

# **Eszter VAGDALT**

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Counselling psychologist and trainee clinical psychologist with a solid academic background in psychology and in humanities, an extensive counselling experience in working with adults and adolescents, and strong research skills proved by four acclaimed theses. As a helping professional a confident and recognized practitioner of various treatment methods with a keen interest and strong belief in the possibility of personal change and growth, as a researcher following an insatiable curiosity about the complexities of the human psyche and behaviour. Currently seeking new ways to integrate passion for treatment and research in an international environment thus connecting fields of previous studies and professional experience.

## **Graduate and Postgraduate Studies**

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- Adult Clinical Psychologist:** University of Pécs in Pécs, Hungary *2013-2017*  
four-year professional training programme providing comprehensive education on the diagnosis and treatment of severe mental disorders for experienced psychologists working in clinical settings, with a strong emphasis on high-quality work under close supervision
- Counselling Psychologist:** Eötvös Loránd University in Budapest, Hungary *2011-2013*  
two-year training programme offering a wide range of techniques and theoretical approaches enabling practising psychologists to provide individual and group counselling to diverse client groups
- Psychology (BA & MA):** Eötvös Loránd University in Budapest, Hungary *2004-2011*  
foundational and advanced courses in affective, developmental, social and personality psychology, incorporating sound theoretical background and an intensive training in research methodology
- English Language & Literature (BA & MA):** Eötvös Loránd University in Budapest *2003-2010*  
five-year studies focusing on the English language and on the literature, history and culture of English-speaking countries; qualification as a teacher of English at the primary and secondary level
- Liberal Arts (BA):** Eötvös Loránd University in Budapest, Hungary *2007-2010*  
three-year BA programme in humanities covering areas of ethics, communication and media studies, aesthetics and political studies; specialisation in philosophy and comparative religious studies

## **Professional Trainings and Certificates**

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- Adult integrative hypnotherapist** (Hungarian Association for Integrative Psychotherapy) *2011-2016*  
treatment approach working with ego-states, NLP and mental images in altered states of consciousness
- Guided affective imaginery** (Hungarian Association for Integrative Psychotherapy) *2014-2016*  
helps clients by transforming the symbolic representations of their experiences and their object relations
- Transference focused psychotherapy** (Level G1-F2, TFP Institut, München) *2014-2015*  
practitioner of a psychodynamic treatment model for personality disorders developed by Otto Kernberg
- Mindfulness instructor** (Zádory Private Clinic) *2014*  
qualified to offer mindfulness-based private and group sessions in clinical and counselling settings
- Social skills training for adolescents** (Vadaskert Child Psychiatry and Outpatient Clinic) *2012*  
acquiring skills and experience in providing a cognitive SST for bullied children and adolescents

## **Personal Therapy and Supervision**

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300 hours of group therapy (psychodrama), 250 individual sessions (psychoanalytic and integrative in orientation)  
150 hours of integrative supervision & 2,5 years of close supervision as part of the clinical training

## Work Experience

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### **Psychologist at the Budapest Centre for Vocational Education in Engineering (Budapest)**

(2013–to date)

- working in a multidisciplinary team in a state-funded organization consisting of 13 secondary schools providing education and training for approximately 5000 **adolescents and young adults aged 14-25**
- working independently in two secondary schools, being personally responsible for about **1200 students**
- providing **individual sessions** and making informed referrals based on careful psychodiagnostics (diagnostic interviews, MMPI, Rorschach, WAIS-IV), serving students meeting DSM-V criteria on a daily basis
- providing **group sessions** for classes and small groups consisting of 6-30 students: developing and implementing bullying prevention programs, social skills trainings, organizing activities building group cohesion
- offering **consultation** to headmasters, teachers and parents while cooperating with other professional organizations

### **Psychologist, Teacher in Private Practice at Kimochi Ltd. (Budapest, Hungary)**

(2006-ongoing)

- **co-founder** and **co-owner** of the Ltd. specializing in counselling and teaching languages
- conducting **private practice** in psychology under supervision: serving adolescent and adult clients with various difficulties, offering consultations and long-term therapies in Hungarian and English
- **teaching English** as a second language for individuals and small groups

### **Psychologist at Szersa Educational Centre (Budapest, Hungary)**

(2011-2013)

- working with **Roma/disadvantaged** students aged 13-19: providing individual and group sessions
- furthering the implementation of a **prevention programme** to help students achieve and to reduce dropout rates

### **Counsellor at Eötvös Loránd University (Budapest, Hungary)**

(2006-2008)

- counselling offered to university students as a volunteer senior psychology student

### **Research Assistant at Sulinova Kht. (Budapest, Hungary)**

(2005)

- carrying out interviews with head teachers about the effectiveness of a national integration programme

## Personal Skills and Competences

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### **Language Skills**

*English:* proficient user

MA in English language and literature

Qualified teacher status in the UK (Ref. no.: 1662883)

IELTS: 8,5/9

*German:* independent user (B2)

*Hungarian:* native speaker

### **Computer Skills**

Confident user of Microsoft Office, Internet tools & online scientific databases

Advanced skills in using statistical software (SPSS)

Intermediate skills in using web tools and in programming (CSS, HTML, Joomla)

Experienced user of graphic design software (Adobe Acrobat, Illustrator, Photoshop, InDesign)