

PERSONAL INFORMATION



Cocia (married Podina) Ioana Roxana

📍 University of Bucharest (UB)

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Nationality Romanian

WORK EXPERIENCE

2019 Associate Professor, Ph.D.
Department of Psychology, UB, Romania
- Teaching the following disciplines: Behavioral Modification Techniques, Cognitive-Behavioral Coaching, Clinical Psychology, Clinical Research Methodology and Health Psychology
[Business or sector](#) Academic

2018 Habilitation thesis and Dr. Habil status
Faculty of Psychology and Educational Sciences, UB, Romania
- Coordination of research activities and PhD supervisor
[Business or sector](#) Academic

2015 - present Head of the Laboratory of Cognitive Clinical Sciences (<http://laboratoriintecognitiveclinice.ro/>)
Faculty of Psychology and Educational Sciences, UB, Romania
- Coordination of research activities
[Business or sector](#) Academic

2015 – 2019 Senior lecturer, Ph.D.
Department of Psychology, UB, Romania
- Teaching the following disciplines: Behavioral Modification Techniques, Cognitive-Behavioral Coaching, Clinical Psychology, Clinical Research Methodology and Health Psychology
[Business or sector](#) Academic

2015 - 2017 Project Director PN II-RU-TE-2014-4-2481, "SIGMA: A Self-help, Integrated and Gamified Mobile phone Application for weight management in young adults"
Department of Psychology & Psychotherapy, Babeş-Bolyai University (BBU), Romania
- Management and research
[Business or sector](#) Academic

2014 - 2015 Scientific Research Assistant
PN-II-PT-PCCA-2013-4-1797: ActiveCORE (Cognitive Optimization and Rehabilitation Enhancement)
- Promoting active ageing, a software platform for training and cognitive rehabilitation
- Documentation, Writing Manuscripts, Preparing educational materials
[Business or sector](#) Academic

2014-2015 Teaching Assistant in Genetic Counseling
Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University
- Preparing educational materials, teaching and grading papers
[Business or sector](#) Academic

- 2012 - present **Ad Hoc Reviewer**
Biological Psychology Journal (impact factor: 3.39), Journal of Behavior Therapy and Experimental Psychiatry (impact factor : 2.23), Journal of Cognition & Emotion (impact factor for 2013: 2.37), Journal of Psychophysiology (impact factor: 1.16)
- Review of scientific papers
Business or sector Academic
- 2012 – 2014 **Scientific Research Assistant**
PN-II-PT-PCCA Grant: Effectiveness of an empirically based web platform for anxiety in youths (iDARE), Babeş-Bolyai University
- Documentation, Writing Manuscripts, Preparing educational materials
Business or sector Academic
- 2011 – present **Counsellor**
Prader Willi Association, Zalau, Salaj, Romania, Str. Simion Barnutiu, Nr. 97, <http://www.apwromania.ro/>
- Organizing and managing support groups for parents with children diagnosed with Prader Willi Syndrome and other genetically-determined diseases; Providing genetic information and genetic risk evaluation for couples.
Business or sector: Students and youth NGO
- 2011 **Trainer**
Cognosis, Romanian Federation of Psychology and Educational Sciences Students' Associations, www.cognosis.ro, Nr. 45, Str. Independenței, Sibiu.
- Training in relaxation and biofeedback techniques, activity held during the 2011 EFPSA Summer School
Business or sector: Students and youth NGO
- 2010 – present **Research Assistant**
Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University
- Teaching genetic counseling
Business or sector Academic
- 2009 – present **Clinical psychologist and psychotherapist certified by the Romanian Board of Psychologists**
- Counseling and psychotherapy activities
Business or sector Academic
- 2009 – 2011 **Member and assistant researcher**
Neuroscience of Emotion and Cognition Laboratory, Babeş-Bolyai University, Department of Psychology, Faculty of Psychology and Educational Sciences, Nr. 37, Str. Republicii, Cluj-Napoca, www.emcoglab.org
- Data acquisition, including psychophysiological measures; Designing experiments; Data analysis; Documenting and holding presentations on topics of interest for the laboratory; Attending to laboratory meetings
Business or sector: Academic

