



● WORK EXPERIENCE

ASSOCIATE LECTURER – BABES-BOLYAI UNIVERSITY – 01/10/2024 – 31/07/2025 – CLUJ-NAPOCA, ROMANIA

- Delivering seminars at master's level (2nd year) within the Psychological Techniques for Behavior Control and Human Potential Development program, for the following subjects: Cognitive-Behavioral Interventions in Education, Parenting Programs, and Clinical Psychology Practicum;
- Facilitating experiential learning through case studies, applied exercises, and critical analysis of evidence-based psychological interventions;
- Developing teaching materials and support resources tailored to curricular requirements and the clinical training needs of students;
- Assessing student progress through portfolios, individual projects, and active participation in applied sessions;
- Providing guidance in professional development and supporting the acquisition of clinical and ethical competencies through constructive feedback and reflective discussions;
- Collaborating with academic staff and practicum supervisors to integrate clinical experience into both theoretical and applied components of training.

INTERN – COGNITROM – 03/2022 – 06/2022

● EDUCATION AND TRAINING

10/2022 – 09/2026 Cluj-Napoca, Romania

DOCTORAL DEGREE IN PSYCHOLOGY Evidence-Based Assessment and Psychological Interventions
Doctoral School, Babeş-Bolyai University

Field of study Psychology |

Thesis The Mental Health of Young People with Chronic Illness: Emotion Regulation and Technology-Based Interventions

01/10/2020 – 01/07/2022 Cluj-Napoca, Romania

MASTER'S IN PSYCHOLOGICAL TECHNIQUES FOR BEHAVIOR MANAGEMENT AND HUMAN POTENTIAL DEVELOPMENT Faculty of Psychology and Educational Sciences, Babeş-Bolyai University

Field of study Clinical Psychology, Psychotherapy |

Thesis The Mediating Role of Unconditional Self-Acceptance in the Relationship Between Maternal Acceptance and Victimization

30/09/2020 – 31/05/2022 Cluj-Napoca, Romania

CERTIFIED TRAINING IN COGNITIVE BEHAVIORAL PSYCHOTHERAPIES (CBT) Romanian Association of Cognitive and Behavioral Psychotherapies

Website <http://www.psihoterapiecbt.ro/>

30/09/2020 – 31/05/2022 Cluj-Napoca, Romania

CERTIFIED TRAINING IN COGNITIVE BEHAVIORAL COACHING (CBT) Romanian Association of Cognitive and Behavioral Psychotherapies

Website <http://www.psihoterapiecbt.ro/>

Field of study Psychopedagogical Studies Program

01/10/2017 – 01/07/2020 Cluj-Napoca, Romania

BACHELOR'S DEGREE IN PSYCHOLOGY Faculty of Psychology and Educational Sciences, Babeş-Bolyai University

Core subjects studied: Clinical Psychology and Psychotherapy, Cognitive-Behavioral Interventions, Psychodiagnostics, Experimental Psychology and Data Analysis, Quantitative Research Methods, Developmental Psychology, Health Psychology, Atypical Developmental Profiles, Family Psychology, Psychiatry, Neuroscience, Human Behavior Genetics.

National classification Nivelul 6 CEC |

Thesis The Mediating Role of Automatic Thoughts in the Relationship Between Parenting Styles and Social Anxiety in Adolescents

2013 – 2017 Bistrita, Romania

DIPLOMĂ DE BACALAUREAT Colegiul Național "Liviu Rebreanu"

Studii liceale, cu aprofundarea materiilor: Psihologie, Logică, Sociologie, Economie, Filosofie, Limba Engleză.

Field of study Profil uman: Științe Sociale bilingv Engleză

2016 Romania

CERTIFICAT SAT

● LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2

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

● DRIVING LICENCE

Driving Licence: B

● VOLUNTEERING

01/04/2022 – 31/07/2022 DATA Lab - Laboratorul Digital Affective Technologies in Therapy and Assessment

Intern

- Supporting the research team in the recruitment of study participants, including initial contact, screening, and scheduling;
- Assisting in data collection procedures for ongoing research projects in clinical and experimental psychology;
- Scoring and coding psychological questionnaires and psychometric instruments in accordance with standardised protocols;
- Maintaining accuracy and confidentiality of participant data in compliance with ethical and GDPR standards;
 - - Collaborating with senior researchers to ensure adherence to research timelines.

● CONFERENCES AND SEMINARS

03/09/2025 – 06/09/2025 Glasgow, Scotland

European Association for Behavioural and Cognitive Therapies Congress - 2025

Poster: Evaluating the Effectiveness of the RETHink Game in Reducing Symptoms in Children with Psychiatric Diagnoses: a Randomized Controlled Trial

Open paper: Technology-Based Interventions for Anxiety in Patients with Oncological Conditions: a meta-analysis

Oral presentation: Emotion regulation networks in youth with chronic illnesses: A network analysis

● **CERTIFICATIONS**

Authorized to independently provide clinical psychological assessment, intervention, and monitoring, ensuring ethical standards and best practices in patient care and research settings.

● **COMMUNICATION AND INTERPERSONAL SKILLS**

Communication and Interpersonal Skills

- Effective Communication: Clear and concise communication with multidisciplinary teams and clinical staff
- Team Collaboration: Experience working in research and clinical teams to meet study objectives
- Stakeholder Engagement: Ability to build rapport with participants, investigators, and site personnel
- Empathy & Active Listening: Strong interpersonal skills in clinical and research contexts
- Problem-Solving & Adaptability: Efficient in handling study challenges and protocol-related issues
- Professionalism: Reliable, detail-oriented, and composed in demanding environments

● **ORGANIZATIONAL SKILLS**

Organizational Skills

- Project Management: Planning and overseeing research activities to meet study milestones and deadlines
- Time Management: Prioritizing multiple responsibilities in fast-paced research settings
- Study Coordination: Organizing study activities, meetings, and research workflows
- Resource Management: Efficient use of research resources and data collection tools
- Strategic Planning: Supporting effective research and clinical workflow implementation
- Multitasking & Attention to Detail: Managing concurrent tasks while ensuring accuracy and protocol adherence