Workshop:
PSYCHOLOGICAL AND EMOTIONAL SUPPORT IN EXTREMELY SITUATIONS. PTSD: DIAGNOSIS, TREATMENT AND UNIQUE CULTURAL CHALLENGES
(Chair: Justyna K. PORTER, Tracey T BALDAUF, Diana BOTNARIUC)

November 30, Room 119, 2nd study building, MSU, 67 Cogălniceanu Str.

CPT Justyna K. PORTER
As an experienced Licensed Clinical Social Work therapist, Justyna K. Porter has worked across multiple behavioral health settings ranging from inpatient psychiatric hospitals, intensive outpatient programs (IOP), and outpatient behavioral health clinics. Justyna’s expertise include PTSD assessment and treatment. She is trained in two leading trauma protocol treatments for PTSD: Cognitive Processing Therapy (CPT) and Prolonged Exposure (PE) Therapy and is currently training in Eye Movement Desensitization Reprocessing (EMDR) Therapy. Justyna provides individual psychotherapy and facilitates groups for domestic violence victims, sexual assault victims, and for people with combat and/or first responders’ trauma exposure. She also utilizes Play Therapy methods in her work with young children exposed to tragic events (shootings, disasters, accidents, and/or abuse). Justyna holds BA in psychology and MSW in Social Work.

MAJ Tracey T BALDAUF
Earned a Bachelor of Science in Nursing and a Master’s degree in Disaster and Emergency Management. She is an experienced Board-Certified Registered Nurse whose experience spans all areas of nursing including Public Health, Disaster and Emergency Management, Family Violence and PTSD. Tracey is trained in counseling and referral of service members with psychiatric and behavioral concerns. She is also a trained SANE (Sexual Assault Nursing Examiner) nurse specializing in examining sexual assault victims and working with authorities to ensure proper chain of custody of evidence while simultaneously advocating for the proper care of victims of assault.

Workshop abstract
This workshop offers an overview of PTSD diagnostic criteria and best treatment practices (psychotherapy and medication management). We will discuss unique cultural challenges in identifying and treating PTSD in victims of domestic violence and sexual assault, as well as chronic PTSD amongst combat veterans and first responders. Learn how effective and healthy self-help methods can mitigating post-traumatic stress.
Veronica ŞANDOR is psychoanalyst, founding member of the Romanian Society for Psychoanalysis, President of the Generation Foundation, member of the International Psychoanalytical Association (IPA), Associate Member of the Psychoanalytic Society of Paris, IPA accredited member in the Psychoanalysis of the Child and Adolescent, Trainer and supervisor of the Romanian College of Psychologists, Director of the Generation Foundation Publishing House, Scientific Coordinator of the Publishing House Publishing House. She is author of numerous works of psychoanalysis and a promoter of the important psychoanalytic projects in Romania.

Workshop abstract
The continuous review of the psychoanalytic theory (e.g., the discovery of the new forms of transfer (Kohut, Bion), the importance of the archaic period in the evolution of the child (Winnicott, Anzieu, Lebovici), determined the discovery of the mechanisms of new psychopathological structures and the ongoing review of the psychoanalytic technique. The workshop will present a psychoanalytic perspective on psychopathology and the opportunities offered by the psychoanalytic methods for a better understanding of human functioning. The psychoanalytical methods of work and diagnosis will be discussed in order to provide a clearer representation of psychoanalytic research methodology.

Elena BICEVA
Elena Biceva is psychotherapist and certified gestalt therapist; regional trainer and supervisor of the Moscow Institute of Gestalt and Psychodrama (MIGiP); Lead of the training programs in gestalt therapy; regional representative of MIGiP in Chisinau, Director of the psychological center PsychologyProf.
Elena Biceva’s expertise include the domains of Developmental Psychology, Psychology of Professional development, Art therapy, Gestalt therapy, Psychodramatherapy.

Workshop abstract
Today, when psychology it is in a high demand not only as science, but also as practice, the requirements for the professional training of a psychologist are continuously increasing. From the psychologist – practical activity requires professionalism in understanding and helping the client. In psychology, where each task is unique, the solution involves the synthesis of science and practice. To implement it, you need a talent that is polished in the process of formation and education of the psychologist as a person who is thinking creatively. There are special requirements for the personality of the psychologist, as well. A psychologist, along with mastering professional knowledge, scientific and theoretical training, possession of professional practical skills of working with people, should be well aware of and understand themselves, their personal characteristics, have skills of self-development and self-improvement. Within this workshop, the main components of the psychologist’s professional thinking will be revealed: Personal, intellectual and operational components. Besides this, it will be shown in what ways it is possible to develop professional
psychological thinking through lectures and seminars. There will be also demonstrated how the ideas of Gestalt therapy and Psychodrama therapy can work in working with students directly on couples.