EDUCATION AND TRAINING

- 2014 - 2015 **Postdoctoral studies in Psychology**
"Successful Young Researchers – professional development in an interdisciplinary and international context", financed by the Sectoral Operational Programme for Human Resources Development; mentor: Professor Daniel David, BBU, Romania
- 2010 - 2013 **PhD. in Clinical Psychology**

Department of Clinical Psychology and Psychotherapy, Doctoral school in "Evidence based psychological assessment and interventions"(scientific supervisor: professor Daniel David, PhD.), Babeş-Bolyai University, Romania

- Clinical psychology; Psychopathology; Cognitive-behavioural psychotherapy; Research methods in clinical psychology

2009 – 2011

MA in Genetic Counseling

Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

- Genetic counselling; Psychodiagnosis; Advanced research methods; Genetics, Ethics

2008 – 2010

MA in Clinical Psychology

Department of Clinical Psychology and Psychotherapy, Babeş-Bolyai University, Romania

- Clinical psychology; Psychodiagnosis; Advanced research methods; Cognitive-behavioral interventions; Positive psychology

2005 – 2008

BA in Psychology

Faculty of Psychology and Educational Sciences, Babeş-Bolyai University

- Introductory psychology; Statistics, Research methods; Experimental psychology; Social psychology; Introduction to psychotherapy; Developmental psychology; Introduction to Genetics; Neurobiology; Organizational psychology; Diagnosis of intelligence and personality; Clinical Psychology

2001 - 2005

Baccalaureate

"Mihai Eminescu" College, Baia Mare, Romania

- Literature; International Languages; History; Communication

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
French	B2	B2	B2	B1	B1
Spanish	B2	B2	B2	B1	B1

Levels: A1/2: Basic user - B1/2: Independent user - C1/2 Proficient user
Common European Framework of Reference for Languages

Communication skills

I have versatile communication skills, being able to move from independent work to group work. Indeed, my communication skills were put to a test and developed during my PhD program, where I acquired team-work experience while working on various research grants.

Organizational / managerial skills

I have good organizational/ managerial skills as emphasized by my work as grant director of PN II-RU-TE-2014-4-2481,

Job-related skills

I have several job specific strengths. Some examples are provided below:

a) I have a flexible capacity to learn new topics, b) I am able to design and implement various research questions, c) I have the capacity to work with conflicting concepts and gaps in the literature, d) I have rigorous article writing skills. My article, recently published in a top journal, i.e. Clinical Psychology Review, stands proof to the aforementioned research skills.

Computer skills	I am an experienced user of most Microsoft Office Programs (e.g., Word, PowerPoint, Outlook); computerized statistical programs for Social Sciences (SPSS, StatView), Google services (Google docs, Google questionnaire, etc.), stimulus presentation softwares (SuperLab, E-Prime) and psychophysiology data acquisition and analysis software (Acqnowledge, Kubios HRV, Nevrokard). I've acquired these skills during my education (e.g., I took a one semester course of data analysis using SPSS) and during some research activities that I have carried out (e.g., data analysis, data acquisition, attended conferences and workshops).
Other skills	I have competences in genetic counselling which I have acquired during a Genetic Counselling MA program and volunteer work at Prader Willi Association, Zalau, Romania.
Driving license	B

