

Curriculum Vitae

Personal Data:

Name: Ivika Born
Birth date, place of birth: 31-st of October 1972, Estonia, Tartu
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Education:

2010 – 2012 **Tallinn University** – Faculty of Psychology
Master’s Thesis: ‘Relations between Personality Traits and Attention Centred Cognitive Abilities of a Sample of Applicants Applying to Enrol to the Estonian Aviation Academy’

2008 – ... **Scandinavian Gestalt Institute GIS (Denmark)**
Training Program – Clinical Gestalt Psychotherapist

2007 - 2010 **Academy Nord** – Faculty of Psychology

1991 - 1999 **University of Tartu** – Faculty of Economics and Business Administration

1980 - 1991 **Tartu 14th Secondary School**
additional information: silver medal

Additional training (traffic psychology):

2013 Estonian Police and Border Guard Board, DEKRA, Rehabilitation of repeat offender drivers based on international experience

2012 Estonian Police and Border Guard Board, DEKRA, Drink-driving: Sanctions and rehabilitation in the example of the EU

2011 DEKRA, TTK University of Applied Sciences
Verkehrspsychologische Interventionsmaßnahmen zur Verhaltensänderung auffälliger Kraftfahrer II

2011 DEKRA
Verkehrspsychologische Interventionsmaßnahmen zur Verhaltensänderung auffälliger Kraftfahrer I

Work Experience:

08.2013 – still working **Estonian Entrepreneurship University of Applied Sciences**
lecturer of psychology
Psychology-based lectures (cognitive psychology, communication psychology and personal & social psychology).

08.2011 – still working

Estonian Traffic Behaviour Developing Centre (MTÜ Eesti Liikluskäitumise Arenduskeskus)
member of the board, traffic psychologist
Group and individual traffic psychology counselling.

Involvement in the development of the 'KOJU' follow-up training programme on traffic psychology prepared in cooperation with representatives of the German Society for Traffic Psychology, as a result of which follow-up psychological training will be conducted in Estonia with drivers charged with driving under the influence of drugs or alcohol and drivers exhibiting general risk behaviour.

08.2009 – 08.2011

United Safety Consultants (MTÜ Turvakonsultantide Ühendus)
psychological consultant, trainer

Development of training projects and conducting of training courses.

Delivery of a presentation on the 'Preparing adolescents to understand the dangers of alcohol and driving' study conducted as part of the 'Clear picture...!?' risk behaviour training course conducted for Estonian secondary school students. Delivered at the international traffic psychology congress 'Fit to Drive 2009'.

02.2008 – still working

CV-Online Estonia OÜ
recruitment consultant, career counsellor

Conducting a recruitment process: interviewing, psychological tests and assessing, conducting appraisals, career counselling, staff-related training.

Leading & conducting of 'Unemployed Club' and 'Jobseekers Club' training projects. Series of lectures and workshops on putting together CVs and on psychological self-help.

01.1997 – 02.2008

OÜ Neo Vara
manager

Planning and development of the company's financial activities, entering into contracts, document management and organisation of day-to-day work.

Language skills:

Estonian, English, Russian
understanding: German, Finnish

Publications and research-based guidance:

Meinhard, G., Born, I., Luuk, A. (2009), Preparing adolescents to understand the dangers of alcohol and driving. *Fit to Drive 4th International Traffic Expert Congress Tallinn 2009 Proceedings*. Kirschbaum Verlag, Bonn

Nickel, W.R., Meinhard, G., Born, I. (2009), *Fit to Drive 4th International Traffic Expert Congress Tallinn 2009 Proceedings*. Kirschbaum Verlag, Bonn

Meinhard, G., Schubert, W., text and presentation Luuk, A., Born, I. *et al.* (2011), Support material for participants in follow-up training. Pajo, Tallinn

Born, I., Matvere, R. (2010), *CV Meistriklass*. Äripäev, Tallinn

Articles published in the media on the topics of staff recruitment and the labour market.

I have edited Bachelor's theses and Master's theses defended at the Institute of Psychology of Tallinn University in the area of psychology; I have overseen a final work defended at the Police and Border Guard College of the Estonian Academy of Security Sciences on the topic: 'The need for follow-up training in order to influence traffic behaviour'.

Licences:

Test user licence, Tripod OÜ (2008)

Licence issued for the independent use, processing and interpretation of psychological tests.

Traffic psychology follow-up trainer's licence, Estonian Road Administration (2011)

Licence issued for the conducting of psychological follow-up training on the basis of the 'KOJU' programme for drivers charged with driving under the influence of drugs or alcohol and drivers exhibiting general risk behaviour.

Membership of Professional Organisations:

TPI (Traffic Psychology International), since 2012

Society of Estonian Gestalt Therapists, since 2011

Society of Estonian Career Counsellors, since 2010

Estonian Human Resource Management Association, since 2006

Supervision and Psychotherapeutic Practice:

Conducting individual and group therapy using the gestalt therapy method (personality development, psychological defence mechanisms hindering communication and addiction issues) and assisting multicultural groups (Estonian/Finnish/Swedish/Danish), PTO (Patient/Therapist/Observer) groups since 2008. Supervisors: Katrin Rosental (Estonian), Sue Congram (Great Britain).

Conducting group and individual counselling since 2011 for drivers charged with driving under the influence of drugs or alcohol and drivers exhibiting general risk behaviour.

Supervisors: Prof. Wolfgang Schubert (Germany), Dr. Birgit Kolbach (Germany).

Personal qualities:

Ability to empathise, listening skills, pro-active approach, balance, trustworthiness, analytical skills and willing to learn & work with others.

Interests and hobbies:

Sport, literature, art therapy and music (having studied piano for seven years).