



## Iulia-Maria Coșa

### WORK EXPERIENCE

08/2023 – CURRENT Cluj-Napoca, Romania

**UNIVERSITY RESEARCH ASSISTANT - PNRR-III-C9-2022-I8-CF278/30.11.2022** UNIVERSITATEA BABEȘ BOLYAI

- Project Visual Identity Management
- Developing Protocol for children and adolescents with anxiety and depression
- Supporting team members
- Creating Promoting content for site and Facebook account

Website [www.neuro4c.eu](http://www.neuro4c.eu)

10/2023 – CURRENT Cluj-Napoca, Romania

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

- Preparation of specific materials for Psychometrics, Psychodiagnosis, and Intelligence Assessment
- Conducting seminars
- Guiding and supporting students in completing semester activities
- Providing specific feedback on semester projects
- Presenting assessment tests (e.g., WISC IV and Raven Progressive Matrix)

10/2022 – 07/2023 Cluj-Napoca, Romania

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

- Preparation of specific materials for Psychometrics, Psychodiagnosis, and Intelligence Assessment
- Conducting seminars
- Guiding and supporting students in completing semester activities
- Providing specific feedback on semester projects
- Presenting assessment tests (e.g., WISC IV and Raven Progressive Matrix)

2021 – 2022 Cluj-Napoca, Romania

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

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14/07/2021 – CURRENT Sibiu, Romania

**PSYCHOTHERAPIST** COȘA IULA MARIA - CABINET INDIVIDUAL DE PSIHOLOGIE

- Individual therapy (Cognitive Behavioral Therapy) online and offline for:
  - Children and adolescents (externalizing and internalizing disorders)
  - Young adults (e.g., anxiety, depression)
- Specialization in behavioral and substance addictions

2020 – 2021

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

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- Guiding and supporting students in completing semester activities

- Providing specific feedback on semester projects
- Presenting assessment tests (e.g., WISC IV and Raven Progressive Matrix)

2020 – 11/2023 Cluj-Napoca, Romania

**EXPERT IN CHILDREN'S WORKSHOPS** ASOCIAȚIA GRUPUL DE ACȚIUNE LOCALĂ NAPOCA POROLISSUM - POCU/827/5/2/139970

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- Assessment of children using Raven's Progressive Matrices (approximately 1000 children, grades 0-4)
- Scoring of Raven's Progressive Matrices
- Development of an intervention program for gifted children
- Emotional development activities with Romani children in Sacuie
- Support for parental education workshops (Parents of gifted children)
- Support for teacher workshops (Teachers of gifted children)

10/2019 – 2020 Cluj-Napoca, Romania

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

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- Providing specific feedback on semester projects
- Presenting assessment tests (e.g., WISC IV and Raven Progressive Matrix)

12/2017 – 2021 Cluj-Napoca, Romania

**PRACTICING PSYCHOLOGIST UNDER SUPERVISION** CLINICA UNIVERSITARĂ DE PSIHOLOGIE PSYTECH

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- Development of intervention plans
- Conducting individual counseling sessions
- Conducting individual psychotherapy sessions
- Supporting the promotion of events held within the Clinic

11/2017 – 2019 Cluj-Napoca, Romania

**PSYCHOLOGIST** UNIVERSITATEA BABEȘ-BOLYAI, PROIECT: STOP ABANDONULUI LA MATE-INFO! YES TO YOUR FUTURE! (STAY!)

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- Development of intervention plans
- Conducting individual counseling sessions
- Creating specific materials for thematic workshops (Assertiveness and Conflict Management, Lifestyle Management, "De-stressing," Coping, Personal Optimization, and Academic Potential Development)
- Developing materials for team-building and facilitating them
- Providing support in organizing specific events

2019 – 2022 Cluj-Napoca, Romania

**UNIVERSITY RESEARCH ASSISTANT** UNIVERSITATEA BABEȘ-BOLYAI, PROIECT: PN-III-P4-ID-PCE-2016-0861 (REBTONAD)

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- Scoring initial assessments of children enrolled in the project
- Supporting the online therapy process for children (e.g., encouraging engagement, providing online feedback)
- Creating promotional flyers

13/09/2019 – 15/09/2019 Cluj-Napoca, Romania

**ORGANIZING CONFERENCE- REBT 2019** DEPARTAMENTUL DE PSIHOLOGIE CLINICĂ, CONSILIERE ȘI PSIHOTERAPIE, CLUJ-NAPOCA

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- Managing participants throughout the conference
- Organizing materials for conference attendees
- Preparing materials for workshops
- Planning social program schedule

10/2018 – 06/2019 Cluj-Napoca, Romania

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

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- Preparation of specific materials for Psychometrics, Psychodiagnosis, and Intelligence Assessment
- Conducting seminars
- Guiding and supporting students in completing semester activities