ADDITIONAL INFORMATION

Publications

CHAPTERS IN BOOKS

- David, D. O., Matu, S. A., **Podina, I. R.**, & Predatu, R. M. (2019). *Future Research Directions for REBT*. In *Advances in REBT* (pp. 121-146). Springer.
- Podina, I.R.** & Fodor, L. (2017). Terapia Metacognitivă. In C. Popa, F. Sava, & D. David, (Eds.), *Psihoterapiile cognitive și comportamentale în tulburările de personalitate. Aplicații practice și noi direcții*. București: Editura Trei. Title Translation: Metacognitive Therapy. ISBN: 978-606-40-0176-4
- Podina, I.R.**, & David, D. (2017). Acceptance and Commitment Therapy. In A. Vernon & K. Doyle (Eds.), **Podina, I.R.**, Mogoase, C. & David, D. (2017). Acceptance and Commitment Therapy. In A. Vernon & K. Doyle (Eds.), *Cognitive Behavior Therapies: A Guidebook for Practitioners*. VA: American Counseling Association/Wiley. ISBN 978-1-55620-367-1.
- Podina, I.R.** (2017). Atașamentul. In A. Szentagotai & D. David (Eds.), *Tratat de psihologie pozitivă*. Iași: Polirom. ISBN 978-973-46-6234-0. Title translation: Attachment
- Podina, I.R.** (2017). Compasiunea. In A. Szentagotai & D. David (Eds.), *Tratat de psihologie pozitivă*. Iași: Polirom. ISBN 978-973-46-6234-0. Title translation: Compassion
- Cocia, I. R.** & Rusu, A. S. (2012). Factori umani implicați în decizia de sterilizare a animalelor de companie. In A. S., Rusu *Interacțiunea om – animal. Elemente de etologie aplicată și terapie asistată de animale*, Bybliotek (Ed.) (Revised second Edition), pp. 122 – 149. Title translation: Human Animal Interaction. Elements of applied ethology and animal assisted therapy.
- Cocia, I. R.** (2011). Strategii de menținere a relațiilor. O sinteză a studiilor experimentale. In A. S., Rusu, *Psihobiologia sexualității: idei de cercetare*, Sinapsis (Ed.), pp. 81-101. Title translation: Cognitive strategies developed for maintaining romantic relationships. A review of experimental studies.
- Cocia, I. R.** & Rusu, A. S. (2008). Factori umani implicați în decizia de sterilizare a animalelor de companie. In A. S., Rusu, *Interacțiunea om – animal. Elemente de etologie aplicată și terapie asistată de animale*, Presa Universitară Clujeană (Ed.), pp. 95 – 115; Title translation: Human Animal Interaction. Elements of applied ethology and animal assisted therapy.

BOOKS

- Podina, I.R.** (2017). *Autocontrolul comportamentului alimentar*. București: Editura Universitară. ISBN 978-606-28-0596-8. Title translation: Self-control of eating behaviors
- Podina, I.R.** (2017). *Știința rezilienței psihologice la stresori*. București: Editura Universitară. ISBN 978-606-28-0597-5. Title translation: The science of resilience to stress

ARTICLES: (ISI indexed)

