



# Toma Ana-Maria

## WORK EXPERIENCE

**Research Assistant** August 2022 – Dec 2024

Grant PN-III-P4-PCE-2021-1528  
University of Bucharest

**Clinical Psychologist and Psychotherapist** March 2022 - Present

Specializations: Cognitive-behavioral psychotherapy; Emotion Focused Therapy  
Toma Ana-Maria – Cabinet Individual de Psihologie

**Career Counsellor** Dec 2020 – June 2022

University POLITEHNICA of Bucharest

- ♦ Project: "Increasing Educational Equity and Combating School Dropout within the Faculty of Engineering in Foreign Languages (FILS), Challenges of the Intercultural Environment" – ACCESMI
- ♦ Activities: Career counseling and personal development for Romanian and foreign students (English language)

**Doctoral Teaching Assistant** Oct 2020 – Febr 2025

University of Bucharest, Faculty of Psychology and Educational Sciences

Activities:

- ♦ Teaching
- ♦ Co-ordination of bachelor theses

**Translator (English to Romanian)** 2018 - 2019

Prior Media Group

Project-based

**Member** Feb 2018 - Present

ResearchCentral, University of Bucharest

Activities: selection, translation, backtranslation of measures in the field of psychology.

**Research Assistant** Dec 2017 – Jun 2021

Laboratory of Cognitive Clinical Sciences, University of Bucharest

## STUDIES AND CERTIFICATES

**Training in Psychotherapy** Oct 2021 – Apr 2024

Institute of Emotion-Focused Psychotherapy

## PERSONAL

Email address

ana-  
maria.toma\_20@drd.unibuc.ro

City/Town

Bucuresti

Gender

Female

## LANGUAGES

Romanian

Native

English

Highly proficient in speaking  
and in writing

Spanish

Working knowledge

**PhD Student**

Oct 2020 - Present

The Doctoral School of Psychology and Educational Sciences, University of Bucharest

**Training in Psychotherapy**

Oct 2019 – Dec 2021

Association of Psychopharmacotherapy and Cognitive Sciences

**Master's Degree**

Oct 2018 - Jun 2020

University of Bucharest, Faculty of Psychology and Educational Sciences - Health Psychology

## Subjects:

- ◆ Health Psychology
- ◆ Clinical Psychology
- ◆ Cognitive Behavioral Psychotherapy
- ◆ Neuropsychology

**Bachelor's Degree in Psychology**

Oct 2015 - Jun 2018

University of Bucharest, Faculty of Psychology and Educational Sciences

## Subjects:

- ◆ Statistics and Research Methods in Psychology
- ◆ Industrial and Organizational Psychology
- ◆ Psychopathology
- ◆ Personality Psychology

**Baccalaureate**

Sep 2011 - Jun 2015

Petrache Poenaru Technology High School

## Philology

**CERTIFICATES****Certificate in Advanced English Level C1**

2014

Cambridge English Language Assessment

**PUBLICATIONS**

- ◆ Toma, A., Nedelcea, C. (2025). Caregiver Burden and Relationship Satisfaction in Couples: A Meta-Analysis. *International Journal of Care and Caring*.
- ◆ Toma, A., Rusu, P. P., & Podina, I. (2023). The Role of Goal Interdependence in couples' relationship satisfaction: A Meta-Analysis. *Journal of Social and Personal Relationships*, 40(6), 1740-1769.
- ◆ Podina, I., Cosmou, A. M., & Toma, A. (2019). Rationale and development of a proof of concept gamified mHealth attention training app towards healthy food cues. *International Scientific Conference eLearning and Software for Education*, 1, 104-109.
- ◆ Vlad, R., Golu, F., Toma, A., Drăgănescu, D., Oprea, B., & Chiper, B. I. (2020). Depression and Anxiety in Romanian Medical Students: Prevalence and Associations with Personality. *Farmacia*, 68(5). <https://doi.org/10.31925/farmacia.2020.5.24>

**TRANSLATED BOOKS**

## [English to Romanian]

- ◆ Barker, M.-J. (2019). *SEX. Psihologia Sexului*. Editura Prior
- ◆ D'Souza, S. & Renner, D. (2019). *Nu Știu. Arta incertitudinii și a oportunității*. Editura Prior
- ◆ Timms, P. (2018). *HR Transformațional. Pasionat de oameni sau pasionat de*

## CONFERENCES

- \* The National Conference of the Romanian Association of Psychologists APR Re-StartPlus, 13th Edition, Cluj-Napoca, November 2019 - "Rejection Sensitivity and Mate Retention Tactics - Implications for Couple Psychotherapy" (speaker)
  - \* 15th International Scientific Conference "eLearning and Software for Education" Bucharest, April 2019 - "Rationale and development of a proof of concept gamified mHealth attention training app towards healthy food cues" (co-author)
  - \* Brain Awareness Week, 4th Edition, March 13-17, 2018 (organizer)
  - \* Brain Awareness Week, 4th Edition, March 13-17, 2018 - "The Brain in Love: Whom and How We Love" (speaker)
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