# **CURRICULUM VITAE**

1. Family name: Makhashvili

2. First name: Nino

3. Nationality: Georgian

# 4.. Education:

| Institution                               | Degree(s) or Diploma(s) obtained:              |  |
|---|--|--|
| (Date from - date to)                     |  |  |
| Tbilisi State Medical Institute - 1977-   | Diploma of Medical Doctor                      |  |
| 1983                                      |  |  |
| Tbilisi Institute of Psychiatry - 1983-   | Diploma of Psychiatrist                        |  |
| 1984                                      |  |  |
| Moscow Institute of Postgraduate          | Certificate of Psychotherapist                 |  |
| Education for Doctors – advanced          |  |  |
| course in Psychotherapy - 1993            |  |  |
| State Licensing Agency – 2000-2005;       | License of Psychiatrist                        |  |
| 2006- 2011.                               |  |  |
| Catania Institute of Supervision, Berlin, | Clinical, case, team, group and organizational |  |
| Germany – 2012-2014                       | Supervisor                                     |  |



| Ilia State University, 2011-2015<br>Healthcare Policy and Managemen<br>Program, School of Business | PhD Degree in Public Health (summa cum laude) |
|--|---|
|--|---|

#### **7.** Language skills: (1 – excellent; 5 – basic)

| Language | Reading | Speaking | Writing |
|----------|---------|----------|---------|
| Georgian | native  | native   | native  |
| Russian  | good    | good     | good    |
| English  | good    | good     | good    |

#### 8. Expert positions:

Journal **BMC Psychology** - Editorial Board member since 2023

Journal Cambridge Prisms: Global Mental Health - Editorial Board member since 2023.

Association for Slavic, East European, and Eurasian Studies (ASEEES) - member since 2023.

World Psychiatrists Association (WPA) Task Force on Minimizing Coercion in Mental Health Care – member, since 2019.

Mental Health expert of World Health Organization (WHO) – since 2014

Member of World Health Organization's (WHO) Global Clinical Practice Network (GCPN) – since 2016

Mental Health Consultant at Council of Europe/Georgia – since 2016

Member of WPA Committee on Torture Prevention – since 2016

Member of Consultancy Council of National Prevention Mechanism of OPCAT – since December 2014

Chairperson of Georgian Society of Supervision and Coaching – since 2015

Mental Health expert of the Council of Europe (Pompidou Group) – since 2015

Board member of Alliance for Better Mental Health – since 2014

National Mental Health Expert - member of NPM under OPCAT - January 2010 - December 2014

European Journal of Psychotraumatology (EJPT) – Editorial Board member (2011-2016)

Member of National Inter-Agency Coordination Council on Criminal Justice Reform – since 2009

ComPsych Corporation (Chicago, IL, USA) - Expert of the network of mental health consultants - since 2009

Council Member of International Society on Health and Human Rights (ISHHR) - 2008 - 2014

Expert of the Consultative Council on Mental Health to Healthcare and Social Affairs Committee, Parliament of Georgia – since 2008 Member of Advisory Committee to Ministry of Labor, Health and Social Affairs of Georgia – since 2007

#### 9. Awards:

Honorary Member of World Psychiatrists Association (WPA) – October 2020

A special award from the Ministry of Penitentiary and Probation of Georgia: "A Part of Progress" (2013)

#### 10. Present positions:

Associate Professor of Healthcare, Faculty of Business, Technology and Education, Ilia State University (since April, 2017)

Head of Mental Health Resource Center at Ilia State University, Tbilisi (since 2011)

Head of MA program on Mental Health, School of Arts and Sciences, Ilia State University (since 2012)

Co-director of International PhD Program in Public Health, School of Natural Sciences and Medicine (since 2018)

Director of the Students' Psychological Counselling Center at Ilia State University (since March 2019)

Global Initiative on Psychiatry (GIP) -Tbilisi, director (since 2005)

Supervisor at the adolescent and young adult's mental health and addiction services 'Club Synergy' - Tbilisi and Batumi (since April, 2019)

Expert, Research Department, Curatio International Foundation, Tbilisi (since September 2013)

- 11. **Key Qualifications**: MD, Psychiatrist; PhD., Public Mental Health; Human Rights Expert; Senior Trainer; Supervisor (clinical, case, team, organizational supervision)
- 12. Other relevant information (counselling, trainings, publications, etc.):

### Counselling:

Providing counselling and psychotherapy sessions to clients through professional networks, as ComPsyc Corporation (<a href="http://www.compsych.com/">http://www.compsych.com/</a>). Working with individuals and families.

