

**DR. ELISAVETA V. PAVLOVA PhD, CEDS, MS, IE-Pro, EDIT-I**

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**PROFILE**

- More than 12 years of experience in working at individual psycho-educational counseling face to face, online therapy, counseling parents and leading groups for eating disorders (ED), and related fields and conditions such as anger and emotions management, anxiety, depression, stress management, career counseling, life coaching, conflicts resolution, problem-solving, interpersonal relationships and communication skills, binge and emotional eating, self-esteem, and body image
- 90 hours Counseling & Active Listening Training at Peer Support Program in Concordia, Canada
- Active listening and problem-solving phone counseling training at Tel-Aide Montreal, Canada
- Trained in internet-delivered cognitive behavior therapy (iCBT) in clinical practice. This program provides a cognitive-behavioral model of emotional well-being and strategies that clients can use to manage the symptoms of stress, anxiety, and depression; which program is accredited by Accredited Professional Development or Continuing Professional Development (CPD)
- Extensive experience in online counseling for 7 Cups, Onlinetherapy.org, and Just Answer
- Partnering Clinician for THIS WAY UP internet-delivered cognitive behavior therapy platform

**EDUCATIONAL EXPERIENCE**

**PhD in Psychology** with research in the field of Eating Disorders (ED) 2017

Faculty: Medical Psychology and Psychiatry  
Medical University, Varna, Bulgaria, Europe

**Dissertation:** "Evaluation and Validation of Methods for Screening of **Eating Disorders (ED)**"

**MS: Master in Counseling Psychology** 2012-2013

Faculty: Psychology  
Free Varna University, Varna, Bulgaria, Europe

**Dissertation:** **Eating Disorders (ED)**-Essence, prevention, management, and treatment

**BA: Double Major in Psychology and Human Relations** 2006-2009

Faculty: Psychology and Applied Human Sciences  
Concordia University, Montreal, Quebec, Canada

**CERTIFICATES/ LICENSES**

**Certified Intuitive Therapist for Eating Disorders- EDIT-I, USA** Jan. 2021

**CEDS- Certified Eating Disorders Specialist, license #3737, IAEDP, USA** May 2016

**Certified Professional Counsellor for Intuitive Eating, Intuitive Eating Pros, USA** June 2014

**PROFESSIONAL EXPERIENCE**

**Author of educational courses, Trainer and Lecturer – UNIKAL Online Institute** 2013- presently

**Founder/President** of First Bulgarian Association for ED, and UNIKAL Online Institute 2011-presently initiation, management, coordination, supervision, and personal involvement in all the campaigns, informative, educational, and prevention types of eating disorders initiatives, projects, webinars, and events.

**Counseling Psychologist** in outpatient setting-private practice 2011-presently offering counseling, therapy, information, and psychological support to ED sufferers and parents/ siblings/ friends and relatives of them both: face-to-face and in an online format

**ED Counselor and Group Leader**, ANEB Quebec, Canada 2008 - 2010

- Conducted admission interviews and assessments for the potential support group participants
- Implemented a Psycho-Educative Program while actively listening and helped participants to Develop interpersonal abilities
- Introduced an array of strategies and tools to help participants express and manage their personal Situations more effectively
- Facilitated discussions about interpersonal issues and communication skills
- Made presentations at various events and organized company conferences and seminars
- Led open groups for ED sufferers, as well as, support groups for parents of ED sufferers

## **REPRESENTATIVE PUBLICATIONS**

1. PhD Dissertation: "**Evaluation and Validation of Methods for Screening for Eating Disorders(ED)**", Medical University Varna, Department in Medical Psychology and Psychiatry March 2017
2. Paper "**Risk factors for eating disorders**" International Science Conference VFU, June 2016
3. Article in the magazine Clinical Psychology: "**Over some aspects of eating disorders**" May 2016
4. Paper "Early detection for eating disorders and some risk factors" for 26-the Annual Assembly of International Medical Association Bulgaria (IMAB) May 2016
5. Paper "**ED- prevention and negative body image**"-X National Psychological Conference April 2016
6. National Scientific-Practical Conference for Psychology, Report: **Review on ED prevention with a program based on the cognitive-dissonance** May 2015
7. XIII International Science Conference, Paper "**ED: a study on disordered eating habits and negative body image among students age 12 to 15 years old**" June 2014
8. National Scientific-Practical Conference for Psychology; Paper"**ED- DSM-V Diagnostic changes since 2013.**" May 2014
9. Master Dissertation: "**Eating Disorders (ED)-Essence, prevention, management and treatment**" 2013

## **HONORS/ACHIEVEMENTS/ORGANIZATIONS:**

- **Member of the International Board Advisory Committee** B iaedp™ Foundation Sept. 2023-presently
- **iaedp™ Board Member**, as part of the International Chapter of the organization Dec.2020-presently
- **Special Award of Recognition** from iaedp™ for the pioneering work with ADII certificate Jan. 2020
- **Professional Partner**-World Health Organization) Global Clinical Practice Network Sept. 2018-presently
- **Special Educational Partnership** for the Educational Designation of iaedp™ Sept. 2016-presently
- **Member and Chairperson of the International Chapter** (in Bulgaria) of International Association of Eating Disorders Professionals- iaedp™, USA May 2016-presently
- Member of the **Intuitive Eating Professionals** Online Community, USA June 2014-presently