

# Curriculum Vitae

## Maria Ștefania IONEL

### Doctorand



19.03.2024

Laboratorul de Cercetare în Psihologie Judiciară și Diferențe Interindividuale  
– [RIDDLE Lab](#), Grupul de Psihologia Sportului și Activității Fizice

Departamentul de Psihologie

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#### **Domeniu de cercetare:** Psihologia sportului și activității fizice

Principalele interese de cercetare se axează pe explorarea beneficiilor cognitive și afective ale practicării sporturilor în natură/în aer liber și în interior, în special escalada sportivă și boulderingul ca instrument de promovare a sănătății mintale. Alte interese de cercetare vizează predictorii ai performanței excepționale în escaladă, precum și terapii în aer liber (ex. *Wilderness Therapy* și *Adventure Therapy*).

#### **Interese de cercetare:**

- ❖ Emoții și cogniții în sport
- ❖ Predictorii ai performanței sportive
- ❖ Correlates of exposure to natural and simulated environments
- ❖ Corelate ale expunerii la medii naturale și la natura simulată
- ❖ *Wilderness Therapy* și *Adventure Therapy*

#### **Experiență Profesională în Cercetare**

2019 - prezent: **Cercetător - Doctorand**, Laboratorul de Cercetare în Psihologie Judiciară și Diferențe Interindividuale – [RIDDLE Lab](#), Departamentul de Psihologie, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeș-Bolyai, Cluj-Napoca, România.

2019 - prezent: **Fondator și Coordonator**, Grupul de Psihologia Sportului și Activității Fizice, [RIDDLE Lab](#); Departamentul de Psihologie, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeș-Bolyai, Cluj-Napoca, România.

2022 Ianuarie - Iunie: **Cercetător în Psihologia Sportului**, [Laboratorul de Psihologie Experimentală](#) (EP Lab), [Departamentul de Psihologie Generală](#), [Universitatea din Padova](#), Italia.

2020 Ianuarie - Iunie: **Cercetător în Psihologia Sportului**, [NeuroPGA Lab](#), grup de cercetare "Genele și mediul în înțelegerea diversității comportamentului uman și a patogenezei bolilor mintale", [Departamentul de Pedagogie și Psihologie](#), [Universitatea din Lleida](#), Spania.

2017 - 2019: **Cercetător - Doctorand**: [Laboratorul de Psihologia Dezvoltării](#), Departamentul de Psihologie, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeș-Bolyai, Cluj-Napoca, România.

2015 - 2016: **Cercetător în Neuroștiința Cognitivă a Dezvoltării**, [Centrul de Cercetare Minte, Creier și Comportament](#), [Universitatea din Granada](#), Spania

2014 Martie - Octombrie: **Asistent de cercetare**, [Departamentul de Sănătate Publică](#), Facultatea de Științe Politice, Administrative și ale Comunicării, Universitatea Babeș-Bolyai, Cluj-Napoca, România.

2013 - 2017: **Asistent de cercetare**, [Laboratorul de Psihologia Dezvoltării](#), Departamentul de Psihologie, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeș-Bolyai, Cluj-Napoca, România.

## Experiență Profesională în Psihologie

- 2023 - prezent: **Președinte**, International Association of Psychologists in Climbing ([IAPSYC](#)), Austria.
- 2023 - prezent: **Membru Comisia Medicală și Anti-Doping**, International Federation of Sport Climbing ([IFSC](#)), Torino.
- 2023 - prezent: **Supervizor colaborator stagiu de practică supervizată** Departamentul de Psihologie Clinică și Psihoterapie, Universitatea Babeș-Bolyai, Cluj-Napoca, România în colaborare cu "[International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health](#)" / [Asociația de Psihoterapii Cognitive și Comportamentale din România](#) (reprezentant național în European Association of Behavioral and Cognitive Therapies).
- 2021 - prezent: **Director Sănătate Mintală**, [Climbing Psychology](#), Austria.
- 2021 - prezent: **Psiholog Sportiv**, [Rock and Joy](#), Spania.
- 2020 - 2021: **Adventure Therapist**, [Asociación Experientia: Terapia a través de la aventura](#), Spania.
- 2019: **Wilderness Therapist - Venture Trust**, [Wilderness Therapy Programs Scotland](#), UK.
- 2017 - 2018: **Lucrător de tineret**, [Youth Department of City Hall Lleida](#), Spania.
- 2016 - prezent: **Consilier psihologic și Psiholog Sportiv în Practica Privată**, [Psiholog Drd. Maria Stefania Ionel](#), România.
- 2016 - prezent: **Co-fondator**, [Development through Climbing](#), [Organizația Minte Forte](#), Cluj-Napoca, România.
- 2016 - 2019: **Consilier psihologic**, [Organizația Minte Forte](#), Cluj-Napoca, România.