- Providing specific feedback on semester projects
- Presenting assessment tests (e.g., WISC IV and Raven Progressive Matrix)

01/2018 – 09/2019 Cluj-Napoca, Romania

**UNIVERSITY RESEARCH ASSISTANT** FACULTATEA DE PSIHOLOGIE ȘI ȘTIINȚELE EDUCAȚIEI, PROGRAMUL ERASMUS + 2017-1-RO01-KA201-037459

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- Supporting authors and technicians in editing and creating materials for the online course
- Providing specific feedback on modules created by partners
- Assisting in the integration of necessary accreditation
- Supporting the management team in promoting the e-learning course
- Maintaining contact with associated partners
- Providing support for teacher registrations

02/2017 – 06/2017 Cluj-Napoca, Romania

**ASSOCIATE PROFESSOR** FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES

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- Preparation of specific materials for Psychometrics, Psychodiagnosis, and Intelligence Assessment
- Conducting seminars
- Guiding and supporting students in completing semester activities
- Providing specific feedback on semester projects
- Presenting assessment tests (e.g., WISC IV and Raven Progressive Matrix)

03/2017 – 07/2017 Cluj-Napoca, Romania

**VOLUNTEER - DREAM PROJECT** FACULTATEA DE PSIHOLOGIE ȘI ȘTIINȚELE EDUCAȚIEI

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- Observing therapeutic activities
- Observing and collaborating with children with autism
- Identifying attention-capturing methods for children with autism
- Collaborating with the therapist

04/2016 – 10/2017 Cluj-Napoca, Romania

**VOLUNTEER IACBC** INTERNATIONAL ASSOCIATION OF COGNITIVE-BEHAVIORAL COACHING

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- Organizing events for association members
- Planning online marketing strategy
- Writing articles about decision-making and Nudging
- Representative for the Events section of the association

08/2016 – 10/2016 Sibiu, Romania

**VOLUNTEER PSYCHOLOGIST** INSULA SPERANȚEI, CENTRUL DE TRATAMENT PENTRU DEPENDENȚE

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- Observing group therapy sessions
- Participating as a co-therapist in self-therapy sessions
- Engaging in Occupational Therapy activities
- Interacting with the center's patients

10/2015 – 12/2016 Cluj-Napoca, Romania

**UNIVERSITY RESEARCH ASSISTANT** FACULTATEA DE PSIHOLOGIE ȘI ȘTIINȚELE EDUCAȚIEI

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- Scheduling participants
- Responsible for the experimental phase
- Utilizing GSR and EKG
- Assessing and diagnosing participants for Social Anxiety
- Conducting clinical interviews using SCID
- Using SCID I, II

04/2016 – 01/2017 Cluj-Napoca, Romania

**VOLUNTEER PSYCHOLOGIST** PROCARIERA - FSEGA CLUJ

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- Creating and presenting materials for workshops
- CV corrections

- Job-seeking counseling
- Planning online and offline promotion
- Student counseling

10/2014 – 07/2015 Sibiu, Romania

**SOCIAL ERASMUS COORDINATOR** ESN SIBIU

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- Local representative for Social Erasmus
- Organizing and planning social programs
- Team organization and financial management
- Participating in weekly meetings
- Organizing accommodation and transportation for 50 people

08/2014 – 08/2015 Sibiu, Romania

**INTERNSHIP STUDENT** CENTRUL MEDICAL MEDSANA VEST

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- Observing the psychologist's work
- Testing clients
- Utilizing CAS++
- Employee testing within the company

10/2012 – 07/2015 Sibiu, Romania

**STUDENT JOURNAL COORDINATOR** ASOCIAȚIA STUDENȚILOR ÎN PSIHOLOGIE

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- Organizing a team of volunteers
- Managing a section in the magazine
- Collaborating with and assisting the coordinating professor
- Fundraising
- Creating a marketing campaign

04/2014 – 07/2014 Marburg, Germany

**UNIVERSITY RESEARCH ASSISTANT** FACHBEREICH PSYCHOLOGIE VERTRETUNGSPROFESSUR ALLGEMEINE PSYCHOLOGIE

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- Participation in learning experiments
- Involvement in laboratory experiments
- Data collection
- Observation of Eye-tracking experiments

2010 – 2011 Sibiu, Romania

**U4ENERGY - COORDINATOR** EUROPEAN SCHOOLNET AND COLEGIUL NATIONAL "O. GOGA"

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- Creating video materials
- Promoting efficient energy use at the local level
- Organizing a bicycle tour
- Representing the team in Budapest and Brussels
- Promoting the idea of cooperation and teamwork
- Collaborating with 15 team members and the coordinating professor

