



Timea Barabási Madár

Date of birth:

Gender:

● WORK EXPERIENCE

PSYCHOLOGICAL SERVICES – MADÁR TIMEA – 01/10/2020 – Current – CLUJ-NAPOCA, ROMANIA

- Psychotherapy
- Acceptance and Commitment Therapy
- Clinical hypnosis, relaxation and ericksonian therapy
- Stress management
- Orientation in career
- Business Coaching
- Mindfulness
- Mindful eating
- Sport psychology
- FACT COVID stress management

BABEȘ-BOLYAI UNIVERSITY, CLUJ-NAPOCA – FACULTY OF PSYCHOLOGY – CLUJ-NAPOCA, ROMANIA

● **TRAINER PSYCHOLOGIST** – 01/10/2022 – Current

- Time management
- Self development
- Emotional Intelligence
- Motivation and value orientation
- Assertive communication
- Stress management techniques

● **TRAINER PSYCHOLOGIST - VOLUNTEER** – 01/01/2024 – 01/10/2024

- Flexibility factory – Practice for students
- Self-development through self-hypnosis – Practice for students

TEACHER OF PSYCHOLOGY – ANMRF - HEALTHCARE ASSISTANT SCHOOL AND TRAINING – 01/10/2022 – 01/07/2023 – DEJ, ROMANIA

- Psychology

TEACHER OF SOCIAL AND HUMAN DISCIPLINES – ALEXANDRU PAPIU ILARIAN HIGHSCHOOL – 15/03/2022 – 10/06/2022 – DEJ, ROMANIA

- Disciplines: logic, psychology, entrepreneurship, economics, philosophy

MARKETING AND LEASING MANAGER, JURIST – SC PLATINIA MANAGEMENT SRL (PLATINIA SHOPPING CENTER) – 01/07/2016 – 01/01/2022 – CLUJ-NAPOCA, ROMANIA

TRAINER – SC INFOGLOBAL SRL – 01/03/2021 – 01/05/2022 – CLUJ-NAPOCA

- Project: FACT COVID-19 Psychology first aid
- Volunteer

TRAINER – SC INFOGLOBAL SRL – 01/10/2019 – 01/07/2020 – CLUJ-NAPOCA, ROMANIA

–Project: Smart using of smartphones – 10 weeks, mindfulness based stress management program (507 participants)
Location: Cluj–Napoca, Dej
Project sustained by Cluj County Council

TRAINER – SC INFOGLOBAL SRL – 01/10/2018 – 01/05/2019 – CLUJ-NAPOCA, ROMANIA

–Project: Mindfulness and stress management – 9 weeks (431 adolescents) Location: Baia–Mare, Sighetu Marmatiei, Deva, Dej, Sighisoara
Project sustained by Cluj County Council and Bethlen Gábor Alap

LEASING MANAGER - JURIST – S.C. TRIPONT INVEST S.R.L. (IMMOFINANZ) – 01/12/2007 – 01/07/2016 – CLUJ-NAPOCA, ROMANIA

- Project: Vivo Center Constanta

LEASING MANAGER - JURIST – S.C. POLUS TRANSILVANIA C.I. S.A. – 01/08/2004 – 01/12/2007 – CLUJ-NAPOCA, ROMANIA

–Project: Polus Center Cluj–Napoca

● **EDUCATION AND TRAINING**

01/10/2022 – CURRENT Cluj–Napoca, Romania

PHD STUDENT Babes Bolyai University Cluj–Napoca – Faculty of Physical Education and Sport – Doctoral School

- occupational techniques (making of standard breads, fancy breads, cakes and pastries)
- science applied to food and equipment (microbiology, biochemistry, hygiene)
- occupational technology (basic principles, hygiene and safety)
- knowledge of business and its economic, legal and social context

01/10/2023 – 01/07/2025 Arad, Romania

MASTER DEGREE - PSYCHOLOGY – CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY Vasile Goldis University – Arad

01/10/2021 – 01/07/2022 Cluj–Napoca, Romania

PSYCHO-PEDAGOGICAL MODULE I LEVEL Babes Bolyai University Cluj–Napoca

01/10/2020 – 01/07/2021 Cluj–Napoca, Romania

PSYCHO-PEDAGOGICAL MODULE II LEVEL Babes Bolyai University Cluj–Napoca

01/10/2018 – 01/10/2020 Cluj–Napoca, Romania

MASTER DEGREE - PSYCHOLOGY – PSYCHOLOGICAL COUNSELING AND INTERVENTION Babes Bolyai University Cluj–Napoca

01/10/2015 – 01/07/2018 Cluj–Napoca, Romania

BACHELOR DEGREE - PSYCHOLOGY Babes Bolyai University Cluj–Napoca

01/10/2001 – 01/07/2003 Budapest, Hungary

POSTGRADUATE STUDIES - CRIMINAL ECONOMIC LAW Eötvös Loránd Law University (ELTE)

01/10/1997 – 01/07/2001 Cluj–Napoca, Romania

BACHELOR DEGREE Dimitrie Cantemir Faculty of Law

15/09/1993 – 15/07/1997 Dej, Romania

HIGH SCHOOL Andrei Muresanu National College – Dej

● **CERTIFICATIONS**

Barça Innovation HUB, 08/06/2025

Certificate in Sport Psychology for Athletes Development

● **CONFERENCES AND SEMINARS**

Cluj-Napoca

Clinical Psychology and Psychotherapy - Institute of Mental Psychoprophylaxis and Personality Development – Trainer PhD Sorin Nica(2023-2025)

