

CURRICULUM VITAE

Gintautas Vaitoska
Married since 1984, 1 child
Nationality: Lithuania

(Updated 2025)

CURRENT POSITIONS

- 2023 – Professor for Studies on Marriage and the Family at the International Theological Institute - Catholic University in Trumau, Austria.
- 2022 – Director of Master Studies on Marriage and the Family, ITI - Catholic University, Trumau, Austria.
- 2019 – Visiting Professor at the Faculty of Catholic Theology, Vytautas Magnus University, Kaunas, Lithuania.

EDUCATION

- 2019 – 2022 Doctor in Sacred Theology, Vytautas Magnus University, Kaunas.
- 1999 – 2003 Licentiate in Sacred Theology with specialization in Studies on Marriage and the Family, International Theological Institute, Gaming, Austria.
- 1992 – 1995 Master of Theological Studies, John Paul II Institute for Studies on Marriage and the Family, Washington, D.C., USA.
- 1978 – 1986 Medical doctor (psychiatry), Vilnius University Faculty of Medicine
- 1971 – 1978 Zemaite Gymnasium, Telsiai, Lithuania
- 1967 – 1971 3rd School, Telsiai, Lithuania

LICENTIATE THESIS

Title: On the Relationship Between Contraception and the Hardness of Heart

Abstract: *Hardness of Heart is associated with the closure to the need of neighbor in Holy*

Scripture. The non-verbal expression of the spouses' 'bodies' – as analyzed by John Paul II's Scriptural Exegesis, and, in secular context, by Erik H. Erikson – is intrinsically related to the openness of the possibility of conception. While hardness is associated with closure, tenderness of heart has, phenomenologically and ontologically, the quality of openness. In the peak of conjugal intimacy, this openness bears a special nature of extreme tenderness which is 'connatural' with the qualities of the baby the longing and “intimate structure” of conjugal act is directed to. Frustration of this natural movement of the heart requires a concrete action in the opposite direction –i.e. hardness. Periodic continence, in contrast to contraception, involves a choice not to frustrate the heart's tenderness at the peak of fertility.
Committee chair/members: Prof. Dr. Michael Waldstein, Prof. John Saward.

DOCTORAL THESES

Title: Chastity as Personalization of the Generative Power

Abstract: *The Catechism of the Catholic Church defines chastity as the integration of sexuality within the person (2337) – i.e. expressing this passion in truth and love. In this way, chastity helps to avoid reducing the other person to the level of the object of emotional and physical satisfaction. Chastity also secures the union of powers of life and love in the person (2338). Relying on the Thomistic anthropology and Church documents on marriage, the dissertation proposes a more frequent usage of the term “generative” than “sexual”. The dynamism of the generative power is discussed, the need for the ‘political’ rather than ‘tyrannical’ ruling of it, and its expression in the premarital period of life as well as in marriage. The problem of cohabitation is analyzed from the moral, psychological, and neuroscientific points of view. The difference between contraception and Natural Family Planning methods is discussed, and contraceptive mentality is criticized while employing the philosophical perspective of Gabriel Marcel and the psychoanalytic approach of Erik Erikson. Chastity in non-verbal behavior is analyzed from the point of view of Karol Wojtyła’s analysis of shame. The dissertation ends with insights into the eschatological dimension of chastity in the work of Vladimir Solovyov and John Paul II.*

Scientific Advisor: Prof. Michael Waldstein, PhD, STD.

Chairman of Scientific Council: Rev. prof. dr. Rimas Skinkaitis (Vytautas Magnus University).

Members of council: Rev. prof. dr. habil. Marek Chmielewski (John Paul II Catholic University of Lublin, Poland), Prof. habil. dr. Dalia Marija Stančienė (Klaipėda University), Prof. dr. Artūras Lukaševičius (Vytautas Magnus University), Msgr. prof. dr. Arvydas Ramonas (Klaipėda University).

TEACHING EXPERIENCE

2000 – International Theological Institute – Catholic University, Trumau, Austria. Courses taught:
Human Sexuality (Premarital and Marital Chastity).
Child development and Personality Formation.
Anthropology, Gender ideology.
Introduction to Bioethics.
Psychiatry and Christianity.
Psychology of the Couple and the Family.

2007 – 2010, 2019 – Vytautas Magnus University (Lithuania), Faculty of Catholic Theology.

2009 – 2011 Maryvale Institute, Birmingham, UK.

2005 – 2010 St. Joseph Seminary, Vilnius, Lithuania.

OTHER RELEVANT WORK EXPERIENCE _____

2022 – Prevention of internet addiction methodology, coauthor, expert, Association for Family Education, Lithuania

2014 – 2016 Member of the working group for Family and Sexual Education at the Lithuanian Ministry of Education

2011 Author of Psychology of Love and Friendship program, Education Development Centre, Lithuanian Ministry of Education

2009 Coauthoring a textbook for Family Education for the Lithuanian Ministry of Education

2005 – 2008 Coauthor of renewed Marriage Preparation program and Manual issued by the Lithuanian Catholic Bishops Conference.