## Educație

- 2017 - 2024: **Doctorand în Psihologie** - Școala Doctorală de Psihologie Cognitivă Aplicată, [RIDDLE Lab](#), [Departamentul de Psihologie](#), [Universitatea Babeș-Bolyai](#), România. Titlul tezei: "*Implications of exposure to nature and physical activity. Cognitive and emotional development in adults*". Coordonator științific: Prof. Dr. Habil. Laura Visu-Petra.
- 2013 - 2015: **Masterat** în [Psihologie Clinică](#), [Consiliere Psihologică și Psihoterapie](#), Universitatea Babeș-Bolyai, România. Titlul tezei: "*Cognitive and affective benefits of exposure to natural versus artificial stimuli when performing indoor cycling*". Coordonator științific: Conf. Dr. Habil. Laura Visu-Petra, Prof. Dr. Habil. Maria Rosario Rueda (University of Granada).
- 2006 - 2010: **Licență** în Psihologie, [Facultatea de Științe Socio-Umane](#), [Universitatea din Oradea](#), România. Titlul tezei: "*Attribution of moral values in christians versus atheists*". Coordonator științific: Conf. Dr. Habil. Delia Bîrle.
- 2006 - 2009: **Licență** în Relații Internaționale și Studii Europene, [Facultatea de Istorie, Geografie și Relații Internaționale](#), Universitatea din Oradea, România. Titlul tezei: "*Religion and politics in the Romanian post-communist collective mental*". Coordonator științific: Conf. Dr. Cristina Maria Dogot.

## Afilieri Profesionale

- 2022 November - prezent: *International Association of Applied Psychology* ([IAAP](#), Membru).
- 2022 May - prezent: *Adventure Therapy International Committee* ([ATIC](#), Membru).
- 2021 November - prezent: *Romanian Association of Cognitive and Behavioral Psychotherapies* ([APCCR](#), Membru asociat certificat).
- 2021 October - prezent: *Romanian Association of Psychologists* ([APR](#), Membru).
- 2021 January - prezent: *Adventure Therapy Europe* ([ATE](#), Country Representative).
- 2020 June - prezent: *European Federation of Sport Psychology* ([FEPSAC](#), Membru).
- 2019 October - prezent: *European Network of Young Specialists in Sport Psychology* ([ENYSSP](#), Membru).
- 2018 July - prezent: *International Rock Climbing Research Association* ([IRCRA](#), Membru).
- 2014 May - prezent: *Romanian College of Psychologists* ([CPR](#), Psiholog specialist autonom certificat).
- 2014 October - prezent: *Circle of Security International* ([COSI](#), Educator parental certificat).

## Membru în Echipe de Cercetare

- 2022 Februarie - prezent:** Research Project: *Riding with the flow: intrinsic motivation, dispositional flow, and sensation seeking among Italian motorcycle racers*. Collaborators: Paolo Mancin, PhD(c), Silvia Cerea, PhD, Marta Ghisi, PhD, Department of General Psychology, University of Padova, Padova, Italy.
- 2022 Februarie - prezent:** Open Science Framework ([OSF](#)), *Gender differences in athletic identity and pain coping ability in the combat sports world*. Collaborators: Alexandra Trașcă, and BA, Laura Visu-Petra, PhD, Department of Psychology, Babes-Bolyai University, Cluj-Napoca, Romania. DOI: 10.17605/OSF.IO/72SU5.
- 2021 Iunie - prezent:** Open Science Framework ([OSF](#)), *The associations between climbing and mental health: A scoping review*. Collaborators: Louise H. Hall, PhD, Leeds Institute of Health Research, University of Leeds, UK; Alex Gude, MSc, Peninsula Medical School, Faculty of Health, University of Plymouth, UK; Nicole Gridley, Carnegie School of Education, Leeds Beckett University, UK. DOI: 10.17605/OSF.IO/UDFXA.
- 2020 Mai - prezent:** Research Project: *The psychological 'fabric' of climbers - research study*. Collaborators: Andrei Ion, PhD, Department of Psychology, University of Bucharest, Romania; Laura Visu-Petra, PhD, Department of Psychology, Babes-Bolyai University, Cluj-Napoca, Romania.

