has provided education</p>	<p>University of Prishtina Faculty of Philology Direction: Albanian Literature and Language</p>
<p>Type of graduation or certification • Date (from – to)</p> <p>Training Profession</p>	<p>Professor of Albanian Language and Literature 1993- 1997 Diplome</p>
<p>•Health ministry The Republic of Kosovo</p>	<p>License of Clinical Psychologist 2015</p>
<p>• European Association of CBT ("EACBT") and Kosova Health Foundation</p> <p>Type of graduation or certification</p> <p>Data (prej – deri)</p>	<p>Cognitive Behavioural Therapy (CBT)</p> <p>Three-year study program</p> <p>Continue</p> <p>2013 to 2015</p>
<p>• Kosovo Association of Psychologists and the Israeli Association</p>	<p>Psychodiagnostics course 1 year program</p> <p>Certificate</p> <p>February 20013- 2014</p>
<p>• American Hospital-Kosovo</p>	<p>Psychoanalysis course 6 months 2012</p> <p>Certificate</p>
<p>• Center for Positive Psychotherapy</p>	<p>Positive Psychotherapy 2-year study course 2008- 2010 Certificate</p>

• Medicine du Monde

**Psychotrauma in children
Psychological and psychiatric consultations
2001**

WORK EXPERIENCE

Name and type of institution:

Polyclinic «VITA B»

Year:

2015

Position:

Clinical Psychologists

Duties and responsibilities:

Evaluation of psychological and mental functioning, as part of the multidimensional evaluation of the patient after the first contact in the service. Assessment is based on structured clinical interview, or using standardized tests of mental or psychological ability. Mental Status Examination, psychological testing and diagnosis.

Psychological counseling by encouraging patients to express their feelings and discuss what worries them in their lives and to develop a better knowledge of themselves and relationships with others.

Short-term and long-term therapeutic interventions individually and in groups. The purpose of these interventions is for the client to understand the nature of his mental or emotional disorder, its origin and the factors that contribute to it, as well as to develop new skills and strategies to deal with the problem.

Name and type of institution:

American Hospital Prishtina (part time)

Year:

2016

Position:

Clinical psychologist

Duties and responsibilities:

Psychological assessment of couples who are subject to IVF. Psychological counseling of couples regarding possible psychic reactions and IVF procedures.

Psychological counseling also includes identifying and managing psychological stress, emotional reactions, interpersonal difficulties, and difficulties in the couple.

<p>Name and type of institution:</p> <p>Position:</p> <p>Duties and responsibilities:</p> <p>Name and type of institution:</p> <p>Year:</p> <p>Position:</p> <p>Duties and responsibilities:</p>	<p>Center “ Listen to the youth ” Docors of The World</p> <p>Qershor 2003- Dhjetor 2009</p> <p>Youth counseling</p> <p>Individual and family consultations. Responsible for consultations through the telephone helpline. Consulting on youth problems: Psychological and psychological problems, problems from addiction products, health education, family problems and school problems. Research work (together with students) on the needs and problems of young people (depression, school violence, domestic violence, suicidal thoughts, learning difficulties, the impact of computer games on children and adolescents, etc.</p> <p>International organizations Enfants du Monde</p> <p>2001- 2002</p> <p>Assistant Psychologist</p> <p>Psycho-education program in the Municipality of Obiliq. Compilation of psycho-education plan of children and adolescents. Individual and groups consultations with traumatized children. Individual consultations with children the difficulties in the programs of education. Organization the program with acitivities for the promotion and devepoment of awareness throught workshops for students and adolescents.Individual work with children wikt special needs.</p>
<p>Name and type of institution:</p> <p>Year:</p> <p>Position:</p> <p>Duties and responsibilities:</p>	<p>Medecins du Monde France (Mjekët e Botës Francë)</p> <p>1998 – 2004</p> <p>Psychiatric Nurses</p> <p>Application of mental health program in 6 municipalities of Kosovo.</p> <p>Psychological consultations at the Family Medicine Center together with the French psychologist. Individual psychological consultations with children traumatized during the war. Group work with adolescent youth (focusing on their problems)</p>

Family consultations.
 Teacher training in primary and secondary schools involving about 500 schools and 10 centers for social work.
 Organizing and working together with teachers about psychotraumas in children and adolescents.

Name and type of institution:	Mother Teresa Association Voluntary work
Year:	1993 –1998
Position:	Nurse
Duties and responsibilities:	Provision of general medical services. Emergency Assistant, Health Advisor. Coordination of health services even outside the ambulance.

PERSONAL SKILLS.

MOTHER LANGUAGE **Albanian**

OTHER LANGUAGE

English	
• In reading	Advanced
• In writing	Advanced
• In speaking	Advanced
Serbe	
• In reading	Advanced
• In writing	Advanced
• In speaking	Advanced

Communication skills:	Good communication skills gained from professional and academic experience, ability to work in groups.
Organizational skills:	Professional case management.
Computer skills:	World, Exel, Power Point, SPSS

Publications:

Valbona Uka; Muhamet Karameta (2020). The Effectiveness of Cognitive Behavioral Therapy for Eating Disorders. Mental Global Challenges. ISSN 2612-2138.

Fitim Arifi, Fadil Luta, **Valbona Uka**, Milazim Kamberi (2020). Relationship between body height and hand length measurements of both gender adolescents from region of Gjakova in Kosovo. Annual Scientific Conference of Montenegrin Sports Academy. Dubrovnik. Croatia.

Valbona Uka (2020). Correlation between domestic violence and suicidal thoughts and behaviors in adolescents. International Journal of Latest Research in Humanities and Social Science (IJLRHSS). www.ijlrhss.com || PP.01-03

Valbona Uka; Hanife Berisha (2019). The Influence of parenting style on social behavior and competence in function of student learning success. Prizren Social Science Journal.

Valbona Uka (2018). The importance of Cognitive Behavioral therapy in patients with depression and anxiety. International Association of Social Science Research. XVI. European Conference on Social and Behavioral Sciences. ISBN 978-83-950152-7-4. <http://iassr.org>

Satnkovska, Dimistrovski, Angelkoska, Ibrahimimi & **Valbona Uka** (2018). Emotional Intelligence, Test Anxiety and Academic Stress among University Students. XVI. International Conference of the Bulgarian Cooperative Education Society (BCES). <http://www.bces-conference.org>/Varna, Bulgaria.

Participation in conferences:

IV International Conference On Mental Health Care. (2020) Online. Topic: Mental Health Global Challenges of XXI Century. Ukraine.

20th European IAAH Congress. (2016). International Association for Adolescent Health. Topic: Social Media and Adolescents Health. Pristina.

7th International Symposium of Health Sciences. (2016). Topic of Symposium: Advancing Health Through Client Centred Approach. Pristina.

8th International Symposium of Health Sciences. (2017). Topic of Symposium: To the Health of the Ages. Pristina.

2th European Conference on Speech and Language Therapy (2018). Topic: Argumentative Alternative Communication. Pristina.

2nd Congress of Albanian Neurosciences. (2018). topic:
Albanian neuroscience in the new millennium. Pristna.

The 2nd Symposium for the International Day of Health. Theme:
Integrated Approach to Health and Health Education.
PristinaConfederation from the Kosovo Family Therapy Association,
Ministry of Health (2018). Topic: Trauma and family. Pristina
