

EDUCATION

Ukrainian Institute of CBT

2014 – 2015
CBT supervisor and trainer

Ukrainian Institute of CBT

2011 – 2014
CBT therapist

Ivan Franko National University of Lviv

2000 – 2005
Master of Psychology

Extra certifications:

- Schema Therapy
- Dance-Movement Therapy
- Symbol drama or Catathymic Experience of Images



VALENTYNA PAROBII

CBT therapist
CBT trainer in UICBT
(Ukrainian Institute of CBT)
President of UACBT
(Ukrainian Association of CBT)
National representative
in EABCT

ABOUT

Creative, brave and enthusiastic psychotherapist-practitioner from the first wave Ukrainian CBT supervisors and trainers. Actively participated in the life of the Board of Ukrainian Association of CBT from the first years of its creation. Based in The Hague, Netherlands since the beginning of the war.

CONTACTS

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<http://uacbt.org.ua>
<https://i-cbt.org.ua>

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EXPERIENCE

Ukrainian Association of Cognitive and Behavioral Therapy

06/2019 – present moment

President and Head of the Board
National representative in EABCT

Achievements: organization of the community's response to the challenges of the covid pandemic and war in close cooperation with foreign colleagues and international organizations. Introduction of internal grants and financial support of association members' projects. Bringing the representation of UACBT in the media space to a new level. Starting a tradition of monthly webinars by experienced members of association.

Ukrainian Institute of CBT

11/2017 – present moment

CBT trainer and supervisor

Achievements: creation of procedure "assessment center" for the selection of applicants for UICBT programs. Contributed into development and implementation of the 'Low intensity CBT' course in Kyiv. Conducted trainings on topics: CBT in treatment OCD, anxiety disorders (panic disorder, social and mono phobias, dysmorphia) and depression; work with case conceptualization, core beliefs and life rules, values, goal setting, building resilience, nurturing relationships and mindfulness.

Ukrainian Association of Cognitive and Behavioral Therapy

06/2015 – 06/2019

Head of the Ethics committee
National representative in EABCT

Achievements: establishment of an Ethics committee, development of its processes and procedures; creation of a course of ethical sensitivity into the training program of CBT therapists in the UICBT. Involvement of international speakers for participation into Ukrainian conferences. Preparation and supervision of projects that received funding from EABCT.

Ukrainian Catholic University

09/2014 – 11/2017

CBT trainer and supervisor

