



Cristina Teodora Tomoiagă (Lorinț)

ABOUT ME

Psychologist, CBT Practitioner, Certified Coach, Trainer and Project Manager

WORK EXPERIENCE

[03/2021 – Current]

Research Assistant

Babes-Bolyai University of Cluj-Napoca

City: Cluj-Napoca

Country: Romania

- planning activities along with the director of the project
- monitoring the implementation of the activities in the project
- manage the project's team: IT, Assistant, Methodology
- Communication with partners
- Organizing working meetings with the project's team and partners
- Financial and scientific reports

[06/2021 – Current]

Psychologist

Babes-Bolyai University of Cluj-Napoca

City: Cluj-Napoca

Country: Romania

- offering CBT psychotherapeutic & coaching services for the Clinic's clients
- managing a partnership with an international research consortium

[01/2023 – Current]

CBT Practitioner

Privat practice

City: Cluj-Napoca

Country: Romania

- offering CBT services (coaching, counseling, psychotherapy)

[10/2017 – 10/2020]

Project manager

International Association of Cognitive Behavioral Coaching

City: Cluj-Napoca

Country: Romania

- managing the volunteers' team
- managing the Facebook page
- managing the association's activities
- organizing and managing team meetings
- organizing and managing webinars, workshops and trainings
- creating and delivering problem-solving workshops
- creating content based on a coaching literature review for social media

[07/2020 – 09/2020]

Coach & Assistant (Project Based)

International Association of Cognitive Behavioral Coaching

City: Cluj-Napoca

Country: Romania

- contacting and scheduling webinars and individual sessions with team leaders
- conducting online feedback sessions with team leaders
- assessing the participants' progress and offering feedback on action plans
- hosting webinars

[06/2017 – 02/2019]

Trainer

Aegon

City: Cluj-Napoca

Country: Romania

Responsibilities:

- identifying the training needs of the employees and collaborators
- establishing the aims and objectives of the learning programs and presentations
- creating training materials and delivering technical and soft skills training
- elaborating training reports to beneficiaries
- implementing and managing the e-learning platform in the company and collaborators
- providing support in using the e-learning platform for employees and collaborators
- creating e-learning materials and reports
- collaborating with sales and marketing teams
- Tools: Microsoft Office, Articulate, LMS

[11/2016 – 01/2017]

Human Resources Intern

SYKES

City: Cluj-Napoca

Country: Romania

- contacting candidates via phone/email
- pre-screening candidates via phone
- scheduling them for the following steps of the process

[10/2013 – 05/2015]

Research Assistant

Developmental Psychology Lab UBB

City: Cluj-Napoca

Country: Romania

- collecting data
- assessing participants
- entering data collection in the database

EDUCATION AND TRAINING

[10/2018 – Current]

PhD. in Psychology

Babes-Bolyai University of Cluj-Napoca <https://www.ubbcluj.ro>

City: Cluj-Napoca

Country: Romania

[2021]

Certified Project Manager

City: Cluj-Napoca

Country: Romania

[2021] **Certified Trainer**

City: Cluj-Napoca
Country: Romania

[2019 – 2020] **Certified coach**

International Association of Cognitive Behavioral Coaching www.iacbc.ro

City: Cluj-Napoca
Country: Romania

[10/2015 – 09/2017] **M.A. in Clinical psychology**

Babes-Bolyai University of Cluj-Napoca <https://www.ubbcluj.ro>

City: Cluj-Napoca
Country: Romania

[10/2012 – 07/2015] **B.A. in Psychology**

Babes-Bolyai University of Cluj-Napoca <https://www.ubbcluj.ro>

City: Cluj-Napoca
Country: Romania

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING C2 READING C2 WRITING C1

SPOKEN PRODUCTION C1 SPOKEN INTERACTION C1

French

LISTENING A2 READING A2 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

Spanish

LISTENING A2 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

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

DIGITAL SKILLS

Microsoft Office | Social Media | IBM Statistical package for Sciences (SPSS) | Adobe Articulate

DRIVING LICENCE

Cars: B

PUBLICATIONS

Articles indexed Web of Science-Thomson ISI

1. **Tomoiagă, C.,** & David, O. (2022). The efficacy of guided and unguided game-based cognitive-behavioral therapy in reducing distress in college students. *Games for Health Journal*, 11(6), 403-413. <https://doi.org/10.1089/g4h.2021.0195> (Q1; IF 3.5)
2. **Tomoiagă, C.,** & David, O. (2023). Is cognitive-behavioral coaching an empirically supported approach to coaching? a meta-analysis to investigate its outcomes and moderators. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-22. 341:489–510. <https://doi.org/10.1007/s10942-023-00498-y> (Q4; IF 1.4)

3. David, O., & **Lorint, C.** (2021). 'New developments of the ABC model for cognitive-behavioral coaching.' *International Journal of Coaching Psychology*, 2, 2, 1-5. 6 -2-2021/volume-2-article-2/
4. David, O. A., Magurean, S., & **Tomoiağă, C.** (2022). Do Improvements in Therapeutic Game-Based Skills Transfer to Real Life Improvements in Children's Emotion-Regulation Abilities and Mental Health? A Pilot Study That Offers Preliminary Validity of the RETHink In-game Performance Scoring. *Frontiers in Psychiatry*, 13, 828481. <https://doi.org/10.3389/fpsyt.2022.828481>(Q2 ; IF 4.7)
5. Iuga, I. A., **Tomoiağa, C. T.**, & David, O. A. (2023). The RETHink Online Therapeutic Game: A Usability Study. *Children*, 10(8), 1276. <https://doi.org/10.3390/children10081276> (Q2; IF 2.4)

CONFERENCES

Conference participation

1. Lorinț, C. & David, O.A. (2019, July). A meta-analysis to investigate the effectiveness of cognitive-behavioral coaching. Paper presented at 9th World Congress of Behavioural and Cognitive Therapies, Berlin, Germany.
2. Lorinț, C. & David, O.A. (2019, September). Does cognitive-behavioral coaching work? A meta-analysis. Paper presented in symposium "Rational Emotive Cognitive-Behavioral Coaching: Present and Future", at 4th International Congress of Rational Emotive Behavior Therapy „The Role of „The Classics” in the Present and Future of Psychology”, Cluj-Napoca, Romania
3. Lorinț, C. & David, O.A. (2020, September). A meta-analysis to investigate the effectiveness of cognitive-behavioral coaching. Paper presented in symposium „Is CBT a Good Match for Coaching? Current State-Of-The-Art and Future Directions in Cognitive-Behavioral Coaching”, at 50th EABCT Congress „Adapting CBT to socially and culturally diverse environments”, Athens, Greece.
4. Lorinț, C. & David, O.A. (2020, September). The efficacy of different types of CBC delivery methods. Paper presented in symposium „Is CBT a Good Match for Coaching? Current State-Of-The-Art and Future Directions in Cognitive-Behavioral Coaching”, at 50th EABCT Congress „Adapting CBT to socially and culturally diverse environments”, Athens, Greece.
5. Lorinț, C. & David, O.A. (2021, September). Guided and unguided game-based CBT for stress management in students”, at 51th EABCT European Association for Behavioural and Cognitive Therapies (EABCT 2021), Belfast, United Kingdom.ption...

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