● **EDUCATION AND TRAINING**

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06/02/2021 – CURRENT Romania

**PSIHOTERAPEUT PRACTICANT AUTONOM** Colegiul Psihologilor din România

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10/2017 – CURRENT Cluj-Napoca, Romania

**DOCTORAT ÎN PSIHOLOGIE** Universitatea Babes-Bolyai , Facultatea de Psihologie și Științele Educației

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- explorarea literaturii specifice domeniului de Adicții comportamentale, specific Tulburarea jocurilor pe internet la adolescenți
- realizare design de cercetare
- implemetarea designului de cercetare
- colectarea și interpretarea datelor
- participarea la conferințe

10/2017 – 01/2021 Cluj-Napoca, Romania

**PSIHOTERAPEUT PRACTICIAN SUB SUPERVIZARE** Asociația de psihoterapii cognitive și comportamentale din România

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- realizare plan de intervenție
- consiliere
- psihoterapie CBT cu copiii/adolescenți/adulți

30/10/2019 – 03/11/2019 Dresden, Germany

**BURSA DAAD PENTRU ALUMNI GERMANIA** German Academic Exchange Service (DAAD)

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- participare curs pentru tineri cercetatori
- familiarizarea cu institutul de cercetare Dresden
- facilitarea transport/cazare/participare conferința EACLIP 2019

2015 – 2017 Cluj-Napoca, Romania

**MASTER ÎN PSIHLOGIE CLINCĂ, PSIHOTERAPIE ȘI CONSILIERE** Universitatea Babeș-Bolyai , Facultatea de Psihologie și Științele Educației

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- Științe Cognitive
- Dezvoltarea Copilului
- Intervenții Clinice
- Psihologie Clinică
- Evaluarea Psihologică a copilului preșcolar și școlar

2015 – 2017 Cluj-Napoca, Romania

**MASTER ÎN PEDAGOGIE** Universitatea Babeș-Bolyai , Facultatea de Psihologie și Științele Educației

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- Managementul Proiectelor
- Psihologia adolescenților și a adulților
- Dezvoltarea de proiecte școlare
- Practică - Predare

09/11/2015 – 20/01/2016 Cluj-Napoca, Romania

**ONLINE MARKETING COURSE** Fundația LEADERS cu sprijinul Google România, Universitatea Tehnică

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- Google Adwords
- General Online Marketing Information
- Google Analytics & Remarketing
- Display Advertising & Video Advertising

2013 – 2014 Marburg, Germany

**LICENȚĂ ÎN PSIHLOGIE - ERASMUS** Philipps Universität Marburg, Psychology Department

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- Cognitive Psychology
- Learning and Cognition
- Auditory Research
- Social Psychology
- Anamneze Group

2012 – 2015 Sibiu, Romania

**LICENȚĂ ÎN PSIHLOGIE** Universitatea Lucian Blaga, Departmentul de Științe Sociale, Psihologie

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- Statistică
- Psihodiagnoză
- Psihologia Dezvoltării
- Teoria Jocurilor
- Psihologia Personalității

2012 – 2015 Sibiu, Romania

**LICENȚĂ ÎN PEDAGOGIE** Universitatea Lucian Blaga, Departmentul de Pedagogie

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- Cursuri de Psihoeducație

-Practică:

- creare materiale pentru clasă
- predare clasa a 10- a

## ● LANGUAGE SKILLS

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Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
<b>ENGLISH</b>	C1	C1	C1	C1	C1
<b>GERMAN</b>	B2	B2	B1	B1	B1

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

## ● DIGITAL SKILLS

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Basic Image/video editing softwares (Canva, iMovie)

### Microsoft Office

Cunoașterea bună a pachetului Microsoft Office (în special Excel, Word, PowePoint)

### Prelucrare date

CMA (Comprehensive Meta-Analysis Software) | prelucrare statistică (Excel, SPSS)

## ● PUBLICATIONS

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2024

### [Measurement Invariance of the Lemmens Internet Gaming Disorder Scale-9 Across Age, Gender, and Respondents](#)

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Coșa, I. M., Dobrean, A., & Balazsi, R. (2024). Measurement Invariance of the Lemmens Internet Gaming Disorder Scale-9 Across Age, Gender, and Respondents. *Psychiatric Quarterly*, 95(1), 137-155.

Coșa, I.M., Dobrean, A. & Balazsi, R

2024

### [Parental risk and protective factors associated with bullying victimization in children and adolescents: a systematic review and meta-analysis](#)

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Grama, D. I., Georgescu, R. D., Coșa, I. M., & Dobrean, A. (2024). Parental risk and protective factors associated with bullying victimization in children and adolescents: a systematic review and meta-analysis. *Clinical child and family psychology review*, 1-31.

