

Rina Meha Obërtinca - Curriculum Vitae

Personal details and contact

Rina Meha Obërtinca, Doctoral Candidate
Licensed Clinical Psychologist – No. of license: KO-95/35/A-07

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Date and place of birth: 13.09.1994, Kosova.
Home town and nationality: Prishtine, Kosovar
Status: Married (since 2021, with Rilind Obërtinca)

Research focus: Mental health, Resilience, Cognition, Cognitive Rehabilitation.

Research ID: <https://www.researchgate.net/profile/Rina-Meha>



Education

07/2020 – Present PhD Candidate “Science and Health in Football”,
Doctoral topic: Cognition in Football; Institute of Sports and Preventive Medicine
Saarland University, Saarbrücken, Germany.
10/2017 – 02/2019 Master of Science in Cognitive Neuropsychology;
City College, University of Sheffield, Thessaloniki, Greece
10/2012 – 04/2016 Bachelor of Science in Psychology, Department of Psychology,
Faculty of Philology, University of Prishtina, Prishtina, Kosovo.

Previous and current employment(s)

DATE FROM - TO	LOCATION	COMPANY	POSITION	DESCRIPTION
12/2021 – Present	Kosova	Therapeutic Center Heimerer	Head of the Psychology Clinic	<p>Provide effective leadership to a multidisciplinary team of psychologists, therapists, counselors, and support staff. Foster a positive and collaborative work environment that encourages professional growth, learning, and teamwork. Supervise and support clinical staff, ensuring the delivery of high-quality mental health services to clients.</p> <p>Identify opportunities for partnerships and collaborations with other healthcare organizations, academic institutions, and community agencies to enhance the clinic's services and reach.</p> <p>Develop and maintain relationships with relevant stakeholders, fostering a network for referrals and knowledge sharing.</p> <p>Design annual strategic plan for the clinic that outlines goals, objectives, and action plans for expanding services, improving quality, and achieving growth targets..</p> <p>Ensure compliance with ethical standards, clinical guidelines, and legal regulations in the provision of mental health services.</p> <p>Review and approve treatment plans, assessments, and interventions, and provide guidance on complex cases.</p>

11/2019 – Present	Kosova	Heimerer College	Responsible for teaching processes at the Faculty of Social and Psychological Sciences	<p>Organization of studies and scientific activities in the dean's office of the Faculty of Social and Psychology program's;</p> <p>Organizes, coordinates and monitors the process of teaching, academic and scientific work within the framework of the Faculty of Social and Psychology program's;</p> <p>Supports and coordinates the implementation of teaching and evaluation methodologies according to the rules of the institution;</p> <p>Proposes to the dean regarding the professional academic aspects in the framework of the Faculty of Social and Psychology program's;</p> <p>Mentoring of diploma thesis;</p> <p>Provision of additional help for students and continuous contact with students and their activation through various forms;</p> <p>It is ensured for the preparation of the integration process of new students in the institution and learning processes;</p> <p>Creating professional contacts and connections with different professionals with the possibility of contributing to the development of the Faculty of Social and Psychology program's.</p>
10/2020 - 12/2021	Kosova	Education and management in Kosovo – EDUMEN-K	Trainer within OSBE funded project	<p>Providing training for elementary and high school teachers of Kosovo with topic "Stress management at students after the COVID - 19 Pandemic, preventive actions to attack people's lives in the future"</p> <p>Work plan for developing the training/workshops, including strategy and proposed methodologies, as well as quality assurance plan;</p> <p>Successful facilitation of the training/workshop.</p> <p>Technical advice and support to participants during the training/workshop</p> <p>Final report on the implementation of the tasks</p>
10/2018 – 10/2019	Kosova	SOS Children's Village Kosova	Psychologist	<p>Evaluation of developmental, psychological, emotional and behavior of children and young people based on standardized psychological measurements, design techniques;</p> <p>Advisory work with families and children in the field of social welfare and childcare;</p> <p>Supporting and training parents to develop and empower them in child protection and care;</p> <p>Design of individual development plans and work with families and children based on those plans;</p> <p>Individual, family and group therapy;</p> <p>Design and maintain workshops and trainings for children and family;</p> <p>Identify potential sources of community assistance;</p> <p>Completion of the database and its follow-up.</p> <p>Promote awareness of the child protection policy among staff, parents, caregivers, and children through communication channels and campaigns.</p>

