

## Europass Curriculum Vitae

### Personal information

First name(s) / Surname(s)	<b>Milena Ćuk</b>
Address(es)	Teodora Pavlovića 8, 21000 Novi Sad, Serbia
Telephone(s)	Mobile: +381638053289
Web site	www.licnirazvoj.com
E-mail	kontakt@licnirazvoj.com
Nationality	Serbian
Date of birth	26 <sup>th</sup> of March 1976.
Gender	Female

### Occupational field

**Mental health, human rights, personal and community development. Milena Cuk has been involved in human rights issues for ten years, predominantly in the field of social rights of marginalized and/or vulnerable groups of people, such as Roma, emotionally disturbed, youth, women victims of violence etc.**

### Work experience

Dates	June 2006 – to date
Occupation or position held	Coach, trainer of assertiveness, psychological counsellor, psychotherapist under supervision
Main activities and responsibilities	Individual coaching and/or counselling. Running assertiveness training (group sessions based on cognitive-behavioural methodology). Psychological-creative workshops (group sessions based on the group therapy and art therapy methodology).
Name and address of employer	Free-lance coach

Type of business or sector	Private
Dates	2009 – to date
Occupation and position held	Trainer, Program Coordinator
Main activities and responsibilities	From 2009 till 2012 contribution to the regional project Online radio Elektrana. From 2013 engaged there as a trainer in Youth in Action training courses (EU program for non-formal education in the field of youth; from 2014 named Erasmus +). From 2014 program coordinator and legal representative responsible for development of the organization, new projects and cooperation with similar CSOs and initiatives.
Name of the employer	
Type of business or sector	Elektrana - Center for Development of Electronic Art and Culture
Dates	NGO
Occupation and position held	June 2010 - to date
Main activities and responsibilities	Professional associate
Name of the employer	Part time engagement mainly in professional activities such as counselling women victims of violence, assertiveness training for women; research, supervision, monitoring and evaluation, writing reports and recommendations.
Type of business or sector	Center for Support of Women, Kikinda
Dates	NGO
Occupation and position held	January 2010 - to date
Main activities and responsibilities	Professional associate
Name of the employer	Part time engagement in different project-based activities such as primary and secondary research (policy and legal research, field research, needs assessment etc.); psychological support to Roma students within Romaversitas program (both individual and group sessions); writing reports and recommendations.
Type of business or sector	Vojvodinian Roma Center for Democracy, Novi Sad
	NGO

Dates	March 2006 - January 2010
Occupation or position held	Trainer of Assertive Communication Project coordinator (projects related to Roma inclusion in education) Coordinator of voluntary program
Main activities and responsibilities	Promotional, organizational and preparation activities. Running the training. Planning, organizing and coordinating project activities; evaluating and making recommendations for future work; data processing and writing reports; establishing contacts and developing links with local/regional/national stakeholders; legal and policy research; advocacy; promoting project activities through the media; organizing and leading meetings and trainings; preparing publications and promotion material; participating in conferences and seminars; recruiting and selecting volunteers; organizing voluntary work with users etc.
Name of the employer	Novi Sad Humanitarian Center, Novi Sad
Type of business or sector	Private NGO
Dates	April 2004 – April 2007 June 2006 - present
Occupation or position held	Trainer of Assertive Communication Volunteer, coordinator of Development Team; member of Supervisory Board
Main activities and responsibilities	Promotional, organizational and preparation activities. Running the training. Giving support to emotionally distressed people; participating in selection and training of new volunteers; fundraising; organizing public events for promotion of importance of mental health; public relations; networking with experts/activists in this field; making a strategic plan for development of the organization and implementation of planned activities etc. Initiator and leader of the campaign "Talk help" for prevention of self-destructive behavior among the young; founder of the Development Team.
Name of the employer	Center for emotional support and suicide prevention „Srce“, Novi Sad
Type of business or sector	Private NGO
<b>Education and training</b>	
Dates	September 2013 – September 2017 (expected)
Title of qualification awarded	Integrative art psychotherapist
Principal subjects/occupational skills covered	Theory and practice related to the main psychotherapy schools and approaches (Psychoanalysis, Gestalt, Transactional Analysis, Client centred therapy, Body-oriented therapy, Group psychotherapy, Art therapy etc.). Working under supervision with clients and groups. Personal therapy of the students. Supervisor: Snezana Milenkovic, Phd, holder of the national and European Certificate for Psychotherapy
Name and type of organisation providing education and training	Serbian Society for Integrative Art Psychotherapy, Belgrade, Serbia
Level in national or international classification	National and European license for psychotherapy
Dates	November 2010 – November 2011
Title of qualification awarded	Regional MA Degree in Human Rights and Democracy in South East Europe
Principal subjects/occupational skills covered	Philosophy of human rights; Democracy and democratization process; Ethnicity, nationalism and religion; Economical, social and cultural rights; Protection mechanisms of human rights (UN, CoE, EU and OSCE system). Thesis title: Roma Parents as Partners: towards Improving Access to Quality Education for Roma Children. Supervisor: professor Anna Krasteva
Name and type of organisation providing education and training	Center for Interdisciplinary Postgraduate Studies - gathered program of the University of Sarajevo and University of Bologna
Level in national or international classification	MA