- **Podina, I. R.**, Vislă, A., Fodor, L.A., Flückiger, C. (in press). Is there a sleeper effect of exposure-based vs. cognitive-only intervention for anxiety disorders? A longitudinal multilevel meta-analysis. *Clinical Psychology Review*.
- **Podina, I.R.** & Fodor, L. (2018). Comparative effectiveness of multicomponent behavioral eHealth interventions for weight-loss in overweight and obese adults: A critical review and meta-analysis. *Health Psychology*, 37(6):501-515
- **Podina, I. R.**, Faur, A. L., Fodor, L. A., & Boian, R. (2018). Usability And User Experience Testing Of The Cognitive-Behavioral Sigma Smartphone App For Weight Management. *Journal of Evidence-Based Psychotherapies*, 18(1)
- Everaert, J., **Podina, I. R.**, & Koster, E. H. (2017). A comprehensive meta-analysis of interpretation biases in depression. *Clinical Psychology Review*, 58:33-48
- **Podina, I.R.**, Fodor, L., Cosmoiu, A., & Boian, R. (2017). An evidence-based gamified mHealth intervention for weight management in young adults with disordered eating: A placebo-controlled randomized trial protocol. *Trials*. 18(1):592
- Fodor, L., Cosmoiu, A., & **Podina, I.R.** (2017). Cognitive bias modification interventions for attention to and approach of appetitive food stimuli: A meta-analysis. *Journal of Evidence Based Psychotherapies*. 17(2), pp.85-104
- Pasarelu, C.R., Dobrean, A., Balazsi, R., **Podina, I.R.**, Mogoase, C. (2017). Interpretation biases in the intergenerational transmission of worry: A path analysis. *Journal of Evidence-Based Psychotherapies*, 17 (1).
- David, D., Gherman, A., **Podina, I.**, Mogoase, C., Sucală, M., & Voinescu, B. (2016). The Added Value of CBT in the Genetic Counseling Process: Concept Development, State of the Art and New Directions. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-22.
- Avram, E., **Podina, I.**, Giosan, C. (2016). A cognitive-behavioral standpoint on the perceived consequences of a major seismic event in relation to optimism and pre-hazard emotional distress. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 34-114.
- **Podina, I. R.**, Mogoase, C., David, D., Szentagotai, A., & Dobrean, A. (2015). A Meta-Analysis on the Efficacy of Technology Mediated CBT for Anxious Children and Adolescents. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 1-20.
- **Podina, I.**, Popp, R., Pop, I., & David, D. (2015). Genetic Correlates of Maladaptive Beliefs: COMT VAL 158 MET and Irrational Cognitions Linked Depending on Distress. *Behavior therapy*, 46(6), 797-808.
- **Podina, I.R.**, Jucan, A., & David, D. (2015). Self-compassion: A buffer in the pathway from maladaptive beliefs to depression. An exploratory study. *Journal of Evidence-Based Psychotherapies*, 15(1):97-109.
- **Podina, I. R.** & Vislă, A. (2014). Being socially anxious is not enough. Response expectancy mediates the effect of social anxiety on state anxiety in response to a social-evaluative threat. *Journal of Evidence-Based Psychotherapies*, 14(1):85-94.
- Mogoase, C., **Podina I. R.**, & Dobrean, A. (2013). Evaluating the unique contribution of irrational beliefs and negative bias interpretations in predicting child anxiety: implications for cognitive bias modification interventions. *Journal of Cognitive and Behavioral Psychotherapies*, 13 (2a), 465-475.
- **Podina, I. R.**, Koster, E., Philippot, P., Dethier, V., & David, D. (2013). Optimal Attentional Focus during Exposure in Anxiety Disorders: A Meta-analysis. *Clinical Psychology Review*, 33 (8), 1172–1183.

- **Podina, I. R.**, Mogoase, C., & Dobrean, A. (2013). Intergenerational transmission of anxiety: evidence for the mediating role of the negative interpretation bias. *Journal of Cognitive and Behavioral Psychotherapies*, 13 (2), 309-320.
- **Cocia, I. R.**, Uscatescu, L. C., Rusu, A. S. (2012). Attention Bias to Threat in Anxiety-Prone Individuals. Evidence from Disengagement, But Not Engagement Bias Using, Cardiac Vagal Tone. *Journal of Psychophysiology*, 26, 74 - 82.
- **Cocia, I. R.**, Rusu, A. S. (2010). Attitudes of Romanian pet owners toward sterilization of their animals: Gender conflict over male, but not over female companion animals. *Anthrozoos*, 23, 185-191.

ISI PROCEEDINGS:

- David, O & **Podina, I. R.** (2014). Positive Attentional Bias as a Resilience Factor in Parenting. Implications for Attention Bias Modification Online Parenting Interventions. The Second World Congress on Resilience: From Person to Society. Medimond Publishing, 425-428

BDI INDEXED ARTICLES:

- **Podina, I.R.**, Uscatescu, L. & Mogoase, C. (2014). Are We Confusing Passionate Love With Irrationality? Putting Passionate Love into a Cognitive-Behavioral Framework. *Transylvanian Journal of Psychology*, 15.1: 49-59.
- Bența, I., Cremene, M., Matu, S., **Podina, I. R.** (2015). SPEAKEASY - A mobile assistant for the management of social anxiety in speech situations . *ACTA TECHNICA NAPOCENSIS Electronics and Telecommunications*, 56 (3), 29-35

