

Aneta Kovac

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Education:

- 2014 - 2018: International Economics, [University of Economics in Bratislava, Comenius University - Faculty of Social and Economic Sciences]

Professional Experience:

- 2018-2021: Project Manager at Siemens in Germany.
- 2021-Present: Research at sexual health courses at Comenius University, Bratislava.

Continuing Education and Training (2014 - Present):

- Focus on Female Sexuality, Sexual Abuse, Orgasmic Difficulties, and PGAD.
- Courses and Specialization:
 - 2015: "Introduction to Human Sexuality" - Online course offered by Global Sex Ed.
 - 2017: "Understanding Sexual Trauma" - Online webinar presented by the Slovak branch of the International Society for the Study of Trauma and Dissociation (ISSTD).
 - 2017: "Female Sexual Dysfunction: Assessment and Treatment" - Online course offered by The Institute for Sexual Wellness.
 - 2018: "Working with Survivors of Sexual Abuse: Online Training Program" - The Trauma-Informed Care Academy.
 - 2020: "Advanced Topics in Female Sexuality and Sexual Health" - Seminar series hosted by The Institute for Sexual and Relationship Therapy.
 - 2022: "Treating Persistent Genital Arousal Disorder (PGAD)" - Online workshop
 - 2023: "The Impact of Complex Trauma on Female Sexuality" - Online conference presented by The International Association for the Study of Women's Sexual Health.
- Ongoing Focus (2020 - Present): Continues self-study and research on female sexuality, sexual trauma, orgasmic difficulties, and PGAD through professional journals, books, online resources, and participation in online professional communities and forums.

Languages:

- Slovak (Native)
- English (Professional)
- German (Basic)

About Me

My journey into sexual health and trauma research began early in my youth when I became interested in the topic and wanted to study it in more detail. My academic foundation began in international economics, where I developed strong analytical skills and a global perspective. After working professionally in the field in Germany, I wanted to work in a field that focused on people's well-being and the challenges they face.

This led me to learn more about human sexuality and how to treat people with respect. I studied sexual trauma and its effects, especially on women. I've completed specialized training in areas such as female sexual dysfunction, working with survivors of sexual abuse, and addressing specific concerns such as PGAD.

I love doing in-depth research and I want to help the field grow. I helped to co-found the Open Sexual Trauma Research Group (OSTRG) in June 2021. Through OSTRG, I am working on research projects that examine different types of sexual abuse, the relationships between the people involved, and the important physical and emotional effects on survivors. My work with OSTRG focuses on women's sexual health and how trauma can manifest in different ways.

I strongly believe in open science and the importance of making research accessible to everyone. I have worked with other researchers to write several papers and reports on sexual abuse and trauma research. We share our findings with the broader community through publications, online platforms, and reports. I am committed to ongoing self-education and active participation in online professional communities to stay at the forefront of this evolving field.

My background in economics helps me understand complex systems and data, which is very helpful in research. Combined with my specialized training and my dedication to providing care that respects the individuality and experiences of survivors, I work to share insights that can inform prevention strategies, enhance support for survivors, and encourage a more compassionate and research-based approach to sexual trauma.

I speak Slovak and English fluently, as well as basic German. I am dedicated to improving our understanding and helping to make positive changes in this important area.