## Formare și Dezvoltare Profesională în Cercetare

- 2022 Noiembrie 20-24: Workshop "Preparing manuscripts for publication in peer-reviewed journals: strategies and writing skills", Xavier Sanchez, PhD, [University of Orléans](#), Orléans, France.
- 2021 Martie: [Intensive Course in Sport and Exercise Psychology](#), Department of Sport and Exercise Psychology, Leipzig University, Germany.
- 2020 Noiembrie: [Online European Conference Psychology of Elite Sports Performance](#), Faculty of Physical Education and Sport, Lusófona University, Lisbon, Portugal.
- 2020 Ianuarie - Iunie: Research Fellow in Sport Psychology, [NeuroPGA Lab](#), research team "Genes and Environment in Understanding the diversity of Human Behavior and the Pathogenesis of Mental Illness", [University of Lleida](#), [Department of Pedagogy and Psychology](#), Spain.
- 2015 - 2016: Research Fellow in Developmental Cognitive Neuroscience, [The Brain, Mind and Behavior Research Center, Faculty of Psychology, University of Granada](#), Spain.
- 2015 Octombrie: 5th "[National Conference of School Psychologists](#)", Oradea, Romania.
- 2015 Octombrie: Pilot study and validation of the assessment tool "Knowing us" for children from primary and secondary school in Romania. "Horea" School of Cluj-Napoca. Collaboration with Ernesto Pais Ph.D, Interamerican Open University, Buenos Aires, Argentina.
- 2015 Septembrie: "[Human Action Control Summer School](#)", Cluj-Napoca, Romania. Scholarship of "German Academic Exchange Service" ("Deutscher Akademischer Austausch Dienst"; DAAD).
- 2014 Iulie: "[Implicit Cognition Summer School](#)", Cluj-Napoca, Romania.
- 2014 Iulie: 35th "[Stress and Anxiety Research Society](#)" Conference", Cluj-Napoca, Romania.
- 2014 Iunie: 1st "[International Congress of Cognitive Behavioral Coaching](#)", Cluj-Napoca, Romania.
- 2014 Martie - Iulie: Research stage in Psychology, [SC COGNITROM SRL](#), Cluj-Napoca, Romania;
- 2007 Iulie: "Applications of Intercultural Dialogue", Ciucea, Romania. Organised by the European Commission – Jean Monnet Project and Romanian Government.

## Formare și Dezvoltare Profesională în Psihologie

- 2023 - prezent:** member of the Medical & Anti-Doping Commission, Relative Energy Deficiency in Sport (RED-S) group, International Federation of Sport Climbing ([IFSC](#)).
- 2020 - prezent:** Post Graduate Diploma (PGDip) in Psychodynamic Psychotherapy, The Psychotherapy of the Disorders of Self, [International Masterson Institute](#), Australia.
- 2020 - prezent:** Founder of the [Climbing Psychology - Peer Group Supervision](#) Group, Online.

- 2019 - prezent:** Supervision in Sport Psychology - Peer Consultation Sessions ([PCS](#)), Applied Department, European Network of Young Specialists in Sport Psychology (ENYSSP), Brussels, Belgium.
- 2019 - prezent:** Supervision in counselling with Ronald Frey, PhD, Faculty of Health, Queensland University of Technology, Australia.
- 2023 Mai 20: Online Training “Self and Shadow in the Light of Jungian Typology”. Trainer: John Beebe PhD, C. G. Jung Institute of San Francisco, [SRAJ](#) (Romanian Society of Jungian Analysis).
- 2023 Martie 30: Trainer of "Consensus Statement on Eating Disorders in Climbing" Online Workshop on Relative Energy Deficiency in Sport (RED-S), alongside Margo Mountjoy PhD, member of the International Olympic Committee. XIX International Federation of Sport Climbing ([IFSC](#)) General Assembly in Singapore.
- 2023 Martie 10: Online webinar “Psychologist and coach, making the relationship work (well)”. Speakers: Dr Christopher Neesham, designer of Elite Feats. European Federation of Sport Psychology ([FEPSAC](#)).
- 2022 Decembrie 5: Online Lunch Bytes - Research food for thought: A 'whole club' approach for mental health. Speakers: Dr Len Nokes (Medical Director, [Cardiff City Football Club](#)) and Dr Mikel Mellick (Cardiff Metropolitan University), Centre for Health, Activity and Wellbeing Research ([CAWR](#)).
- 2022 Septembrie - 2023 Iunie: Life Integration Process ([LIP](#)) Training Course. Trainer: Edó Gergely, Nelles Institut, Germany.
- 2022 Februarie - Septembrie: Coordinator and Supervisor of “1:1 in Nature” Online Group, [Asociación Experientia: Terapia a través de la aventura](#), Barcelona, Spain.
- 2022 Aprilie: Trainer of “Psychological aspects in the pre-competition period in climbing” [Aspecte psihologice în perioada precompetițională în climbing] Workshop. Romanian Federation of Mountaineering and Climbing [Federația Română de Alpinism și Escaladă].
- 2022 Martie: Online Training “Experiencing Narcissism: Between inner emptiness and the fascination of greatness”. Trainer: Otto Kernberg PhD, Weill Cornell Medicine, Cornell University, New York. [SRAJ](#) (Romanian Society of Jungian Analysis).
- 2022 Februarie: Online Training “COSI Assessment and Calibration Refresher”, [Circle of Security](#), Trainer: Joe Coyne PhD, School of Psychology and Counselling Faculty of Health, Queensland University of Technology, Brisbane, Australia.
- 2021 Noiembrie: Online Training “What did the pandemic teach us about the online version of the psychotherapeutic relationship with patients with trauma”. Trainer: Diana Vasile, PhD, Founder of the Institute for the Study and Treatment of Trauma. [APR](#) (Romanian Association of Psychologists) Conference, Bucharest.
- 2021 Noiembrie: Online Training “Acceptance and Commitment Therapy (ACT) for trauma”. Trainers: Radu Soflau, PhD, Lia Oltean, PhD(c), Romanian Association of Cognitive and Behavioral Psychotherapies ([APCCR](#)), Cluj-Napoca.
- 2021 Septembrie: Adventure Therapist and facilitator of “[VII International training: An Experiential approach to Wilderness Therapy](#)”, Asociación Experientia: Terapia a través de la aventura, Girona, Spain.
- 2021 August: Trainer of “[Sport psychology in children and juniors](#)” [Psihologia sportului la copii și juniori] Workshop. Romanian Federation of Mountaineering and Climbing [Federația Română de Alpinism și Escaladă].
- 2021 Ianuarie: Online Workshop “Working with suicidality and self harm”, EMDR Romania. Trainer: Dolores Mosquera, PhD, Institute for the Study of Trauma and Personality Disorders, Sada, La Coruña, Spain.
- 2020 Septembrie: Online “Webinar: Best Practices of the Scientist-Practitioner Model”, Association for Applied Sport Psychology ([AASP](#)), Indianapolis, USA.
- 2020 Iunie: Online Training “Facilitating Attuned Interactions” ([FAN](#), Level 1, Core Training), Cluj-Napoca. Trainer: Mary Claire Heffron, PhD, Erikson Institute, Chicago, USA.

