

Virginia Petkova

Jungian Psychotherapist | Psychologist
Sofia, Bulgaria

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Key Professional Profile

- Jungian psychotherapist (IAAP training track) working in Bulgarian, English, Spanish, and Russian.
- Psychological counselor
- Creator of Jungian-oriented Culinary Art Therapy
- Translator of psychological and academic texts from English and Spanish into Bulgarian
- Interdisciplinary background in psychology, business, engineering, and language

Education & Training

C. G. Jung Bulgarian Society of Analytical Psychology (IAAP affiliated)

Jungian-oriented Psychotherapist | Final Certification

Jul 2021 – May 2026

Jungian-oriented Psychotherapist under supervision

Oct 2016 – May 2021

St. Cyril and St. Methodius University of Veliko Tarnovo, Bulgaria

Master's Degree in Psychology

2009 – 2012

Dimitar A. Tsenov Academy of Economics, Bulgaria

Master's Degree in International Business Management

2000 – 2001

University of Ruse, Bulgaria

Bachelor's Degree in Business Management / Industrial Engineering

1996 – 2000

Instituto Cervantes, Spain

Diploma of Spanish as a Foreign Language – Mastery Level C2 (DELE Superior)

2004 – 2005

Additional Training

- Psychodrama training | Bernhard Achterberg Bulgarian Society of Psychodrama and Group Therapy (2010–2015)
- Hypnotherapy training | Bulgarian Association of Hypnosis (2014–2015)
- Solution-Focused Brief Therapy | University of Ruse (2015)
- Organizational Development & HR Consulting | The Bulgarian Psychological Society & NGB Academy (2014–2017)

Professional Memberships

Member | Bulgarian Society of Analytical Psychology (IAAP affiliated)

Professional Experience

Pure Focus – Soul Kitchen

Jungian Psychotherapist | Founder | Creator of Jungian-oriented Culinary Art Therapy
2021 – Present

Private practice in Jungian psychotherapy and psychological counseling in Bulgarian, English, Spanish, and Russian. Development of Jungian-oriented Culinary Art Therapy and symbolic-experiential approaches integrating food, memory, identity, and culture. Work with adults and adolescents in both in-person and online settings.

Emprove Foundation

Volunteer Psychotherapist

2025 – Present

Psychotherapeutic support for vulnerable groups within a psychosocial care setting.

Forum Language Services

Project Manager & Translator (English–Bulgarian, Spanish–Bulgarian)

2004 – Present

Translation of professional and academic texts in psychology.