

Dr. Valentina Tesky

Research area: Geriatric medicine

Main focus: Psychogeriatrics and Clinical Gerontology

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[Contact](#)

University Education

- 1999 – 2001: Law, Goethe University, Frankfurt am Main
- 2001 – 2007: Psychology, Goethe University, Frankfurt am Main
- 2007: Student assistant to Chair of Geropsychiatry, Goethe University Hospital, Frankfurt am Main
- 2007 – 2011: Doctoral candidate (scholarship recipient), Chair of Geropsychiatry, Goethe University Hospital, Frankfurt am Main
- 2009: Voluntary work in the residential and nursing home for senior citizens "Kurt-Steinbrecher-Haus" of the AWO-Frankfurt Workers' Welfare Association, Darmstadt-Eberstadt
- Since 2009: Freelance supervisor
- 2009 – 2010: Qualified psychologist working in social care at the residential and nursing home for senior citizens "Kurt-Steinbrecher-Haus" of the AWO-Frankfurt Workers' Welfare Association, Darmstadt-Eberstadt. Responsibilities included social care for patients on the dementia ward, head of a group of dementia patients' relatives, staff training

Professional Experience

- 2010 – 2011: Qualified psychologist at Center of Psychiatry, Goethe University Hospital, Frankfurt am Main. Responsibilities: Memory outpatient work, psychologist in wards specializing in geropsychiatry, addiction medicine, personality disorders and providing care in the private ward (focus: depression), as well as the acute care ward
- Since 06/2011: Research assistant to Chair of Geriatric Medicine with focus on psychogeriatrics and clinical gerontology at the Institute of General Practice, Goethe University, Frankfurt am Main. Currently involved in project sponsored by the BMBF German Ministry of Education and Research and entitled "Enhancing memory function in patients with mild cognitive impairment by means of dietary interventions and in combination with exercise and cognitive training - Proof of concept and mechanisms" in cooperation with Charité Berlin Hospital

Scholarships

- Scholarship from the BHF-BANK foundation
- Scholarship from the interdisciplinary summer school of Marsilius College for the project "Healthy ageing – individual and societal challenges", awarded in Heidelberg in 2009

Qualifications

- 2007: Advanced degree in psychology with special focus on clinical and educational psychology

- Since 2008 certified consultant in accordance with GCP criteria for various clinical studies in the field of dementia treatment
- 2009: Completed training in systemic counseling, Darmstadt Institute for Systemic Counseling
- 2010: Doctorate, Goethe University, Frankfurt am Main. Dissertation on the development, implementation and evaluation of an intervention program for active cognitive stimulation in the elderly (AKTIVA)

Current Focus

- Research

Research
Interests

- Primary and secondary prevention of dementia
- Psychosocial training concepts and interventions