- 2020 Aprilie: Online Webinar “Sport psychology 2050 and the health crisis”, European Network of Young Specialists in Sport Psychology ([ENYSSP](#)), Brussels, Belgium. Trainer: Prof. Markus Raab, PhD, German Sport University, Cologne, Germany.
- 2019 Octombrie: Training “Taking the Circle into Adult Therapy: The significance of Circle of Security concepts for translating attachment to the needs of adults”, Cluj-Napoca. Trainer: Joe Coyne Ph.D, School of Psychology and Counselling Faculty of Health, Queensland University of Technology, Brisbane, Australia.
- 2019 Aprilie: Training “From Borderline Personality Disorder to Real Self”, Cluj-Napoca. Trainer: Caroline Andrew, [International Masterson Institute](#), Australia.
- 2019 Februarie: Training “Stabilization techniques for patients with complex trauma and dissociation”, Romanian Association for the Study and Intervention in Trauma, Timisoara. Trainer: Anna Gerge PhD.
- 2018 - 2019: Founder of the Dialectical Behavior Therapy (DBT) Study Group, Cluj-Napoca, Romania.
- 2018 Octombrie: Training “The Circle of Security Intervention”, [Circle of Security](#), Cluj-Napoca. Trainer: Joe Coyne Ph.D, School of Psychology and Counselling Faculty of Health, Queensland University of Technology, Brisbane, Australia.
- 2018 Septembrie: Training “Understanding and working with impact of family violence”; “Sexuality, gender and sexual abuse: A clinical perspective”. Trainer: Ronald Frey, PhD, Faculty of Health, Queensland University of Technology, Australia.
- 2018 Iulie: Training “Supporting Security through video review and reflective dialogue: Circle of Security Intervention Skills, Cluj-Napoca. Trainer: Joe Coyne Ph.D, School of Psychology and Counselling Faculty of Health, Queensland University of Technology, Brisbane, Australia.
- 2018 Mai: International Training “An Experiential Approach to Wilderness Therapy”, [Asociación Experientia: Terapia a través de la aventura](#), Valencia, Spain.
- 2017 - 2019: Supervision in counselling with Emma Malone, PhD candidate, School of Psychology and Counselling, Queensland University of Technology, Australia.
- 2017 Octombrie: Training “Assessment and Treatment Planning. The Circle of Security Approach”, Cluj-Napoca. Trainer: Joe Coyne Ph.D, School of Psychology and Counselling Faculty of Health, Queensland University of Technology, Brisbane, Australia.
- 2017 Iunie: “[Mindfulness and Education](#)” Conference, Institute of Educational Science, University of Lleida, Spain.
- 2017 Iunie: Training course “Introduction to Dialectical Behavior Therapy (DBT) for Borderline Personality Disorder”, Association of Counselling Psychological from Romania, Oradea. Trainer: [Andrada Neacșiu](#), Ph.D., Duke University, USA.
- 2016 Noiembrie: Seminar “Providing Adolescents with a Secure Base. An attachment Perspective”, Cluj-Napoca. Trainer: Jude Cassidy Ph.D, researcher and prestigious professor, University of Maryland, USA.
- 2016 Iulie: “Motivational Interviewing Workshop”, Cluj-Napoca. Trainer: Ken Resnicow Ph.D, School of Public Health, Department of Health Behavior & Health Education, University of Michigan.
- 2016 Septembrie - October: Teacher Assistant, [Royal School in Transylvania](#), Cluj-Napoca, Romania.
- 2016 Iunie: Training “Understanding the negative impacts of child abuse. Relational trauma and the importance of attachment and interpersonal neurobiology”, Cluj-Napoca. Trainer: Joe Coyne Ph.D, School of Psychology and Counselling Faculty of Health, Queensland University of Technology, Brisbane, Australia.
- 2016 Mai: Training “Core Sensitivities. An Understanding of Defensive Process within Everyday Experience”, Cluj-Napoca. Trainer: Kent Hoffman Ph.D., researcher and prestigious professor, Gonzaga University, Department of Psychology, Spokane, USA.
- 2016 Mai: Masterclass “Frightened, Wise, and Waiting. Understanding Students and Attachment Struggles”, Architects of Education Conference, New Horizons Foundation in the Swiss-Romanian Cooperation Programme, Cluj-Napoca. Trainer: Kent Hoffman Ph.D.
- 2015 -2017: Personal development Project Coordinator, [Minte Forte NGO](#), Cluj-Napoca, Romania.
- 2015 Februarie: Workshop “Anger management techniques”, Cluj-Napoca, Minte Forte Organization.

