



BIO

Dr. Elvis Popaj is an internal lecturer at the Department of Behavioral Sciences and Health at Barleti University. He earned his doctorate in psychology with a thesis titled "Dynamics of Grief Trajectory in Parents Who Have Lost a Child."

Since 2010, Dr. Popaj has accumulated extensive professional experience in three main areas:

1. As an employee and later as a residential services manager,
2. As a psychotherapist in his private practice, and
3. As a lecturer at various universities in the country, primarily teaching courses related to clinical psychology.

He has a specific interest in clinical psychology and psychotherapy. Dr. Popaj is certified as an Advanced Schema Therapist by the International Society of Schema Therapy (ISST - <https://schematherapysociety.org/>) and trained as a Cognitive-Behavioral Therapist (CBT).

Over the years, he has undergone basic training in various therapeutic approaches, including Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and Internal Family Systems Therapy (IFS).

Some of his areas of clinical and research interest include early maladaptive schemas, anxiety disorders, grief processes, trauma and its impact, eating disorders, characterological and personality issues, as well as personal growth and development.

ELVIS POPAJ DOCTOR OF SCIENCE

CAREER OVERVIEW

Dr. Elvis Popaj is a lecturer at the Department of Behavioral Sciences and Health.

FIELDS OF EXPERTISE

- Early maladaptive schemas
- Anxiety
- Grief processes
- Trauma

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