Dates	1995-2003																														
Title of qualification awarded	Add separate entries for each relevant course you have completed, starting from the most recent. (remove if not relevant, see instructions) Honors Degree in Psychology Regional MA Degree in Human Rights and Democracy in South East Europe																														
Principal subjects/occupational skills covered	General Psychology, Social Psychology, and development Psychology; Mental Health Psychology; Higher Education Psychology; School Psychology; Statistics in Psychology; Psychology of Psychotherapy; EU Law; OSCE systems; Thesis title: Roma parents as mothers: towards improving access to quality education of Roma children Cognitive Content for Depression and Anxiety among Students. Supervisor: professor, Miroslav Bilo																														
Name and type of organisation providing education and training	Faculty of Philosophy, University of Novi Sad																														
Level in national or international classification	MA VII level /4 years (national classification at the time a degree is obtained)																														
<b>Personal skills and competences</b>																															
Mother tongue(s)	<b>Serbian</b>																														
Other language(s)																															
Self-assessment																															
<i>European level (*)</i>																															
<b>English</b>																															
<b>German</b>																															
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	C1		C1		C1		C1																								
	A2		A2		A2		A2																								
	(*) <i>Common European Framework of Reference for Languages</i>																														
Social skills and competences	<ul style="list-style-type: none"> <li>Active listening - a skill gained through a training (30h) in February - April 2004 organized by Centre "Srce" for becoming a volunteer in this organization; improved later through practical experience.</li> <li>Assertive communication and emotional intelligence – gained in March – May 2006 through instructive course (40 hours) to become certified Assertiveness Trainer; as well as through seminar (30 hours) in Behavioral, Cognitive - Behavioral, and Rational Emotive Behavioral Therapy (March – May 2001); improved later through practical experience. As a student in Integrative Art Psychotherapy, I am constantly working on my personal development.</li> <li>Multi-cultural understanding; problem solving; friendly, patient and sensitive; strong referential values of fairness and dignity; willingness to always learn more; creativity and innovation.</li> </ul>																														
Organisational skills and competences	High level of professionalism and personal integrity; responsible and reliable; analytical skills; organizational skills; project management; critical thinking.																														
Computer skills and competences	High level proficiency in using Microsoft Office and web resources; basic knowledge of using SPSS package (Statistical Package for the Social Sciences); solid knowledge of using sound applications (Virtual DJ; SAM Broadcaster; Sound Forge)																														
Artistic skills and competences	Writing short stories; mosaics making; ceramics and jewellery; drawing.																														

