



EMBASSY OF THE UNITED STATES

TIRANA • ALBANIA

LIST OF CRISIS COUNSELING SERVICES

(Last updated: April 2013)

DISCLAIMER: The U.S. Embassy in Tirana, Albania assumes no responsibility or liability for the professional ability or reputation of, or the quality of services provided by, the professionals and whose names appear on the following lists. Inclusion on this list is in no way an endorsement by the Department of State or the U.S. Embassy. Names are listed alphabetically, and the order in which they appear has no other significance. The information in the list on professional credentials and areas of expertise are provided directly by the professionals; the Embassy is not in a position to vouch for such information.

Medical care at private hospitals and clinics in Tirana has improved in recent years, but still remains below western standards and medical facilities outside Tirana have very limited capabilities. Emergency and major medical care requiring surgery and hospital care outside Tirana is often inadequate because of a lack of medical specialists, diagnostic aids, medical supplies, and prescription drugs. There are very few ambulances in Albania, therefore, injured or seriously ill U.S. citizens may be required to take taxis or other immediately available vehicles to the nearest major hospital rather than waiting for ambulances to arrive. If you have been previously diagnosed with (a) medical condition(s), you may wish to consult your personal health care provider before travel. As some prescription drugs may be unavailable locally, you may also wish to bring extra supplies of required medications.

Electricity shortages result in sporadic blackouts throughout the country, which can affect food storage capabilities of restaurants and shops. While some restaurants and food stores have generators to store food properly, you should take care that food is cooked thoroughly to reduce the risk of food-borne illness. Tap water is not considered potable or safe to drink. You should purchase bottled water or drinks while in country. Air pollution is also a problem throughout Albania, particularly in Tirana. Travelers should consult their doctor prior to travel and consider the impact seasonal smog and heavy particulate pollution may have on them.

You can find detailed information on vaccinations and other health precautions on the CDC website. For information about outbreaks of infectious diseases abroad, consult the World Health Organization (WHO) website. The WHO website also contains additional health information for travelers, including detailed country-specific health information.

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TIRANA**GRAMO, Anxhela (Ms.)**

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Education:	2003 MA in Counseling Psychology, PhD Candidate in Psychotherapy Research.
Language:	English; Italian
Comments:	Ms. Anxhela has worked with survivors of domestic violence in Albania and has experience in clinical counseling through her MA in the US. She has also qualified as a psychotherapist through her training with the Austrian based European Association for Psychotherapy.
Working Hours:	Mon-Fri 9:30 – 14:30 and 17:00 – 19:00