Cluj-Napoca

Hypno-psychotherapy Therapy School- ARHTE: Trainers: PhD Varga Jenő-László, PhD Szabó Krisztina-Gabriella (2017-2021)

Poland

FACE COVID – Psychological first aid– ACT Poland (2021)

Cluj-Napoca

Career orientation – Confident Training (2020)

Dublin

ACT Immersion Course – Acceptance and Commitment Therapies. Steven C. Hayes Phd(2019)

Cluj-Napoca

Trainer– Alma Vision (2018)

Cluj-Napoca

Mindfulness Training – In this Moment – PsiFocus (2017)

Budapest

Business & Life Coaching/Mediation– dr. Kollár Coaching (2013)

Visegrád

Building Relationships/ Building Sales – Dale Carnegie Training (2008)

Visegrád

Negotiations for professionals – Dale Carnegie Training (2007)

Cluj-Napoca

Marketing Course– Eurocor (2005)

Cluj-Napoca

8th International Conference, Education for health and performance. (2022)

Paper presentation: Effects of a mindfulness–based intervention on the physical and psychological well–being in teenagers

Iasi

Days of the SOCOLA Institute of Psychiatry (2021)

Paper presentation: The study of the effectiveness of the "IN THIS MOMENT" stress management program in the prevention of anxiety, depression and somatic symptoms in high school students.

Cluj-Napoca

ETDK XXIII (2020)

Examination of a training program for the smart use of smartphones among adolescents.

Dublin

Association for Contextual Behavioral Science (ACBS) World Conference 17 (2019)

Poster: *The effectiveness of In this momentprogram*

Examining the effectiveness of a stress management program based on total awareness among adolescents

Brasov
APAR Conference, Addictions (2019)

Investigating the smart use of smartphones among adolescents

San Francisco
ACBS (Association for Contextual Behavioral Science) World Conference San Francisco online (2022)

Participation to conference.

Brasov
A.P.A.R. Conference of Applied Psychology, 17th edition. (2022)

Adaptive and maladaptive skills

Iasi
International Hypnotherapy Conference (2017)

Cluj-Napoca
International Hypnotherapy Conference (2015)

● PUBLICATIONS

2026
The Impact of an Integrated ACT-Based Psychological Intervention (SmartACT) on Attention and Psychological Flexibility in Adolescent Student-Athletes. Applied Sciences. 2026, 16, 825

Authors: Timea Madár Barabási, Carmen Costea-Bărlutiu, Mircea-Nicolae Ordean, Nicola Mancini, Cornelia Popovici, Vlad Teodor Grosu, Alexandru Zadic, Rares-Mihai Pop, Dana Ioana Cristea, Emilia Florina Grosu, Emanuela Lucreția Barboni and Dan Monea

2025
Effects of the SmartACT Intervention on Motor and Psychological Variables in Adolescent Athletes: A Controlled Trial Using BlazePod and Microgate. Children (Basel, Switzerland), 12(10), 1338, 2025

Authors: Barabási Madár Timea, Costea-Bărluțiu Carmen, Ordean Mircea Nicolae, Mancini Nicola, Grosu Vlad Teodor, Sabău Anca Maria, Popovici Cornelia, Carlos Hervás-Gómez, Grosu Emilia Florina and Monea Dan

2025
Pilot Study Examining Mindfulness Intervention Effects on Perceived and Objective Stress in Adolescent Basketball Players. Gymnasium, 26(2), 125-136, 2025

Authors: Barabási Madár Timea, Costea-Bărluțiu Carmen, Toma Vlad, Grosu Vlad Teodor, Monea Dan

2022
Effects of a mindfulness-based intervention on the physical and psychological well-being in teenagers. IN 8th International Conference „Education for health and performance”, 2022

Authors: Barabási-Madár T., Monea, D. & Costea-Bărluțiu, C.

2020
Reality-creating tales - therapeutic tales for children

Authors: Barabási-Madár T. & Vargha J. L.

2019
Study of smartphone use by high school students. IN Jordan, V. Addictions. Bridges between theories, research, case studies. Multidisciplinary approaches.

Authors: Barabási–Madár T., Costea–Bărluțiu, C. & Vargha J. L. | **Publisher:** Braşov: APAR Publishing House

2019
Preliminary data on the effectiveness of In This Moment program: investigation of its impact on Romanian high school students' stress management abilities.

Poster presentation: 2019 ACBS World Conference 17. Dublin

2020
Preliminary data on the effectiveness of the program In this moment: investigating the impact on the stress management skills of high school students. IN Jordan, V. Stress. Bridges between theories, research, case studies.

Multidisciplinary approaches.

Authors: Barabási–Madár T., Costea–Bărluțiu, C. & Vargha J. L. | **Publisher:** Braşov: APAR Publishing House

● **HONOURS AND AWARDS**

ETDK 2019 – Award and participation in OTDK – ETDK

ETDK 2020 – Award – ETDK

● **LANGUAGE SKILLS**

Mother tongue(s): **HUNGARIAN SIGN LANGUAGE | ROMÂNĂ**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	C1	C1	C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● **DIGITAL COMPETENCE**

- Social Media
- Internet Explorer
- Microsoft Word
- Microsoft PowerPoint
- Microsoft Excel
- Microsoft Office

● **HOBBIES AND INTERESTS**

Reading, drawing, organization of events, sport