Workshop:
EMOTIONAL AND COGNITIVE FLEXIBILITY IN WORK-LIFE BALANCE
(Chair: Tatiana TURCHINĂ & Rodica PASCARI)

November 30, Room 211, 2nd study building, MSU, 67 Cogălniceanu Str.

Tatiana TURCHINĂ
Tatiana Turchină is lecturer at the Department of Psychology of Moldova State University. Tatiana Turchină’s expertise include Clinical Psychology, Health Psychology, Cognitive-Behavioral Psychotherapy and Systemic Family Psychotherapy. She provides individual and family psychotherapy, facilitates groups for personal development, for violence and bullying prevention in school, workplace. Besides the didactic and scientific activity, the professional experience of Ms. Turchina also includes a vast important training activity. Throughout the years, she has worked with over 15 state and non-governmental organizations to carry out various projects in the fields of education, health, clinical and organization. The scientific activity involved participation in about 15 international and national scientific conferences and the publication of over 40 scientific papers. Throughout the scientific work, over 30 articles have been published in national and international journals. She is co-author of more than 15 scientific and didactic works. Tatiana Turchina holds BA in psychology at Babes-Bolyai University, Cluj-Napoca, Romania.

Rodica PASCARI, PhD Candidate
Rodica Pascari is lecturer at the Department of Psychology of Moldova State University. Rodica’s expertise include the domains of Social Psychology, Ehnopsychology, Psychology of Creativity and Neuro-Linguistic Programming. She is certified as Master Trainer, Master Coach in NLP by European Association of NLP, ARONLP, ANLP-Rm. Rodica Pascari is also co-founder of the Moldovan NLP Association. Over 6 years she provides training for organization and coaching (thematic areas: psychological processes within organization, communication, motivation, teambuildings, etc.)

Workshop abstract
This workshop offers an overview of emotional and cognitive strategies for preventing work-family conflicts. Emotional and cognitive flexibility is considered to play a crucial role in the modern work life, because the adaptiveness of regulation strategies changes as a function of contextual demands. We will discuss and practice some strategies how to develop emotional and cognitive flexibility.

Workshop:
OVERCOMING OBSTACLES IN COUNSELLING OF VICTIMS OF DOMESTIC VIOLENCE: THE USE OF INTERVISIONS MEETINGS
Chair: Natalia TOMA, Sergiu TOMA & Victoria CAPTARI

November 30, Room 212, 2nd study building, MSU, 67 Cogălniceanu Str.

Natalia TOMA, PhD in Psychology
Natalia has earned her license, Master and PhD at the State University of Moldova specializing in Psychology. She is trained in supporting children and youth in overcoming anxiety issues and supporting parents in providing protective relationships for children. Over the last years, Natalia is actively involved in research projects and has extensive experience in managing educational

* This workshop is organized within the project „Interferenţe dintre viaţa profesională şi cea privată. Aspecte interculturale, experienţe locale şi strategii de intervenţie”/ „Interferences between professional work and private life. Intercultural aspects, local experiences and intervention strategies” (15.817.06.06A) and is based on the empirical data derived from this project.
programs for early childhood and parenting programs that aim to strengthen family relationships at critical periods of child development.

**Victoria CAPTARI, MA in Psychology**
Victoria has earned her license as a Psychologist at the University of the West, Timisoara, Romania specializing in Psychology. He obtained a Master’s degree with specialization in Educational and Spiritual Counselling at the State University of Moldova. She is certified in Systemic Family Psychotherapy at the Institute of Couple and Family (Iasi, Romania). For more than 10 years of experience in psychological counselling Victoria has supported people in various situations: families struggling with abuse and domestic violence, PTSD of children, psychological assessment for children and adults struggling with abuse. Victoria also provided training for professional from such areas as: education, social and welfare system.

**Sergiu TOMA, PhD candidate**
Sergiu Toma obtained a Master’s degree in Psycho-pedagogy at the State University of Moldova and doctoral studies at the Institute of Educational Sciences (Moldova). He is certified in Systemic Family Psychotherapy at the Institute of Couple and Family (Iasi, Romania). Since 2016, Sergiu is President of “Institute for Family and Social Initiatives”. Over the last 10 years he has supported people from a wide range of groups: families that educate children with disabilities, with problematic behavior, with emotional disturbances, drug addicted teenagers, adult victims of violence and abuse, divorce, emotional distance, loss, detained persons, etc. Sergiu is also actively involved in providing training for professionals from such areas as: foster care, community based services for at risk children and adults etc.

**Workshop abstract:**
This workshop offers an overview of the issues of families struggling with domestic violence and specific difficulties that counselors and psychologists can meet when providing psychological counselling. We will discuss, present and role-play specific scenarios of using intervision as a form of preventing and overcoming professional obstacles for counselors and psychologist that support victims of domestic violence and sexual abuse. We will share the experience of using intervision at the Institute for Family and Social Initiative, and organizations who is actively involved in providing psychological counselling for women struggling with sexual abuse, domestic violence and detention.