Anita Barišić was born on June 29, 1988. She graduated in 2012. at the Social Work Study Center of the Faculty of Law in Zagreb and thereby obtained the title of Master of Social Work. She was recognized as the best graduate student in the academic year 2011/2012. and was awarded the dean's award for the conducted research entitled "Attitudes of students of helping professions towards violence against the elderly" co-authored with Estera Bašić and Ivan Maričić.

In 2023, she completed her doctoral studies in social work and social policy at the Study Center for Social Work at the Faculty of Law in Zagreb, defending her doctoral dissertation entitled "Determinants of professional stress, burnout and mental health of foster mothers".

In 2020, she completed the postgraduate university program of Supervision in Psychosocial Work and received a license to carry out supervision, and in the same year enrolled in the university postgraduate doctoral studies in Social Work and Social Policy also at the Study Center of Social Work of the Faculty of Law of the University of Zagreb.

From 2013 to 2020 she was employed as a social worker in the Regional Office of the Croatian Institute for Social Work in Osijek and in the Center for the Provision of Social Services in the Klasje Osijek Community. Since 2020, she has been employed as an assistant at the Study of Social Work at the Faculty of Law in Osijek.

From 2019 to 2021, she was the president of the Association of Social Workers of Osijek-Baranja County. She is a regular member of the Association for Transactional Analysis in Croatia and a member of EATA - the European Association of Transactional Analysis. She is also a member of the Croatian Society for Supervision and Organizational Development, the Croatian Association of Social Workers and the Croatian Chamber of Social Workers.

Among her educations, she completed a four-year psychotherapy program for a transactional analysis psychotherapist organized by the Proventus Center. She also completed training in the use of Play Therapy skills and techniques in working with children. She also completed the Interdisciplinary professional training program in the field of protection of the procedural rights of the child and communication with the child; Faculty of Law Osijek; Osijek, as well as the lifelong learning program at the Faculty of Philosophy in Osijek Pedagogical-psychological-didactic-methodical training.

In 2020, she founded the business "Accepta" where she provides individual and group counselling and supervision of psychosocial work. She participated in several projects aimed at protecting children as a supervisor and educator, and currently leads the Internal Project IP-24 at the Faculty of Law in Osijek entitled "Stress, burnout and mental health of helpers (foster parents)".

She participated actively as a lecturer and moderator at national and international professional and scientific conferences.