Conferences

-
- **Podina, I.R.**, Fodor, L., Visla, A., & Flückiger, C. (2017). Comparative and additive benefits of cognitive restructuring versus exposure-only treatment in anxiety: A longitudinal multilevel meta-analysis on symptom relapse. The Society for Psychotherapy Research 48th International Annual Meeting, Toronto, Canada (Symposium)
 - **Podina, I.R.**, & Fodor, L. (2017). Comparative effectiveness of multicomponent behavioral eHealth interventions for weight loss in overweight and obese adults: A critical review and meta-analysis. The Society for Psychotherapy Research 48th International Annual Meeting, Toronto, Canada (Oral presentation)
 - **Podina, I.R.**, & Fodor, L., Jucan, A., Boian, R. (2017). Rationale and study design of an evidence-based gamified mHealth intervention for weight management in young adults with disordered eating: A placebo-controlled, randomized trial. The 9th International Congress Of Cognitive Psychotherapy, Cluj-Napoca, Romania (Poster)
 - **Podina, I.R.** (2016). Using gamification and behavioral genetics in the service of cognitive-behavioral psychotherapy: An interdisciplinary approach. Diaspora în cercetarea științifică și învățământul superior din Romania, Timișoara, Romania (Speaker).
 - **Podina, I. R.** (2016). How to control eating behavior impulsiveness? A doua ediție a conferinței Health Now, București, Romania (Speaker).
 - **Podina, I.R.** (2016). The hidden side of gaming: The benefic effects of gaming on brain and behavior. Ediția a doua a Brain Awareness Week, UB, București, Romania (Speaker).
 - **Podina, I.R.**, Soflau, R. (2016). The efficacy of eHealth interventions for weight loss in overweight and obese people. A systematic review & meta-analysis. The 46th European Association Of Behavioral And Cognitive Therapies Congress (EABCT), Stockholm, Suedia (Poster).
 - **Podina, I.R.**, Fodor, L., Soflau, R., Boian, R. (2016). SIGMA: A Self-help, Integrated, and Gamified Mobile-phone Application for weight management in young adults. The 30th Conference of the EHPS/DHP – "Behaviour Change: Making an impact on health and health

services, Aberdeen, Marea Britanie (Poster).

- Baga, L., **Podina, I.R.**, Avram, E. (2016). Trait-like influences of negative interpretation bias in an ecological examination setting. Cognitive and Neural Mechanisms of Human Memory Conference, Cluj-Napoca, Romania (Poster).
- Pasarelu, C., **Podina, I.R.**, Mogoase, C., Balazsi, R., & Dobrea A. (2015). The Intergenerational Transmission of Worry: The Mediating Role of Child's Interpretation Biases. The 45th Annual EABCT Congress, Ierusalim, Israel (Poster).
- Gentili, C., Cristea, I.A., **Podina, I.R.**, David, D., Vanello, N., Pietrini, P. (2015). Caudate resting state activity predicts impulsivity performance in subsequent Balloon Analogue Risk Task. Organization for Human Brain Mapping, Honolulu, Hawaii (Poster).
- **Podina, I. R.** & David, O (2014). New tools in the service of parenting: Computerized training to positive stimuli. First International Congress of Cognitive Behavioral Coaching - ICCBC 2014, Cluj – Napoca, Romania (Oral presentation).
- **Podina, I. R.**, Andreea, V., & David, D. (2014). Being socially anxious is not enough: Response expectancy mediates the effect of social anxiety on state anxiety in a stressful situation. Implications for organizational settings. First International Congress of Cognitive Behavioral Coaching - ICCBC 2014, Cluj – Napoca, Romania (Symposium).
- David, O. A., & **Podina, I. R.** (2014). Positive Attentional Bias as a Resilience Factor in Parenting. Implications for Attention Bias Modification Online Parenting Interventions. The Second World Congress on Resilience: from Person to Society, Timișoara, Romania (Poster).
- Avram, E., **Podina, I. R.**, & Giosan, C. (2014). Are risk perceptions about the consequences of an earthquake a mediator between optimistic thoughts and experienced anxiety? Putting a spotlight on the next epicenter of Europe: Romania. International Association People – Environment Studies, Timișoara, Romania. (Poster).
- **Cocia, I. R.** (2012). Attention Bias to Threat in Anxiety-prone Individuals Depending on Cardiac Vagal Tone. Evidence from disengagement, but not engagement bias. Workshop explorerator - New advances in cognitive bias modification: a multidisciplinary approach, Exploratory Workshop, Cluj-Napoca, Romania. (Speaker).
- **Cocia, I. R.**, Uscătescu, L.C., Butucescu, A., Rusu, A.S., & Giosan, C. (2012). The Romanian validation of the High-K Strategy Scale: preliminary results. International Test Commission Conference, Amsterdam, Olanda (Poster).
- Miu, A. C., Vulturar, R., Chiș, A., Avram, J., **Cocia, I. R.**, & Uscătescu, L. (2011). Polymorphisms in the serotonin transporter gene are associated with emotion regulation difficulties and attentional biases to threatening faces. Poster presentation at the 8th World Congress of the International Brain Research Organization, Florența, Italia (Poster).
- Miu, A., Vulturar, R., Avram, J., **Cocia, I. R.**, Uscatescu, L., & Chis, A. (2011). Association between the triallelic polymorphism in the serotonin transporter gene, emotion regulation difficulties, and attention biases to negative emotion. The 10th World Congress of Biological Psychiatry, Praga, Republica Cehă (Poster).
- Brailean, A. M., **Cocia, I. R.**, & Mogoase, C. (2010). Concreteness training improves dysphoric symptoms in diabetes patients. The European Health Psychology Society (EHPS), Cluj-Napoca, Romania (Poster).
- Brailean, A. M., **Cocia, I. R.**, & Visla, A. (2010). Does anhedonia reflect faulty attention to positive emotions? The European Health Psychology Society (EHPS), Cluj-Napoca, Romania (Poster).
- **Cocia, I. R.**, Miclea, M., & Miu, A. (2010). Anxietatea ca trăsătură și controlul vagal al inimii ca predictor ai distorsiunilor atenționale patognomonice pentru anxietatea clinică. A cincea ediție a Conferinței Naționale de Psihologie, Iasi, Romania (Poster).