01/2016 – 09/2017	Kosova	European Centre for Minority Issues Kosovo (ECMI Kosovo)	Project Assistant	<p>Provide support to the Project Manager on the organization, supervision and implementation of project activities;</p> <p>Provide technical support to the Local Coordinates and Professional Staff in administrative and organizational tasks;</p> <p>Reports in a weekly basis directly to the Project Manager;</p> <p>Provide support to the Project Manager on drafting reports for the donor;</p> <p>Build positive relations with relevant international and local actors with regards to the implementation of the project;</p> <p>Represent ECMI Kosovo at thematic and regional conferences to raise awareness of ECMI Kosovo's work and strengthen ECMI Kosovo's profile within Kosovo;</p> <p>Carry out other relevant tasks assigned by the Project Manager and Executive Director</p>
10/2015 – 03/2016	Kosova	European Centre for Minority Issues Kosovo (ECMI Kosovo)	Local Coordinator	<p>Assist with the recruitment of language teachers; Organize logistics of the courses in the target municipalities;</p> <p>Assist with organization of meeting, trainings and conferences;</p> <p>Lassie and maintain contacts with the municipal leadership, teachers and training courses' participants;</p> <p>Monitor the conduct of language training courses, including undertaking of monitoring visits to the target municipalities, compilation and assessment of monitoring reports and reporting to the Project Manager;</p> <p>Assist in conducting research and drafting reports; Provision of training materials;</p> <p>Organise files, archives and maintain database related to the project;</p> <p>Assist with all administrative and logistical tasks as required</p>
08/2015 – 05/2016	Kosova	University of Pristina and University of Illinois in Chicago, USA	Research/ Analysis of qualitative interviewer	<p>Develop a comprehensive research framework that outlines the research questions, objectives, and methods to be employed.</p> <p>Utilize qualitative research methods, such as interviews, focus group discussions, and participant observations, to collect rich and nuanced data.</p> <p>Identify and recruit a diverse sample of children and adolescents (aged 10-18) who have migrated, along with their families, from different geographic locations and cultural backgrounds.</p> <p>Collaborate with relevant organizations, schools, and community centers to facilitate participant recruitment.</p> <p>Conduct semi-structured interviews and focus group discussions with participants, ensuring a safe and culturally sensitive environment.</p> <p>Collect narratives that capture migration experiences, challenges faced, social integration, access to support services, and mental health perceptions.</p>

05/2015 – 06/2015	Kosova	University of Pristina, Institute for Social Studies and Humanities, NGO "Labyrinth"	Field Research	Liaise with relevant Kosovo institutions: Municipal Mayor, Director of Health, Centre for Social Work, Kosovo Police, Mental health center, Medical health center, Primary and Secondary schools, NGO etc, to interview reading the present strategies and
05/2015 – 06/2015	Kosova	GIZ (Deutsche Gesellschaft für Internationale Zusammenarbeit) & Kosovar Stability Initiative	Program Observer/Mo nitoring	Attended training to consolidate knowledge and skills of the monitoring instruments: training observation sheet, test administration standards and classroom observation instrument and new guidelines/instructions provided by GIZ; Observe the process of teachers work and the administration of the test for grades 1-9 Report to the GIZ & Kosovar Stability Initiative on the monitoring process.