Grama, D. I., Georgescu, R. D., Coșa, I. M., & Dobrean, A.

2023

### [Parental behaviors associated with internet gaming disorder in children and adolescents: A quantitative meta-analysis](#)

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Coșa, I. M., Dobrean, A., Georgescu, R. D., & Păsărelu, C. R. (2023). Parental behaviors associated with internet gaming disorder in children and adolescents: A quantitative meta-analysis. *Current Psychology*, 42(22), 19401-19418.

Coșa, I.M., Dobrean, A., Georgescu, R.D., Păsărelu, C.R.

Link <https://doi.org/10.1007/s12144-022-04018-6>

2016

### [Prosocial spending after using individualism or collectivism priming: a Romanian model. Do Romanians behave as they say they do?](#)

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IAREP/SABE 2016 Conference Book, in Wageningen, Netherlands

## ● DRIVING LICENCE

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**Driving Licence:** AM

**Driving Licence:** B1

**Driving Licence:** B

## ● CONFERENCES AND SEMINARS

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### Conferences

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Participare Conferința Națională "*Psihoterapia Cognitiv-Comportamentală - O abordare integrativă și multimodală*" (ediția a V-a), în perioada 27-28 septembrie 2018, Cluj-Napoca

Participare Conferința "*The First official European Congress on Clinical Psychology and Psychological Treatment of EACLIPT*", în perioada 31 octombrie - 2 noiembrie 2019, Dresden, Germania, cu poster: "*Parental factors for internet gaming disorder, in children, adolescents and emergent adults: a quantitative meta-analysis*"

Participare la Conferința "EABCT 2021 Congress", în perioada 8-11 septembrie 2021, cu prezentare: "*Parental behaviors associated with internet gaming disorder in children and adolescents: a quantitative meta-analysis*"

**Participare la "Cel de-al XXII-lea Congres SNPCAR și a 44-a Conferință Națională de Neurologie și Psihiatrie a Copilului și Adolescentului și Profesioni Asociate din România", în perioada 22-24 septembrie 2022, Cluj-Napoca, cu prezentarea: cu prezentarea: Factori parentali în utilizarea problematică de jocuri pe internet, la copii și adolescenți: o meta-analiză cantitativă**

Participare la Conferința "*52<sup>nd</sup> European Association for Behavioural and Cognitive Therapists (EABCT 2022)*", între 7-10 septembrie 2022, Barcelona, cu posterul: "*Measurment Invariance of The Internet Gaming Disorder Scale Across Age, Gender, and Informant*"

Participare la Conferința "*53<sup>rd</sup> European Association for Behavioural and Cognitive Therapists (EABCT 2023)*", între 4-7 Octombrie, 2023, Belek, Turcia cu open paper: "*Dirsect and indirect effects of attachment quality to parents and peers on Internet Gaming Disorder in adolescents: The role of negative automatic thoughts*"

## ● ORGANISATIONAL SKILLS

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### Leadership skills

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- Developed leadership skills through coordinating teams with varying numbers of people (5-70 individuals).
- Organizational skills (schedule management, tracking a work agenda, team coordination, student coordination).

## ● COMMUNICATION AND INTERPERSONAL SKILLS

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### Communication and interpersonal skills

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- Well-developed communication skills acquired through undertaken activities (Step Towards Europe - u4energy -, Teaching), and as a class and year representative.
- Well-developed scientific vocabulary due to conducted research.
- Developed communication skills with children and adolescents through volunteer activities, projects involving children and adolescents, as well as the therapy process dedicated to this group of individuals.
- Empathetic and optimistic.

## ● VOLUNTEERING

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2020 - 2023 Online - ASPR

### Bachelor's Thesis Writing and Presentation Workshops

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- Conducting workshops/annual training sessions for third-year students to prepare them for writing and defending their Bachelor's Theses
- Presenting methods for structuring the thesis to a group of at least 40 students
- Stress management during the Bachelor's Thesis period

27/02/2023 - 27/02/2023 Online - Școala Generala Cristian

### Workshop for Teachers

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- Conducting a workshop on the topic "Managing the Gifted Child in the Classroom" with 25 teachers
- Identifying issues faced by teachers in managing gifted children
- Delivering classroom management strategies

01/06/2021 – 01/06/2022 Asociația Grupul de Acțiune Locală Napoca Porolissum - POCU/827/5/2/139970

### **Management of Internship Activities for Students**

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- Managing 4 third-year students in the activities conducted within the project
- Familiarizing students with the application and scoring of Raven Progressive Matrices
- Managing the application within the classroom
- Managing activities with Romani children

Coșa Iulia 11.07.2024