Scholarships and Awards

- 2016 (2014, 2012, and 2010): Award in recognition of publishing in top journals. Awarded by the Romanian Authority for Scientific Research CNCS-UEFISCDI
- 2016: Scholarship in recognition of teaching and scientific merits awarded by UB
- 2016: Albert Ellis award for research, awarded by The Albert Ellis Institute, New York, USA.
- 2014: Postdoctoral research scholarship "Successful Young Researchers – professional development in an interdisciplinary and international context", financed by the Sectoral Operational Programme for Human Resources Development, BBU, Romania.
- 2014: The "Florian Ștefănescu - Goangă" award for Excellence in doctoral research award, BBU, Romania.
- 2011: Third Prize awarded by the Iuliu Hațieganu Faculty of Medicine and Pharmacy for a genetics research paper
- 2010-2014: PhD Scholarship awarded by the Sectoral Operational Program for Human Resources Development via the project Modern Doctoral Studies: Internationalization and Interdisciplinarity
- 2010-2011: Scholarship for Scientific Performance awarded by the Babeș – Bolyai University

Memberships

- 2015 – present: Chair of the SEPI (Society for the Exploration of Psychotherapy Integration) research committee)
- 2015-present: Member of SPR (Society for Psychotherapy Research).
- 2015 - present: Member of EHPS (European Health Psychology Association).
- 2013-2014: Member of the Center for Genetic Counseling (Program Director: Prof. Daniel David);
- 2011-present: Member of the Romanian Psychological Association;
- 2011-present: Member of the research group in Cognitive-Behavioral Coaching for Performance & Human Development;
- 2010-2014: Member of the Center for Clinical Neurosciences (Program Director: Prof. Daniel David);
- 2010-2014: Member of the Program of Biological Models of Psychopathology;
- 2010-2014: Member of the Program on Robotics/Robotherapy and Virtual reality assessment and psychotherapy;
- 2010-2014: Member of the research team on the PSYTECH-MATRIX Platform in Clinical Cognitive Sciences, Babeș - Bolyai University, Romania.