### Trainings:

Wide experience in conducting trainings, Training of Trainers (ToT) and seminars with different MH professionals and non-professionals. e.g.:

- Medical doctors, psychologists, psychiatrists, nurses, social workers, human rights lawyers, etc. in human and patients' rights, ethical issues, torture, traumatic stress, complicated grieving, crisis intervention and conflict management, psychosocial rehabilitation approaches; staff care and group supervision, professional burnt-out prevention, organizational development, research methods, etc.
- Teachers and educators, incl. administrative staff of schools—on organizing psychosocial help and support; crisis- intervention strategies for schools; creative classroom; sex-education; special needs education; juvenile delinquency, etc.
- The most recent series of Training of Trainers (ToT) on WHO mhGAP-Intervention Guide was delivered to specialists from Central Asia countries Uzbekistan, Kyrgyzstan, Kazakhstan (2019); also in Caucasus countries: Armenia (2021-2023), Georgia (2020-2022), Azerbaijan (2022-2023).

### Supervision:

- Conducting group and individual clinical, team, organizational supervision with therapists since 2005.
- Leading inter-vision sessions with Multidisciplinary teams (MDTs) since 2000

#### 13. Publications:

#### Selected articles/papers/chapters/letters

Jana Javakhishvili, Nino Makhashvili, Petr Winkler, Nicole Votruba, Robert van Voren. Providing immediate digital mental health interventions and psychotrauma support during political crises. *Lancet Psychiatry*. Published: June 28, 2023. DOI: <a href="https://doi.org/10.1016/S2215-0366(23)00120-7">https://doi.org/10.1016/S2215-0366(23)00120-7</a>

Grainne McGinty, Robert Fox, Bayard Roberts, Nino Makhashvili, Jana D. Javakhishvili & Philip Hyland (2023) Post-traumatic Stress Disorder, Complex Post-traumatic Stress Disorder, and Coping Styles among Internally Displaced Ukrainians, *Journal of Loss and Trauma*, DOI: 10.1080/15325024.2023.2217002

Rahel Bachem, Nino Makhashvili, Andreas Maercker, Jana Darejan Javakhishvili, Anaïs Aeschlimann, Ketevan Pilauri, Tekla Latibashvili, Yafit Levin, and Natia Shengelia. University Students' Life Stressors and Mental Health in Georgia and German-Speaking Switzerland. *International Perspectives in Psychology.* Published Online: February 28, 2023. <a href="https://doi.org/10.1027/2157-3891/a000067">https://doi.org/10.1027/2157-3891/a000067</a>

Nino Makhashvili, Ketevan Pilauri, Amy Mulick, Jana Darejan Javakhishvili, Lela Sturua, Daniela C. Fuhr, Bayard Roberts. Changes in mental health needs during the COVID-19 in the Republic of Georgia: a longitudinal follow-up study. *Clinical Practice & Epidemiology in Mental Health.* 2022, *18*, e174501792208100. DOI: 10.2174/17450179-v18-e2208100

Makhashvili, N., Javakhishvili J.D., & van Voren, R.(2022). A need for Coordinated Mental Health and Psychosocial Care for addressing Consequences of the Brutal War in Ukraine. *Mental Health & Human Resilience International Journal*. Vol.6 Issue 2. DOI: 10.23880/mhrij-16000190

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Nino Makhashvili, Jana Darejan Javakhishvili, Ivdity Chikovani, Rhys Bevan-Jones, Maia Uchaneishvili, Ketevan Pilauri, Natia Shengelia, Nutsa Marjanishvili, Lela Sulaberidze, Keta Sikharulidze, Bayard Roberts & Jonathan Bisson (2022). A transdiagnostic psychosocial prevention-intervention service for young people in the Republic of Georgia: early results of the effectiveness study, *European Journal of Psychotraumatology*, 13:1, DOI: 10.1080/20008198.2022.2060606

Mark Shevlin, Philip Hyland, Thanos Karatzias, Nino Makhashvili, Jana Javakhishvili, Bayard Roberts. The Ukraine Crisis: Mental Health Resources for Clinicians and Researchers. *Journal of Traumatic Stress*. First published: 02 April 2022. <a href="https://doi.org/10.1002/jts.22837">https://doi.org/10.1002/jts.22837</a>

David James Cantor, Jina Swartz, Roberts Bayard, Aula Abbara, Alastair Ager, Zulfiqar A. Bhutta, Karl Blanchet, Derebe Madoro Bunte, JohnBosco Chika Chukwuorji, Nihaya Daoud, Winifred Ekezie, Cecilia Jimenez-Damary, Kiran Jobanputra, Nino Makhashvili, Diana Rayes, Maria Helena Restrepo-Espinosa, Alfonso J. Rodriguez-Morales, Salami Bukola, James Smith. Understanding the health needs of internally displaced persons: a scoping review. *Journal of Migration and Health*, 2021, 100071, ISSN 2666-6235. <a href="https://doi.org/10.1016/j.jmh.2021.100071">https://doi.org/10.1016/j.jmh.2021.100071</a> (https://www.sciencedirect.com/science/article/pii/S2666623521000386)

Makhashvili, N., Javakhishvili, J.D., Sturua, L. Fuhr, D. & Roberts, B. The influence of concern about COVID-19 on mental health in the Republic of Georgia: a cross-sectional study. *Global Health* **16,** 111 (2020). <a href="https://doi.org/10.1186/s12992-020-00641-9">https://doi.org/10.1186/s12992-020-00641-9</a>

