

Prefit Alice Beatrice

Profil Personal

- Spirit de echipa
- Capacitate rapida de invatare
- Adaptabilitate
- Abilitati bune de comunicare si interrelationare
- Rezistenta la stres si abilitati de manageriere a situatiilor conflictuale

Experienta profesionala

2014 – prezent – Doctorand, Facultatea de Psihologie si Stiintele Educatiei, Specializarea Psihologie, Universitatea "Babes- Bolyai" Cluj-Napoca

2013 - 2014 - Consilier Scolar - CJRAE

Educatie

2014 – prezent - Doctorat - Universitatea Babes-Bolyai

2010 – 2012- Program Masteral "Psihologie Clinica, Consiliere Psihologica si Psihoterapie", Universitatea "Babes -Bolyai", Cluj-Napoca

2011- Curs Postuniversitar "Notiuni avansate de statistica si analiza datelor"

2007 – 2010 - Facultatea de Psihologie si Stiintele Educatiei, Specializarea Psihologie, Universitatea "Babes- Bolyai" Cluj-Napoca

Atestate Profesionale

Atestat de Psiholog Clinician practicant sub supervizare.

Atestat de Psihoterapeut practicant sub supervizare.

Abilitati Tehnice

Cunostinte PC (Windows; Microsoft Office: Word, Power Point, Excel; SPSS; Comprehensive Meta-Analysis Software)

Lucrari stiintifice publicate

Prefit, A.B., Căndea, D.M., Szentagotai-Tătar, A. (2019). Emotion regulation across eating pathology: A meta-analysis. *Appetite*, 143. doi: 10.1016/j.appet.2019.104438

Prefit, A. B., & Szentagotai-Tătar, A. (2018). Depression and disordered eating behaviors: The role of emotion regulation difficulties. *Journal of Evidence-Based Psychotherapies*, 18, 95-106. 10.24193/jebp.2018.1.8.

Prefit, A.B., Căndea, D.M., Szentagotai-Tătar, A. (2019). Effects of acceptance and reappraisal on body dissatisfaction: an experimental comparison of two adaptive emotion regulation strategies. *Eating and Weight Disorders - Studies on Anorexia, Bulimia and Obesity*, DOI : 10.1007/s40519-019-00691-y

Conferinte cu poster

The 9th International Congress of Cognitive Psychotherapy- Cluj-Napoca, iulie, 2017

European Congress of Psychology (Amsterdam), iulie, 2017

EABCT (The European Association for Behavioural and Cognitive Therapies) Congress - Stockholm (Sweden), septembrie, 2016

ICCBC (International Congress of Cognitive Behavioral Coaching) Atena, iunie, 2016

Premii

Premiul pentru Excelenta in Cercatare- POSDRU/187/1.5/S/155383” (“Quality, excellence, trans-national mobility in doctoral research”) dobandit in Oct 2016

Proiecte

Stagiu de Mobilitate la Universitatea Bologna in cadrul Proiectului POSDRU

POSDRU/187/1.5/S/155383” (“Quality, excellence, trans-national mobility in doctoral research)

perioada Nov 2015 - Dec 2015

Limbi Straine

Engleza, Italiana

