

Anita Sadikaj

I am a PhD candidate at Ss. Cyril and Methodius University in Skopje, with a multidisciplinary background in clinical psychology, public health and hospital management, and midwifery. I currently serve as a lecturer at UBT College in Pristina, where I teach across psychology and health sciences programs and supervise research, curriculum development, and academic projects. I have also worked in other higher-education institutions, including the University of Prishtina.

I have completed advanced professional trainings in Japan and undertaken study visits at the University of Glasgow, further strengthening my competencies in global health systems, evidence-based practice, and contemporary mental health methodologies.

As a licensed clinical psychologist, my areas of specialization include BWRT, applied behavior analysis (ABA) for autism, trauma-informed interventions, and maternal and child health. I have collaborated with WHO, UNFPA, and various international partners on initiatives related to maternal, adolescent, and mental health.

My research interests encompass mental health and well-being, organizational psychology, trauma, and youth development, and I have disseminated my work through presentations at national and international conferences. I am an active member of the Kosovo Psychological Association and the International BWRT Institute.