

Malisa Zymberi

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Psychologist and mental health professional with 8+ years' experience supporting 400+ clients from diverse cultural backgrounds through confidential counselling, wellbeing support, life-stage coaching, and guidance through stress and transition. Trauma-informed and organisational psychology practice grounded in inclusion, safeguarding, and student wellbeing. Tutor at Catalyst, developing curriculum and learning materials to build confidence, resilience, and mental-health awareness. Creator of "Dear Anxiety" Card Deck (metaFox coaching tools) and published contributor to "The Power of Togetherness" (Taylor and Francis Group).



Work Experience

Tutor, MA Applied Creative Psychology

Sep 2026 - Present · 1 mo

Catalyst – Institute for Creative Arts and Technology

Berlin, Germany

- Design and deliver the curriculum for "Creative Leadership and Global Impact," a course within the MA in Applied Creative Psychology program. Responsible for **developing and maintaining course content and materials**, and **tutoring students** to help them grasp key concepts and build their skills throughout the course.

Mental Health Provider (Maven Clinic & Modern Health)

August 2023 - Present

- Provide **virtual mental health support** to employees of leading corporations such as Microsoft, Amazon, and DocuSign, as well as a diverse global clientele, **delivering accessible and confidential counseling** tailored to workplace challenges, fertility, parenting, and family care.
- Specialize in **life-stage-focused coaching and mental health support**, addressing transitions and fostering resilience in modern, dynamic environments.

Psychologist (UNHCR)

November 2019 - September 2022

- Redesigned and evaluated a **€500,000 psychosocial support project** at the end of each year, ensuring continued relevance, impact, and alignment with organizational goals and beneficiary needs.
- Guided the organization through periods of change, assisting teams in **adapting to new working systems, processes, and organizational structures** to ensure a **smooth transition and continued success**.
- Coordinated and organized annual NGO **anniversaries events, special events, trainings, and workshops**, ensuring **seamless planning and timely execution**, even under short deadlines.

Mental Health Provider (Icelandic Red Cross)

August 2018 - September 2019

- Led mental health-focused refugee integration initiatives, supporting diverse age groups in adapting to new communities and promoting emotional well-being through tailored programs.
- **Recruited, trained, and managed volunteers** for refugee support programs.
- Organized and helped coordinate regular events, trainings, and workshops.

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Products and Published Work

- “Dear Anxiety” Card Deck ([metaFox coaching tools](#)) *Published July 2025*
 - Currently designing a therapy product for identifying and tackling anxiety using a deck of cards.
 - Led end-to-end product design and management, overseeing all phases from conceptualization to deployment.
- The Power of Togetherness ([Taylor and Francis Group](#)) *Published September 2022*
 - Co-author to a chapter in Groupwork with vulnerable groups and Survivors of Human Rights Abuses, offering insights into mental health interventions, group and art therapy strategies for refugee populations.
- “Meet My Soul” Book ([UNHCR](#)) *Published June 2021*
 - Raised awareness to humanize refugees in the eyes of the beholder. Authored the book and coordinated every logistical step of development and publishing the product.
- Meaning-Making of War Experiences: Stories From Kosova ([SAGE Journal](#)) *September 2020*
 - Co author of a study published in the SAGE Journal, exploring the lived war experiences of three generations in Kosova. The study examined how different cohorts made meaning of trauma and its impact on resilience, offering valuable insights for mental health counselors, social workers, and policymakers working in post-conflict settings.
- “One Breath At A Time” Booklet ([UNHCR](#)) *Published June 2020*
 - Designed a physical and online product with the intent to help refugees identify their traumatic symptoms, and cope with the symptoms. Translated in 8 languages (Albanian, Serbian, English, Turkish, French, Arabic, Urdu, Hindi).
- The impact of Child - Parent relationship on children’s performance ([Bonevet](#)) *February 2019*
 - Led a study at BONEVET makerspace, analyzing how students' relationships with their parents impacted academic performance. The study involved 40 students and 45 parents, utilizing self-assessment, self-efficacy metrics, and parenting styles to derive actionable insights.

Education

- International Psychoanalytic University of Berlin *Present - 2024*
[Organizational, Transitional, Environmental Psychology and Promoting Health](#)
- University of Hasan Prishtina *Graduated 2017*
[Bachelor of Psychology](#)