Internships

- 2016 – Exchange of experience Reykjavík, Island CORAI project -"Meeting the professionals from child protection and educational system from Iceland".
- 2012: Research fellow in the Psychopathology and Affective Neuroscience Lab (PanLab), Ghent University, Belgium
- 2010-2014: Researcher on the PSYTECH-MATRIX Platform in Clinical Cognitive Sciences, Babeș-Bolyai University, Romania
- 2011: Clinical internship at Psychiatric Hospital, Cavnic, Romania
- 2010: Clinical internship at Special kindergartens, Mănăştur, Cluj-Napoca

- 2009-2011: Research internship at the Neuroscience of Emotion and Cognition Laboratory (EmCogLab), Babeş-Bolyai University, Romania
- 2009-2010: Clinical internship at the Department of Surgery 3, University of Medicine and Pharmacy "Iuliu Hațieganu", Cluj-Napoca
- 2008: Clinical internship in the departments of Medical Oncology and Radiotherapy, Institute of Oncology Prof. Dr. Ion Chiricuță, Cluj-Napoca

Research, projects and grants

e-Health interventions and clinical controlled studies (national grants):

- 2019 – Member of the ROMOMATTER Project: Empowering at-Risk Roma Girls' Mattering through Reproductive Justice, CORDIS EU funded project, <http://www.romomatter.org>
- 2015 – 2017: PI of the PN II-RU-TE-2014-4-2481 project, "*SIGMA: A Self-help, Integrated and Gamified Mobile phone Application for weight management in young adults*"
- 2017 – present: Member of the SMIS 106688, ID P_37_710, "*Development of a theater therapy methodology with neurochemical and neurocognitive effects – MET*" project (co-financed by Fondul European de Dezvoltare Regionala prin Programul Operational Competitivitate 2014 – 2020, Axa prioritară 1, Acțiunea 1.1.4)
- 2014 – 2015: Member of the PN-II-PT-PCCA-2013-4-1797 project, "*ActiveCORE (Cognitive Optimization and Rehabilitation Enhancement) - Promoting active ageing, a software platform for training and cognitive rehabilitation*" (Project Director Dr. Aurora Szentagotai), BBU, Romania.
- 2014 – 2015: – Project coordinator "A practical approach of irrational cognitions: From neurobiological correlates to innovative interventions for modification", project subscribed to Interdisciplinary Advanced Research Programme (Programul de Cercetare Interdisciplinară Avansată – Rețea Integrată de Cercetări Interdisciplinare – RIC; mentor Dr. Daniel David), BBU, Romania.
- 2012-2014: Membru of the PN-II-PT-PCCA-2011-3.1-1500 project, "*Efficacy of a web platform for treating childhood anxiety (iDARE)*". (Project director Dr. Anca Dobrea), BBU, Romania.
- 2011-2013: Membru of the „GAD: Cognitive therapy vs. Rational emotive behavior therapy vs. Acceptance and commitment therapy in the treatment of generalized anxiety disorder” project, (PI: Dr. Daniel David & Dr. Aurora Szentagotai), BBU, Romania.

Public awareness/networking (international grants):

- 2017: Member of the COST Action CA16102 „European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders”, (Director de proiect: Dr. Randi Ulberg), Oslo University, Norway.
- 2017 - Grant Director, third edition of *Brain Awareness Week* (Brain Awareness Grant) financed by Dana Foundation (www.dana.org).
- 2016 - Grant Director, second edition of *Brain Awareness Week* (Brain Awareness Grant) financed by Dana Foundation (www.dana.org).
- 2015 - Grant Director, second edition of *Brain Awareness Week* (Brain Awareness Grant) financed by Dana Foundation (www.dana.org).

Educational/Communitary interventions (international grants)

- 2017 - present: Member of the LLP ERASMUS + PARIS project, *Teaching Partnership Addressed to Refugees's Instances Strengthening* (Manager: Dr. Violeta Rotărescu)

- 2015 - present: Member of PEH 059/SEE 2009-2014/RO10 COERENT, *Climat project. Management of school conflicts* (Project Director Dr. Violeta Rotărescu), UB, Romania.
- 2016 - Member of CORAI project - "*Meeting the professionals from child protection and educational system from Iceland*", Reykjavik, Iceland
- 2013 – Trainer in the *Grundtvig Programme: Education for Care (EDUCARE)* (PI for BBU Dr. Daniel David), BBU, Romania