



## **JORIDA RUSTEMI**

DR.

### **CAREER OVERVIEW**

Dr. Jorida Rustemi is the Head of the Department of Behavioral and Health Sciences at the Faculty of Social Sciences, Tourism, and Sports at Barleti University.

### **FIELDS OF EXPERTISE**

- Mental health and human rights
- Psychological assessment
- Clinical work with adults

### **EMAIL**

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### **BIO**

She completed her undergraduate studies in Clinical Psychology with excellent results, followed by a postgraduate Master of Science in "Psychological Counseling" at FSHS-UT, and a postgraduate degree in Clinical Psychology at ESU in the USA with a two-year support from the Fulbright Foreign Student Program. She defended her doctoral thesis in psychology on the topic "A Study on Work-Related Stress and Burnout Syndrome among School Psychologists in Albania."

Since 2001, she has worked as a lecturer at FSHS-UT, teaching courses in Social Psychology, Psychotherapy, Introduction to Psychology, Abnormal Psychology, Counseling Psychology, etc. In 2008, she continued her commitment as an Assistant Lecturer in the Department of Psychology and Special Education at ESU, teaching three courses in "Introduction to Psychology." Upon returning to Albania, she became part of the staff at Barleti University as a Lecturer and Coordinator for master's programs, later becoming the supervisor of the Clinic for Psychosocial Services, which aimed to provide free services not only to students but also to the community.

As an expert in psychology and Director of the National Mechanism for the Prevention of Torture at the Ombudsman's Office, Ms. Rustemi has monitored all institutions where individual freedom is deprived or could be deprived, including penitentiary institutions, police units, psychiatric hospitals, military bases with security rooms, centers for the treatment of foreign citizens, asylum seekers, trafficking victims, as well as border crossing points and environments designated for the treatment of migrants, children's homes, and those for the elderly. The goal is to ensure comprehensive coverage of human rights situations, prevent violations, and formulate specific recommendations on the identified problems in the quality of medical and psycho-social services, etc.