- 2014 - 2019: Practice certification in CBT counselling, [Cognitive and Behavioral Psychotherapy Association from Romania](#).
- 2014 Noiembrie: Training "The Intervention in relationship problems. Specific Applications in couple and parenting", Cognitive and Behavioral Psychotherapy Association from Romania, Oradea. Trainer: Ann Vernon Ph.D, researcher and REBT psychotherapist, Albert Ellis Institute of New York, USA.
- 2014 Octombrie: Training "[Circle of Security](#) Parenting Program, Certified Parent Educator, [Circle of Security](#). Cluj-Napoca. Trainer: Kent Hoffman Ph.D.
- 2014 Octombrie: Seminar "Thirst: Attachment, Procedural Memory in Every Day Life", Cluj-Napoca. Trainer: Kent Hoffman Ph.D.
- 2014 Octombrie: Training "Raven Progressive Matrices. Measuring abilities and competence", Cognitive and Behavioral Psychotherapy Association from Romania. Trainer: John Raven Ph.D.
- 2014 Mai: "[Education and Parenting Conference](#)" 1st edition, Pro Cariere Association, Oradea.
- 2014 Martie - Mai: Teacher Assistant, [Transylvania College](#), Cluj-Napoca, Romania.

### Formare Pedagogică și Predare

- 2019 - prezent:** Grupul de Psihologia Sportului și Activității Fizice, [RIDDLE Lab](#); Departamentul de Psihologie, Facultatea de Psihologie și Științe ale Educației, Universitatea Babeș-Bolyai, Cluj-Napoca, România. Am predat peste 40 de cursuri, abordând un spectru larg de subiecte legate de psihologia sportului și a activității fizice, variind de la abordarea fenomenologic hermeneutică în sporturile extreme, diferite perspective asupra sănătății mintale a sportivilor, psihologia efortului athletic și intervenții menite să crească starea de bine și performanța sportivilor (de exemplu, mindfulness formal și informal, lucru cu valori, analiză funcțională în context sportiv etc.). Obiectivul general al acestui grup a fost de a promova o abordare *scientist-practitioner* cu perspectivă din lumea reală asupra aplicațiilor diferitelor teorii și modele discutate în domeniul psihologiei sportului. Am folosit o varietate de metode de predare, inclusiv discuții de grup, activități de joc de rol, studii de caz, împărtășirea feedback-ului constructiv, învățarea cum să-l primească și să-l aplice și am discutat despre diferite intervenții psihologice pentru a implica studenții și a le îmbunătăți experiența de învățare.
- 2020 Noiembrie 19: Teaching Course of School Counseling, invited by Assoc. Prof. Dr. Habil. Delia Bîrle, Faculty of Social Humanistic Science, University of Oradea, Romania. "Assessment and intervention in attachment disorders".
- 2019 Mai 22: Teaching Course of Developmental Psychology II, invited by Assist. Prof. Dr. Oana Mărcuș, Faculty of Social and Human Sciences, "Lucian Blaga" University of Sibiu. "Assessment and intervention in attachment disorders".
- 2019 Martie 27: Teaching Course of Atypical development profiles, invited by Lecturer Prof. Dr. Lavinia Cheie, Faculty of Psychology and Educational Sciences, Babes-Bolyai University, Cluj-Napoca, Romania. "Assessment and intervention in attachment disorders".
- 2013 - 2015: Psycho-pedagogical module, Level II for University teaching, Teacher Training Department, Babes-Bolyai University, Cluj-Napoca, Romania.
- 2006 - 2010: Psycho-pedagogical module, Level I (Psychology) for High School teaching, Teacher Training Department, University of Oradea, Romania.
- 2006 - 2010: Psycho-pedagogical module, Level I (International Relations and European Studies) for High School teaching, Teacher Training Department, University of Oradea, Romania.
- 2002 - 2006: Teacher for Kindergarten and Primary School, "Iosif Vulcan" Pedagogical High School, Oradea, Romania.

### Premii, Burse și Distincții Profesionale

- 2022 Ianuarie - Iunie: Erasmus scholarship - PhD-stage mobility at the [Experimental Psychopathology Lab](#) (EP Lab), [Department of General Psychology](#), [University of Padova](#), Italy.