## Other skills and competences

- Experience in preparation and carrying out training courses with different target groups and for different purposes.
- Experience in conducting both primary and secondary research: desk research, stakeholder analysis, legal and policy analysis, using different techniques for data gathering (questionnaires, interviews, focus groups). Data processing and analysis.
- Experience in conducting face to face interviews for different purposes (research; selection process for volunteers or job applicants). Conducting interviews with vulnerable groups such as victims of violence, migrants etc., gained through experience of working with vulnerable groups but also through the course (20h) Life Stories and Dialogues by Centre for Interdisciplinary Postgraduate Studies of the University of Sarajevo (February - March 2011).
- Experience in leading a process of making local action plans – responsible for making 9 local action plans for the improvement of Roma access to education in province of Vojvodina. This process includes collecting relevant data from the field, policy and legal research, stakeholder analysis, establishing contact with relevant local actors, meetings facilitation with the local actors, integration of all data and suggested measures in the final paper.

## Additional information

- In 2014 started initiative for creating creative hub NEWkNOW in Novi Sad <http://newknow.info/>
- In 2013 created a web portal ([www.licnirazvoj.com](http://www.licnirazvoj.com)) and Facebook page ([https://www.facebook.com/licnirazvoj.novisad?ref=stream&hc\\_location=stream](https://www.facebook.com/licnirazvoj.novisad?ref=stream&hc_location=stream)) Licni razvoj (Personal development) aimed at promoting concept of personal growth and development
- In 2011 and 2012 active member of the Initiative for the Social Centre in Novi Sad, a social movement fighting for a public space and the right to the city
- Member of the Association Alumni of the Center for Interdisciplinary Postgraduate Studies (ACIPS) based in Sarajevo as a non-governmental association of experts in the fields of EU integration processes, democracy, human rights, state management and humanitarian affairs, gender studies and religious studies
- In September – October 2009 rewarded as a participant of a 3 week program: International Visitor Leadership Program of the US Department of State, within the program title "NGOs and Civic Activism". The aim of the program was to introduce us to innovative management strategies of US NGOs (particularly advocacy organizations champion a social or political agenda)
- In 2009 member of the Board for Roma integration of the city of Novi Sad
- Co-researcher on the project Monitoring of the social policy in Serbia for the area women victims of violence implemented by Center for Support of Women and Autonomous Women's Center funded by Norwegian Embassy (2013)
- Researcher on the needs assessment study related to the system of support for Roma students and their needs in Nis and Kragujevac. Implemented by Vojvodinian Roma Center for Democracy, funded by Roma Education Fund (REF), (2012)
- Researcher on the project Situation of the Women in Sports in Vojvodina (Center for Support of Women, 2010). Available at <http://www.podrska.org.rs/pubs/ZeneSportMsve%5B2%5D.pdf>
- Editor of the policy paper: Recommendations for the Improvement of Accessibility and Quality of Basic Education for Roma Girls (CARE Serbia and Novi Sad Humanitarian Center, 2009). Available at <http://www.care.rs/wp-content/uploads/2010/05/policyromagirls.pdf>
- Editor of the publication: Education against Poverty: Advocacy Initiative for Roma Inclusion in Educational System (Novi Sad Humanitarian Center, 2009). Available at [http://www.nshc.org.rs/pdf/obrazovanjem\\_protiv\\_siromastva.pdf](http://www.nshc.org.rs/pdf/obrazovanjem_protiv_siromastva.pdf)
- Editor and author of several texts in the publication Self-destructive Behavior Among Youth - A Guidance for Prevention (Novi Sad Humanitarian Centre, 2010)
- Co-editor and author of one text in publication Mental Health (Novi Sad Humanitarian Centre and Caritas, 2009). Available at <http://savetovaliste.nshc.org.rs/Mentalno%20zdravlje%2011%20komplet.pdf>
- Editor of the periodical bulletin *A Word More* with the subjects: Inclusive Education; Activism and Voluntarism among Youth; Non-formal and Life-long Learning; Problems and Needs of the Young - editor and author of several texts (2007) available at <http://www.nshc.org.rs/welcome/publikacije?page=2>
- Talk Helps - editor and author of the brochure informing about the campaign for prevention of self-destructive behavior among youth (2006) <http://www.centarsrce.org/images/stories/SRCE/pdf/brosura.pdf>
- References supplied on request