

Education:

2010 - 2015 Vilnius Lyceum (#1 high school in Lithuania)
Elective courses in Psychology Vilnius University Medical Faculty
2015 - 2021 Master's degree in Medicine Vilnius University Medical Faculty
2021 - 2025 Psychiatric training Lithuanian University of Health Sciences
2021 - 2025 Cognitive Behavioural Therapy, postgraduate studies

LANGUAGES

English - C1 (8.0 out of 9 from IELTS).
Lithuanian - C2 (Native)
Spanish - A2
Russian - A2

Work experience in Ireland:

November of 2024 to February of 2025 - St John of God Hospital, Dublin
Registered with the Irish Medical Council
Hands on experience working in both in and out-patient departments

Work experience in CBT

January 2025 - graduated from my CBT postgraduate studies at the Lithuanian University of Health Sciences
October of 2022 to now - consulting patients in my private practice

Medical elective internships elsewhere

July of 2018 - Dermatology Department of Ljubljana University Medical Centre
July of 2019 - Internal Medicine Department of Girona's Dr. Josep Trueta Hospital
February of 2020 - Gastroenterology Department of London's St. George's Hospital
April of 2020 - COVID-19 Department of Vilnius University Hospital Santaros Klinikos
October of 2024 - University Psychiatric Hospital Vrapče, Zagreb

Research projects presented:

Vaiva Būgaitė, Beatričė Balčiūnaitė, Marius Karnickas - "Prevalence of Insomnia Symptoms and the Use of Benzodiazepines And Z-Drugs For Their Treatment Among Medical Students", 2020
Greta Bulotaitė, Vaiva Būgaitė, Odeta Kinčinionė, Sigita Lesinskienė "The link between childhood and adolescent obesity and psychiatric disorders: a review of literature", 2021

Articles published in Academic Journals:

"Neurologijos seminarai": Vaiva Būgaitė, Beatričė Balčiūnaitė, Marius Karnickas - "Prevalence of Insomnia Symptoms and the Use of Benzodiazepines And Z-Drugs For Their Treatment Among Medical Students", 2021
"Sveikatos mokslai" - Vaiva Būgaitė, Beatričė Balčiūnaitė, Marius Karnickas "Insomnia Symptoms Experienced by Vilnius University Faculty of Medicine Students", 2021
"Medical Sciences" - Greta Bulotaitė, Vaiva Būgaitė, Odeta Kinčinionė, Sigita Lesinskienė "The

link between childhood and adolescent obesity and psychiatric disorders: a review of literature",
2020