- 2020 Ianuarie - Iunie: Erasmus scholarship - PhD-stage mobility at the [NeuroPGA Lab](#), research team "Genes and Environment in Understanding the diversity of Human Behavior and the Pathogenesis of Mental Illness", [Department of Pedagogy and Psychology](#), [University of Lleida](#), Spain.
- 2018: **Young Investigators Award** for the best Poster Presentation during the 9th [International Mountain and Outdoor Sports Conference](#), 21-24 November, Prague, Check Republic. Authors: **Ionel, M. S.**, Sanabria, D., Visu-Petra, L., Zabala, M., & Rueda, M. R. Psychological benefits of indoor cycling while immersed in a virtual environment.
- 2015 - 2016: Erasmus scholarship - MA-stage mobility at the Developmental Cognitive Neuroscience Lab, [The Brain, Mind and Behavior Research Center, Faculty of Psychology](#), [University of Granada](#), Spain.
- 2015 Septembrie: Scholarship of the "German Academic Exchange Service" ("Deutscher Akademischer AustauschDienst"; DAAD). "[Human Action Control Summer School](#)", Cluj-Napoca, Romania.
- 2012 Mai 3-6: Awarded 3rd prize for the Oral Presentation during the [International Conference of Psychologist Students](#), Cluj-Napoca, Romania. Authors: **Ionel, M. S.**, Crișan, D. Youth and morality: Differences between Christians and Atheists on the tolerance to the level of morality of Moral Values.
- 2007 - 2008: Socrates-Erasmus scholarship - BA-stage mobility in International Relations at the [Department of Political Science, Law and International Studies](#), Faculty of Political Science, Università degli Studi di Padova, Italy.

## Publicații

### a. Articole indexate Web of Science (ISI):

- Ionel, M.S.**, Ion, A., & Visu-Petra, L. (2023). Personality, grit, and performance in rock-climbing: down to the nitty-gritty. *International Journal of Sport and Exercise Psychology*, 21(2), 306-328. <https://doi.org/10.1080/1612197X.2022.2044368>
- Ionel, M. S.**, Ion, A., & Visu-Petra, L. (2023). Personality and rock-climbing performance progression: a 12-months follow-up. *International Journal of Sport and Exercise Psychology*, 1-24. <https://doi.org/10.1080/1612197X.2023.2293935>
- Ionel, M.S.**, Visu-Petra, L., & Rueda, M.R. (2024). Simulating Nature?! The Impact of Indoor Exercising on Cognitive and Affective Functioning: A Randomized Crossover Trial. *Advances in Cognitive Psychology*, 20(1), 64-79. DOI: 10.5709/acp-0416-3. <https://www.ac-psych.org/en/current#art423>

### b. BDI (CNCSIS B+ category) journal articles:

- Bîrle, D., Crișan, D., & **Ionel, M.S.** (2013). Adolescents' tolerance towards the level of morality/immorality of moral values, *Scientific Research and Education in the Air Force-AFASES*, 15, pp. 139-149. EBSCO indexed volume.

### c. Capitole în volume colective:

- Moldovan, M., **Ionel, M.S.**, & Visu-Petra, L. (2019). Autorănirea nonsuicidară. În Enea, V. (coord.). *Intervenții psihologice în școală. Manualul consilierului școlar*, [Editura Polirom](#), Iași.

### d. Congress book:

- Ionel, M. S.**, Ion, A. G., & Visu-Petra, L. PERSONALITY, GRIT, AND PERFORMANCE IN ROCK-CLIMBING. In [CONGRESS BOOK](#) (p. 82).