2007 – 2009 Maryvale Institute, UK: coauthoring a study manual for the Psychology of the Couple and Family course

2005 – Vilnius Archdiocese Family Center, Consultant for Family Politics

1996 – 1999 Vilnius Archdiocese Family Center, Consultant, Director (1998)

1986 – Family – individual psychiatry practice

ECCLESIAL FUNCTIONS or APPOINTMENTS _____

2005 – 2020 Member of the Family Council at the Catholic Bishops Conference of Lithuania

PUBLICATIONS

Vaitoska, **Gintautas** (2024) “Trivialization of Ethics of Authenticity in the “Education of the Life-Skills” (or, Social-Emotional Learning) Program.” *SOTER, Journal of Religious Science*, 88 (116)

Vaitoska, Gintautas (2020). “Gender Ideology and the Dignity of Women.” *SOTER, Journal of Religious Science*, 76 (104).

Vaitoska, Gintautas (2019). *Homosexuality: cultural, social, moral, psychological and medical aspects*. Artuma, Kaunas (in Lithuanian).

Vaitoska, Gintautas (2019). “Flirting.” *Dizionario su sesso, amore e fecundita*. A cura di J. Noriega, I. Ecochard, R. Ecochard. Cantagli. Pontificio Istituto Teologico Giovanni Paoli II.

Vaitoska, Gintautas, (2017). “Killed by the Dragon: The Implications for Marriage (and Divorce) of Dating Patterns and Relations Between the Sexes in Western Culture.” A chapter in *Torn Asunder. Children, The Myth of the Good Divorce and the Recovery of Origins*. Humanum, Pontifical John Paul II Institute Series, Washington, D. C.

Vaitoska, Gintautas, (2012). “Verlobung aus anthropologischer Perspektive: den Gipfel der Liebe besteigen.” In *Kirchliche Verlobung*, M. Wladika, G. Danhel (Hg), Be&Be Verlag, 2012.

Vaitoska, Gintautas, (2012). “*The Love of the Spouses as the Source of Education.*” *Theologia Catholica, Studia Universitatis Babeş-Bolyai, Romania*, 2012 1-2.

Vaitoska, Gintautas, (2012). “Killed by the Dragon: The Implications for Marriage (and Divorce) of Dating Patterns and Relations Between the Sexes in Western Culture.” Publication upcoming, a talk at a Conference *Adult Children of Divorce*, at The Center for Pastoral and Cultural Research, John Paul II Inst. Washington, D.C., 2012

Vaitoska, Gintautas, (2012). “Female homosexuality: Wounded Image of Self.” In *Amare Nella Differenza Le Forme Della Sessualita e il Pensiero Cattolico: studio interdisciplinare*, eds. Livio Melina and Sergio Belardinelli. Vatican City: Siena e Libreria Editrice Vaticana, 2012.

Vaitoska, Gintautas, (2010). *Who Stole the Stork from Children*. Vilnius: Kataliku Pasaulio Leidiniai, 2010 (in Lithuanian).

Vaitoska, Gintautas, (2007). “The role of sexual abstinence in the process of psychological maturation.” *Health Sciences*, 17, 2007.

Vaitoska, Gintautas, (2007). “*The longing of the happy savage state as the philosophical foundation of the corruption of the young.*” *Soter, Journal of Religious Science*, Faculty of Theology at Vytautas Magnus University, 21 (49), 2007.

Vaitoska, Gintautas, (2007). *Easy Life (Lengvas gyvenimas), A Catholic Reflection on Marriage Psychology*, Vilnius: Kataliku Pasaulio Leidiniai, 2007 (in Lithuanian).

Vaitoska, Gintautas, (2006). *Sex und Sieben, Information und Orientierung zu Pubertät, Liebe und Sexualität*. Mit Thomas Schenk und Jutta Lang. Bundesministerium für Soziale Sicherheit, Generationen und Konsumentenschutz, Österreich, 2006.

Vaitoska, Gintautas, (2005). “On the Relationship Between Contraception and the Hardness of Heart” (based on the Licentiate thesis). *Communio, International Catholic Review*, Winter, 2005.

Vaitoska, Gintautas, (1995). “The Psychology of Continence”, *The Linacre Quarterly*, November, 1995.

Vaitoska, Gintautas, (1994). “For Men of Our Time” (on contraception, love and lust in conjugal life). *The Linacre Quarterly, A Journal of the Philosophy and Ethics of Medical Practice of the Catholic Physician’s Guilds of the US*, November, 1994.

Vaitoska, Gintautas. More than 50 publications in Lithuanian press defending the value of marriage, family and chastity education.

RESEARCH INTERESTS

Chastity: premarital and conjugal, developing argument for *Humanae Vitae*.

Marriage and Family Psychology and Spirituality.

Personality development.

Anthropology and Gender Ideology.

Psychiatry and Christianity.

PROFESSIONAL ASSOCIATIONS

Country representative, International Foundation for Freedom of Counseling and Therapeutic Choice

Member, Lithuanian Psychiatry Society.