



Laura Alčiauskaitė

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Home: (Lithuania)

WORK EXPERIENCE

University of Dundee – Dundee, United Kingdom

Psychologist

[2021 – Current]

- Providing individual **psychological counselling** sessions to the Human Rights defenders from conflict affected areas;
- Delivering weekly **expressive and creative writing** workshops for Human Rights defenders under the Scottish Human Rights Defender Fellowship Programme.

Freelance

Youth & Human Rights trainer

[2014 – Current]

- Designing and facilitating **local and international trainings** on human rights education, social inclusion, gender equality, sexual education, mental health, youth participation, democratic citizenship and peacebuilding;
- Implementing **local and international projects** under Erasmus+, ESC and the Council of Europe Youth Sector.
- **Advocating** for the rights and meaningful participation of young people with fewer opportunities.

NGO "The Fifth Corner"

Director

[2021 – Current]

- Running **local and international activities** on human rights education, social inclusion, mental health awareness, sexual education, peacebuilding and non-violent communication;
- Coordinating Erasmus+ and ESC projects and co-organising **study sessions** in cooperation with the Youth Department of the Council of Europe.

European Network on Independent Living (ENIL) – Brussels, Belgium

Project coordinator

[02/2020 – 03/2023]

- Project coordination and collaboration with different stakeholders on local and EU level on **TRIPS project** related to accessibility and inclusion in public transport and mobility;
- Implementing **scientific research** on innovative and accessible transport solutions;
- Creating and implementing **co-design methodology** in mobility solutions;
- Providing project deliverables, policy recommendations and contributing to the **TRIPS Co-design-for-All** toolkit and the open online course "**Co-design for All: Doing Co-design in Practice**".

Vytautas Magnus University

Psychologist/Junior Researcher

[2014 – 2017]

- Providing **psychological counselling** to patients with disabilities at Abromiškės rehabilitation hospital;
- **Planning, developing and implementing** scientific research using various methods of data analysis;
- Actively **presenting** the findings in international and national conferences and writing **research papers**.

Telšiai Crisis Center – Telšiai, Lithuania

Psychologist

[2012 – 2013]

- Providing **individual and group psychological counselling** for children, teens and adults in times of crisis;
- Working in a team of other professionals of social workers, lawyers and police officers.

EDUCATION AND TRAINING

PhD in Psychology (Doctoral Studies)

Vytautas Magnus University [2014 – Current]

City: Kaunas | Country: Lithuania | Level in EQF: EQF level 8

Master in Health Psychology

Vytautas Magnus University [2010 – 2012]

City: Kaunas | Country: Lithuania | Level in EQF: EQF level 7

Bachelor in Psychology

Vytautas Magnus University [2006 – 2010]

City: Kaunas | Country: Lithuania | Level in EQF: EQF level 6

LANGUAGE SKILLS

Mother tongue(s): Lithuanian

Other language(s):

English

LISTENING C1 READING C2 WRITING C2

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

Russian

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

German

LISTENING B1 READING B1 WRITING B1

SPOKEN PRODUCTION B1 SPOKEN INTERACTION B1

French

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

JOB-RELATED SKILLS

Job-related skills

- More than 12 years of experience of implementing **mental health and well-being related activities** with youth and adults;
- Strong **psychological research competences** gained during PhD studies;
- Finished the official trainings of **Motivational Interviewing** in Cardiff, UK (2014).

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

- Great **verbal and written communication skills** - experienced in working with different groups of society;
- Strong leadership and **management skills** - leading the local teams in 7 European cities under TRIPS project;
- As a professional psychologist having good **conflict and problem solving skills**;
- **Strong empathy** and willingness to contribute to stronger society coming from more than 12 years of volunteering.

ORGANISATIONAL SKILLS

Organizational skills

- Great **planning and project management skills** gained through organizing different activities and running an NGO;
- Good at **involving different stakeholders** (currently working with academia, NGOs, business and municipalities);
- Great **analytical skills** gained through my work experience both as a researcher and a psychologist.