## Prezentări și Conferințe

### a. Lucrări prezentate în cadrul manifestărilor științifice internaționale:

- Ionel, M. S.**, Ion, A., Visu-Petra, L. (2023). Rock-climbing performance, a personal(ity) matter?! The role of personality in rock-climbing performance examined, *International Association of Applied Psychology (IAAP)*, [Early Career Marathon: Integrating Research and Practice](#), 11 November, Online.
- Ionel, M. S.**, Ion, A., Visu-Petra, L. (2023). Rock-climbing performance, a personal(ity) matter?! The role of personality in rock-climbing performance examined, *6th Congress of the International Rock Climbing Research Association*, 7-10 August, Bern, Switzerland.
- Obadau, V., **Ionel, M. S.** (2022). Runners are different: Assessing the relationship between trait mindfulness, pain tolerance, and performance running, 10th [International Mountain and Outdoor Sports Conference](#), 23-26 November, Prague, Czech Republic.
- Ionel, M. S.**, Ion, A., Visu-Petra, L. (2022). Climbing Self-Efficacy Moderates the Relationship between Experience and Performance in Rock-climbing, *16th European Congress of Sport & Exercise Psychology*, 11-16 July, Padova, Italy.
- Ionel, M. S.**, Ion, A., Visu-Petra, L. (2022). Personality, Grit, and performance in rock-climbing: down to the nitty-gritty., *16th European Congress of Sport & Exercise Psychology*, 11-16 July, Padova, Italy.
- Ionel, M. S.**, Ion, A., Visu-Petra, L. (2022). Climbing Self-Efficacy Moderates the Relationship between Experience and Performance in Rock-climbing, *17th European Network of Young Specialists in Sport Psychology*, 26-28 May, Bucharest, Romania.
- Ionel, M. S.**, Ion, G. A., & Visu-Petra, L. (2021). Personality, Grit, and performance in rock-climbing: down to the nitty-gritty. Vth [IRCRA](#) (International Rock Climbing Research) Congress. 11-14 November, Tokyo, Japan, Virtual.
- Visu-Petra, L., **Ionel, M. S.**, & Rueda, M. R. (2021). Exploring cognitive and affective benefits of exposure to simulated nature environments during indoor cycling. [ICEP 2021](#) (International Conference on Environmental Psychology), 5-8 October, Siracusa, Italy.
- Ionel, M. S.**, Ion, G. A., & Visu-Petra, L. (2021). Personality and performance in climbing: Through the lenses of boulderers and sport climbers. 16th [ENYSSP](#) (European Network of Young Specialists in Sport Psychology) Conference, 8-11 April, Virtual.
- Ionel, M. S.**, Sanabria, D., Visu-Petra, L., Zabala, M., & Rueda, M. R. (2018). Psychological benefits of indoor cycling while immersed in a virtual environment. 9th [International Mountain and Outdoor Sports Conference](#), 21-24 November, Prague, Check Republic. Young Investigators Award.
- Ionel, M. S.** & Visu-Petra, L. (2018). Exploring the Cognitive and Affective benefits of Indoor and Outdoor Climbing. 4th [International Rock Climbing Research Congress](#), 9-14 July, Chamonix, France.
- Ionel, M. S.**, Sanabria, D., Visu-Petra, L., Zabala, M., Arjona, M. S., & Rueda, M. R. (2016). Cognitive and affective benefits of exposure to natural versus artificial stimuli when performing indoor cycling. [Cognitive and Neural Mechanisms of Human Memory](#), 17-18 May, Cluj-Napoca, Romania.
- Sidor A., Alexa, P.M., Cionca, E., **Ionel, M. S.**, Pop, C. (2014). Let's focus on bulimia! 3rd [European Conference on Mental Health](#) – Looking for Evidence Together, 10-12 September, Tallinn, Estonia.

#### **b. Lucrări prezentate în cadrul manifestărilor științifice naționale:**

- Williams, R., Crane, M., Markovič, M., Vardy, J., Howard, S., Santolaya, M., ... & **Ionel, M. S.** (2023). Consensus Statement on Eating Disorders in Climbing, *Asociația Psihologilor din România (APR)*, Conferința APR „Psihologia în era digitalizării”, 2-4 June, 2023, Constanța, Romania.
- Ionel, M. S.**, Ion, G. A., & Visu-Petra, L. (2021). Personality and Performance in Rock-climbing. [APR](#) (Romanian Association of Psychologists) Conference. Oral presentation in Symposium ‘Cognitive and Personality Factors involved in Sport Performance and Athlete's Mental Health’. 11-14 November, Bucharest, Romania, Virtual.
- Ionel, M. S.**, Sanabria, D., Rueda, M. R., Zabala, M., Arjona, M. S., & Visu-Petra, L. (2019). Are there any cognitive or affective benefits of exposure to simulated nature environments during indoor



cycling?. Conferința Națională a Doctoranzilor CONSORȚIUL UNIVERSITARIA, 26-27 September, Bucharest, Romania.

**Ionel, M. S.**, Crișan, D., (2012). Youth and morality: Differences between Christians and Atheists on the tolerance to the level of morality of Moral Values. [International Conference of Psychologist Students](#), 3-6 May, Cluj-Napoca, Romania. Awarded 3rd price.

