



Ana-Maria Chira

Place of birth: Bucharest, Romania | **Nationality:** Romanian | **Phone number:** (+40) 723041382 (Mobile)

● WORK EXPERIENCE

UNIVERSITY RESEARCH ASSISTANT – FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES (FPSE), UNIVERSITY OF BUCHAREST – 07/2023 – Current

Support within the project “Mental Health for Students”, run by the Psychological and Educational Assistance and Intervention Clinic (CAIPE):

- Managing requests for mental health services
- Allocating cases to clinic facilitators
- Organizing and delivering training sessions for facilitators and monitoring their activity, providing support and guidance

TA – FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES (FPSE), UNIVERSITY OF BUCHAREST – 10/2022 – Current

Organizing and conducting seminar activities in various subjects:

- Educational and Vocational Counseling
- Experiential Psychotherapies
- Quantitative Research Methods and Statistics in Psychology and Cognitive Sciences
- Cognitive Psychology
- Introduction to Psychotherapy

PRACTITIONER OF CLINICAL PSYCHOLOGY – CHIRA & MARIN - S.C.P.P. – 04/2019 – Current – BUCHAREST, ROMANIA

- Psychological assessment
- Individual and group psychological counseling
- Psycho-oncological intervention
- Developing psychological intervention plans (personal development/behavioral optimization)

ADMINISTRATOR – EDU TECH SOLUTIONS S.R.L. – 08/2018 – Current – BUCHAREST, ROMANIA

- Coordinating daily activities and ensuring operational efficiency
- Monitoring budgets and optimizing costs
- Managing relationships with suppliers, clients, and partners
- Generating financial and administrative reports
- Ensuring compliance with applicable laws and regulations

UNIVERSITY RESEARCH ASSISTANT – FACULTY OF PSYCHOLOGY AND EDUCATIONAL SCIENCES (FPSE), UNIVERSITY OF BUCHAREST – 06/2022 – 12/2024 – BUCHAREST, ROMANIA

Support within the project S.C.H.O.L.A.R.S. – “Social Contribution through Health Optimisation Literacy and Academic Resilience in Schools” (code PN-III-P4-PCE-2021-1528)

TEACHER – INOCENȚI FOUNDATION - BUCHAREST BRANCH – 08/2017 – 06/2018 – BUCHAREST, ROMANIA

- Supervising and assisting beneficiaries in completing schoolwork within two Educational Support Centers in Bucharest
- Designing monthly thematic curricula in collaboration with the program’s social worker and psychologist
- Assisting in individual interventions
- Participating with beneficiaries in various events and activities organized by the Foundation’s sponsors

VOLUNTEER – INOCENȚI FOUNDATION - BUCHAREST BRANCH – 05/2012 – 07/2017 – BUCHAREST, ROMANIA

- Supervising and assisting beneficiaries in the Educational Support Center
- Organizing and conducting individual tutoring sessions for program beneficiaries (subjects: English, Romanian, History, Psychology)

INTERN – MINISTRY OF JUSTICE – HUMAN RESOURCES DIRECTORATE – 07/2016 – 09/2016 – BUCHAREST, ROMANIA

- Developing interview guides
- Centralizing continuous training needs of staff
- Participation in interviews
- Assisting staff in organizing recruitment competitions
- Daily support in specific activities (Human Resources Directorate and National Probation Directorate)
- Participation in activities organized under the Internship Gov 2016 project (workshops, lectures, networking events)

● EDUCATION AND TRAINING

10/2020 – CURRENT Bucharest, Romania

PHD IN PSYCHOLOGY Faculty of Psychology and Educational Sciences (FPSE), University of Bucharest

01/2021 – 06/2021 Bucharest

COMPLEMENTARY TRAINING COURSE: PSYCHO-ONCOLOGY Association "Restart la Viață"

09/2019 – 06/2020 Bucharest, Romania

COMPLEMENTARY TRAINING COURSE: PSYCHOSOMATICS IntellPsy / Private Psychology Practice Ion Duvac

10/2017 – 06/2019 Bucharest, Romania

MASTER'S DEGREE: APPLIED PSYCHOLOGY IN THE FIELD OF NATIONAL SECURITY Faculty of Psychology and Educational Sciences (FPSE), University of Bucharest – Bucharest, Romania

10/2014 – 06/2017

BACHELOR'S DEGREE: PSYCHOLOGY Faculty of Psychology and Educational Sciences (FPSE), University of Bucharest

● LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C2	C2	C2
SPANISH	A1	A2	A1	A1	A1
FRENCH	A2	B1	A2	A2	A2

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

● SKILLS

publish academic research | expert services in clinical psychology | apply for research funding | apply holistic approach within social services | manage research data | test for behavioural patterns | discuss research proposals | deliver social services in diverse cultural communities | assess students | psychological interventions | evaluation of psychological performance | clinical psychological treatment | curriculum objectives | apply person-centred care | prepare lesson content | mentor individuals | assist scientific research | assist students in their learning | disseminate results to the scientific community | assist students with their dissertation | write research proposals | provide assistance to lecturer | give constructive feedback | write scientific publications | provide lesson materials | support the positiveness of youths

● PUBLICATIONS

2025

The Romanian versions of the inventory of attitudes toward seeking mental health services (IASMHS) and the Self-Compassion Scale (SCS): Psychometric Properties

Chira, A. M., & Nedelcea, C. (2025). The Romanian versions of the inventory of attitudes toward seeking mental health services (IASMHS) and the Self-Compassion Scale (SCS): Psychometric Properties. *Revista de Psihologie*, 71(4), 271-283.

2024

Interventions for professional trauma caregivers: A meta-analysis

Chira, A. M., Nedelcea, C., & Nicolaie, M. N. (2024). Interventions for professional trauma caregivers: A meta-analysis. *Psychological Trauma: Theory, Research, Practice, and Policy*.

2024

Mental health literacy and academic performance (MHLAP) in high school students: a randomized clinical trial protocol

Giosan, C., Pană, A., Cosmoiu, A., Chira, A. M., Toma, A. M., Papasteri, C. C., ... & Popoviciu, C. (2024). Mental health literacy and academic performance (MHLAP) in high school students: a randomized clinical trial protocol. *Trials*, 25(1), 419.

[Chapter 7: Intervenții în cazul militarilor cu sindrom de stres posttraumatic în "Psihologie aplicată în domeniul securității naționale. Volumul 1"](#)

Mincu, C.L., Stroescu, O. 2018. Psihologie aplicată în domeniul securității naționale. Volumul 1. Editura Universitară.

● CONFERENCES AND SEMINARS

07/10/2024 – 10/10/2024 Birmingham, UK

Compassionate Mind Conference, 13th Edition

01/06/2023 – 04/06/2023 Constanța, Romania

APR Conference - "Psihologia în Era Digitalizării"

30/03/2017 Bucharest, Romania

National Conference "Conjunctures and New Directions in Economic Development", 6th Edition

25/11/2024 – 29/11/2024 Bucharest, Romania

Conferința Anuală de Comunicare a Rezultatelor Cercetării la Universitatea din București