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Annett Lotzin, Elena Acquarini, Dean Ajdukovic, Vittoria Ardino, Maria Böttche, Kristina Bondjers, Maria Bragesjö, Małgorzata Dragan, Piotr Grajewski, Margarida Figueiredo-Braga, Odeta Gelezelyte, Jana Darejan Javakhishvili, Evaldas Kazlauskas, Matthias Knefel, Brigitte Lueger-Schuster, Nino Makhashvili, Trudy Mooren, Luisa Sales, Aleksandra Stevanovic & Ingo Schäfer (2020) Stressors, coping and symptoms of adjustment disorder in the course of the COVID-19 pandemic – study protocol of the European Society for Traumatic Stress Studies (ESTSS) pan-European study, *European Journal of Psychotraumatology*, 11:1, DOI: 10.1080/20008198.2020.1780832

Anu Ramachandran, Nino Makhashvili, Jana Javakhishvili, Andriy Karachevskyy, Natalia Kharchenko, Marina Shpiker, Nadine Ezard, Daniela C Fuhr, Bayard Roberts (2019). Alcohol use among conflict-affected persons in Ukraine: risk factors, coping and access to mental health services, *European Journal of Public Health*, ckz117, <a href="https://doi.org/10.1093/eurpub/ckz117">https://doi.org/10.1093/eurpub/ckz117</a>

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Cheung, A., Makhashvili, N., Javakhishvili, J., Karachevsky, A., Kharchenko, ., Shpiker, M., Roberts, B. Patterns of somatic distress among internally displaced persons in Ukraine: analysis of a cross-sectional survey. *Soc Psychiatry Psychiatr Epidemiol* (2019). https://doi.org/10.1007/s00127-019-01652-7 PMID: 30805693

Ingo Schäfer, Manoëlle Hopchet, Naomi Vandamme, Dean Ajdukovic, Wissam El-Hage, Laurine Egreteau, Jana Darejan Javakhishvili, Nino Makhashvili, Astrid Lampe, Vittoria Ardino, Evaldas Kazlauskas, Joanne Mouthaan, Marit Sijbrandij, Małgorzata Dragan, Maja Lis-Turlejska, Margarida Figueiredo-Braga, Luísa Sales, Filip Arnberg, Tetiana Nazarenko, Natalia Nalyvaiko, Cherie Armour & Dominic Murphy (2018) Trauma and trauma care in Europe. *European Journal of Psychotraumatology*, 9:1, DOI: 10.1080/20008198.2018.1556553 PMCID: PMC6319458

Rosa Izquierdo, Nino Makhashvili, Boris Drožđek, and Thomas Wenzel. 2018. Mental Health and Well-being of the Staff Supporting Refugees: How to Deal with Risks? In: Thomas Wenzel & Boris Drožđek (editors). *An Uncertain Safety. Integrative Healthcare for the 21st Century Refugees.* Springer Publishers, New York

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Nino Makhashvili, Ivdity Chikovani, Martin McKee, Jonathan Bisson, Vikram Patel, Bayard Roberts (2014). Mental Disorders and their Association with Disability among Internally Displaced Persons and Returnees in Georgia. *Journal of Traumatic Stress.* Vol. 27, Issue 5, pp 509–518. Article first published online: 16 OCT 2014 DOI: 10.1002/jts.21949 PMCID: PMC4496794

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Makhashvili, N. (2005). Refugees and Healing: Possible Barriers *in European Psychiatry*. eds: H. Saß, M. Ackerheil and H.J. MÖller. Vol.20 –Suppl.1 – p.S69. Elsevier.

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### Research reports

Makhashvili, N., Jalagania L., Mujirishvili, T. (2022). *MASC: Mental health care: Adverse Sequelae of COVID-19: Georgia.* MASC Collaboration.

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Volkan, V., Makhashvili, N., Sarjveladze, N.& Vahip, I. (2002) *Gender Issues and Family Violence: Public Awareness and Services to Victims*. IREX Black and Caspian Sea Collaborative Research Program, Turkey.

# Books, monographies - editor/author/co-author

Nino Makhashvili & Ketevan Silagadze. 2023. *A Practical Guide to Pressing Mental Health Issues for Specialists Working in Criminal Justice System.* (in Georgian) CoE. Tbilisi.

Nino Makhashvili & Lela Tsiskarishvili /eds/, 2021. Trauma, Its Nature and Ways to Recovery. GCRT. Tbilisi

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Makhashvili, N. (Ed.) (2005). Exploring Torture. GCRT. Tbilisi (Georgian, Russian and English languages)

Makhashvili, N. (Ed.) (2005). What should we know about torture? GCRT. Tbilisi (in Georgian)

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https://faculty.iliauni.edu.ge/business/nino-makhashvili/?lang=en

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