### Știința în Comunitatea Extinsă

- 2023 Martie 30: Trainer of "Consensus Statement on Eating Disorders in Climbing" Online Workshop on Relative Energy Deficiency in Sport (RED-S), alongside Margo Mountjoy PhD, member of the International Olympic Committee. XIX International Federation of Sport Climbing ([IFSC](#)) General Assembly in Singapore.
- 2022 Octombrie: [Climbing Magazine](#), Interview with Jaclyn Vansloten. "[Want to Improve Your Onighting? Try This. How personality traits and hangdogging can be leveraged to make you a better first-effort climber.](#)"
- 2022 Martie: "[Hanging On - A cross-cultural documentary about climbing](#)", short documentary about the links between sport climbing and mental health. Collaboration with Stefan Paiu for his master dissertation in International Journalism at the University of Cardiff.
- 2021 Octombrie 7: LIVE Interview at [Organizația Minte Forte](#) with Raluca Ionescu. [[E Timpul Să Vorbim #4](#). "Despre mișcare ca spațiu de creștere"]. It's Time to Talk #4. "About movement as a space for growth".
- 2021 Iunie 28: [Antena3.ro](#), Television Interview at Health Advice [[Sfat de Sanatate](#)] with Andreea Cigolea. [Fifteen minutes a day of walking is magical for the psyche](#). Psychologist Maria Stefania Ionel: "Decreases the incidence of depression and anxiety".
- 2021 Iunie 10: [Antena3.ro](#) LIVE, Television Interview with [Maria Coman](#). [About personal development through movement with Maria Ștefania Ionel](#): "Creating a new habit takes time".
- 2021 Iunie 15: The challenges of life [[Provocările vieții](#)] with Adina Tomoiaga. [Wilderness therapy](#) - guest: Maria Stefania Ionel.
- 2021 Mai 12: The challenges of life [[Provocările vieții](#)] with Adina Tomoiaga. [Sport and personal development](#) - guest: Maria Stefania Ionel.
- 2021 Martie 12: Rock & Joy with Migue Sancho. [#127 How do you go from having a panic climbing second to falling plating on your project? With Irene and Maria Ionel](#).
- 2021 Martie 5: Rock & Joy with Migue Sancho. [#126 How to enjoy Climbing even more by working on Performance Anxiety with Maria Stefania Ionel](#).
- 2021 Februarie 26: Rock & Joy with Migue Sancho. [#125 Fear of falling, what to do to manage it with Maria Stefania Ionel](#).
- 2021 Februarie 19: Rock & Joy with Migue Sancho. [#124 How to improve your climbing by being able to control your emotions with Maria Ionel](#).
- 2021 Februarie 12: Rock & Joy with Migue Sancho. [#123 Climbing Psychology with Maria Stefania Ionel](#).
- 2020 Mai: Sport psychology under lockdown. Perspectives on adaptation in Romania: the practitioner, the supporter, the researcher, "The psychological 'fabric' of climbers - research study during the era of COVID", [ENYSSP Newsletter Contribution](#), Volume 17 / Issue 2.

### Alte Activități Profesionale

- 2021 August: Training Course "[Talking Bodies](#). An Embodied Arts Laboratory for Youth Workers", Asociação Dinámica, Sant Joan, Mallorca, Spain. "Erasmus Plus" Project, European Commission.
- 2017 Noiembrie: Course "Climbing Performance Coaching", Romanian Federation of Alpinism and Climbing, Bucharest. Trainer: Udo Neumann PhD, Koln, Germany.
- 2016 Decembrie: Training Course "Game of Wellness", Dobroti Organization, Brno, Czech Republic. "Erasmus Plus" Project, European Commission.

- 2016 Aprilie: Training "The tree of awareness", Work in Progress Pietramelara Organization, Pietramelara, Italy. "Erasmus Plus" Project, European Commission.
- 2016 Martie: International Training Course "Life Love Youthpass", Mollina, Spain. "Erasmus Plus" Project, European Commission.
- 2015 Noiembrie: Training: "Lobby, Advocacy, Fundraising. Effective strategies of promotion, creating impact and financial sustainability in the NGO sector". NGO representative, national meeting network, "[MindReset.Net](#)", Bucharest, Estuar Foundation and Romanian League for Mental Health. EEA Grants.
- 2015 Octombrie: Seminar "From Nonprofit to Sustainability", Management of Non-profit Organizations, Bucharest.
- 2014 Noiembrie: Training "The Non-Formal to Road to Mental Health", Minte Forte Organization, Măguri-Răcățău, Romania. "Erasmus Plus" Project, European Commission.
- 2014 Iulie: member of the organizing committee for the 35th "[Stress and Anxiety Research Society](#)" Conference", Cluj-Napoca, Romania.
- 2014 Iunie: member of the organizing committee for the 1st "[International Congress of Cognitive Behavioral Coaching](#)", Cluj-Napoca, Romania.

### **Alte Abilități și Competențe**

- 2020: Permis de conducere, Categoria B
- 2019: Permis de conducere, Categoria A
- 2003 - prezent: Pasionată de escaladă sportivă, câștigătoare a diferite concursuri din România: Campionatul Național de Escaladă (2013, 2014), Rimetea Climbing Open (2014), Cupa Ata (2013, 2007, 2004), Cupa Altius (2007, 2004), Memorial Misi Szalma (2007).

### **Competențe lingvistice**

Română: nativ

Engleză: 2014, Certificat de Limba Engleză, Nivel B2.2 (Upper Advanced), ALPHA Centrul de Limbi Moderne, Facultatea de Litere, Universitatea Babeș-Bolyai, Cluj-Napoca, România.

Spaniolă: 2015, Certificado de Lengua Española, Nivel B2.2 (Upper Advanced), Centro de Lenguas Modernas, Universidad de Granada, Spania.

Italiană: 2008, Certificato di Lingua Italiana, Livello B2.2 (Upper Advanced), Centro Linguistico di Ateneo, Università degli Studi di Padova, Italia.

### **Recomandări**

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