Teaching activities

Psychological Counselling (2019 - present); Cognitive Behavior Psychotherapy (2019 - present); Assessment Methods, Neuropsychological Assessments and Interventions (2019 - present); Family Psychotherapy (2019-present), Clinical Practicum (2019 - present); Advanced methodology in scientific research (2019-2021); Test Development (2019 - present).

Professional Trainings and Certifications

DATEFROM-TO	INSTITUTION	TRAINING/PROGRAM
2022 – Present	Diakonie Center, Mitrovice, Kosova	Specialization in Trauma-Therapy
2023	Institute of Southeast Europe for Health and Social Policy	International Conference of Health Sciences - Presenter
2022	Heimerer College and Institute of Southeast Europe for Health and Social Policy	The 13th International Symposium of Health Sciences
2021	Heimerer College and Institute of Southeast Europe for Health and Social Policy	The 12th International Symposium on Health Sciences
2020	Heimerer College	Teaching methods and assessment according to "Blended Learning" & Student tutor engagement
2020	Heimerer College	Compilation of tests according to Bloom's Taxonomy
2020	Heimerer College and Institute of Southeast Europe for Health and Social Policy	The 11th International Symposium of Health Sciences
2019	SOS Childrens Village Kosova and SOS Kinderdorf International	Policy for child protection
2019	The Foundation for Special Education and Rehabilitation	ABA Therapy and Special Education
2019	Turkish Cooperation and Coordination Agency-TIKA	Special Education Seminars
2019	Save the Children and Action for Mothers and Children's	Positive Discipline in Daily Parenting
2015	European Union and Council of Europe	Workshop for Psychologists on Returnee Children

Language Skills

Indicate competence on a scale of 1 to 5 (5 – excellent; 1 – basic)

LANGUAGE	SPEAKING	READING	WRITING
Albania	Mother tongue		
English	5	5	5

Current Research Projects

- Effectiveness of a new injury prevention program 'FUNBALL' for reducing injuries in young football (soccer) players: a cluster-randomized controlled trial
- Cognitive-motor dual tasks in soccer;
- Cognitive performance of 447 young football players: An analysis of variables influencing the results.

List of publications

- Meha, R., Obërtinca, R., aus der Fünten, K., Kai, L., & Schaefer, S. (2024). A new injury prevention program 'FUNBALL' improves cognitive performance of young football (soccer) players: A cluster randomized controlled trial. *Psychology of Sport and Exercise*, 102743.
- Obërtinca, R., Meha, R., Hoxha, I., Shabani, B., Meyer, T., & Aus der Fünten, K. (2024). Efficacy of a new injury prevention programme (FUNBALL) in young football (soccer) players: a cluster-randomised controlled trial. *British journal of sports medicine*.
- Hysenaj, A., Leclère, M., Tahirbegolli, B., Kuqi, D., Isufi, A., Prekazi, L., ... & Meha, R. (2024). Accuracy and Speed of Emotion Recognition With Face Masks. *Europe's Journal of Psychology*, 20(1), 16-24.
- Obërtinca R, Hoxha I, Meha R, et al. Efficacy of multi-component exercise-based injury prevention programs on injury risk among footballers of all age groups. A systematic review and meta-analysis. *Sports Med* (2023).
- Leclère M, Hysenaj A, Meha R, et al. The impact of information about COVID-19 on the endocrine stress system and cognitive distortions [published online ahead of print, 2023 Jan 20]. *Horm Metab Res*. 2023;10.1055/a-1997-0550. doi:10.1055/a-1997-0550
- Galloopeni, F., Meha, R., Kadrijaj, E., Maliqi, L., Hoxha, E., Kosumi-Dermaku, B., & Isufi, A. (2023). Impact of Infodemic on Older People Mental Health during the COVID-19 Pandemic. *International Journal of Gerontology*, 17(2), P114-P118. [https://doi.org/10.6890/IJGE.202304_17\(2\).0007](https://doi.org/10.6890/IJGE.202304_17(2).0007)