

Curriculum vitae



Personal information

Name / First name **Ionescu, Mihaela-Andreea**
Address 41, Str. General Ion Dragalina, 300166, Timișoara, Romania
Phone 0723430321
Fax -
E-mails cabinet.andreea.ionescu@gmail.com, andreea.ionescu@recentre.ro
Nationality English
Date of birth 3.12.1979
Sex female

Occupational field **Health psychology and vocational training**

Professional experience

Period 2021 - present
Managing Partner and co-founder ReCentre Clinic Timisoara
Psychological and complementary services to treat anxiety and depression
SC Employment Solutions Consulting SRL (Str. Episcop Augustin Pacha 1, Timișoara)
Psychological health services

2014 - present
Autonomous Psychotherapist Systemic Family Psychotherapy and Supervised Psychotherapist in Transactional Analysis, Circle of Security® Registered Parent Educator
Psycho-diagnosis, psychotherapy, parenting preparation, couples counseling for childbirth, working with parents
Individual Psychology Office Ionescu Andreea (Bd. Victor Babes 19, Timișoara)
Psychological health services

2016 - present
Psychotherapy trainer
Supporting modules in *Clinical Psychology* (as a complement to studies in Psychology for students in training and having completed a related field of Psychology) and *Stages of Family Development* (as part of the basic training in Systemic Family Therapy)
Areopagus Institute of Family Therapy and Systemic Practice (Calea Martirilor 104, Timișoara)
Teaching activity in the psychotherapy training school

2016 - present
Associate University Lecturer
Counselling Skills course and seminar, part of the English-taught master program *Philosophical Counselling and Consultancy*
Department of Philosophy and Communication Sciences, West University of Timișoara (4 Vasile Pârvan Street, Timișoara)
Teaching (seminars and applied workshops) and research activities

2013 - 2017
PhD assistant, then PhD lecturer
Main activities and responsibilities Seminars of *Age Psychology I and II, Applied Social Psychology, Communication Laboratory, Specialized Practice, Psychopathology, Therapeutic Communication and Relationships, Psychology of Motor Activities*

Name and address of employer	Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara (4 Vasile Pârvan str., Timișoara)
Type of business or sector	Teaching (seminars and applied workshops) and research activities 2009 - present Psychologist, facilitator of soft skills and equine-assisted development workshops SC TEAM BOX SRL (str. Saicâmului 15, Florești, Cluj) Running teambuilding programs
	2006 - 2013 Doctoral assistant Seminars in <i>Age Psychology I and II, Applied Social Psychology, Communication Laboratory, Specialized Practice</i> Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara (4 Vasile Pârvan str., Timișoara) Teaching (seminars and applied workshops) and research activities
	2002 - 2006 University Preparator Seminars in <i>Age Psychology I and II, Transpersonal Psychology, Psychology of Creativity, Psychological Skills, Specialized Practice</i> Department of Psychology, Faculty of Sociology and Psychology, West University of Timișoara (4 Vasile Pârvan Street, Timișoara) Teaching (seminars and applied workshops) and research activities
	2005 - 2014 Supervised Psychotherapist and Lamaze Certified Prenatal Educator Psycho-diagnosis, psychotherapy, prenatal preparation, couples counseling for childbirth Psychological Cabinet "PsiNatal" (Bd. Victor Babes 19, Timișoara) Psychological health services
	2003 - 2004 Psychologist Counseling and psychotherapy activities Medical Office "Dr. Negrișanu" (Str. Transilvania 7, Timișoara) Psychological health services

Education and training

Period	2006 - 2013
Qualification / diploma obtained	<i>Doctor of Psychology</i>
Principal subjects studied / professional competences acquired	Doctoral school in the field of health psychology (thesis entitled <i>Intergenerational transmission of attachment pattern. Optimizing interventions</i>)
Name and type of education / training provider	A.I. Cuza Iași University, Faculty of Psychology and Educational Sciences Doctoral School
	Feb 2015 - Sept 2019 <i>Supervised psychotherapist, transactional analyst in training</i> Advanced Training in Transactional Analysis - Psychotherapy , a program of advanced seminars, aimed at psychotherapists who have already completed a minimum of three years of training in TA. The structure offers the possibility to work differentially in practicing skills and theoretical discussions, thus facilitating multilevel learning. Physis Center Timisoara Training accredited by the Romanian Association of Transactional Analysis
	October 2017 - 2021 <i>Psychotherapist in training and supervision in Systemic Family Psychotherapy</i> Training, personal development and supervision program in psychotherapeutic work for individuals, families and couples from a systemic perspective Areopagus Institute of Family Therapy and Systemic Practice

October 2014

Circle of Security Registered Parent Educator

Circle of Security Parenting Training© is a relationship-based early intervention program aimed at increasing attachment security between parents and children.

Circle of Security International, in collaboration with the Developmental Psychology Laboratory, Department of Psychology, Faculty of Psychology and Educational Sciences, UBB, Cluj

Professional training, accredited and certified by **Circle of Security International, Spokane, WA, USA**

March - October 2006

Lamaze Certified Prenatal Educator

Lamaze prenatal preparation method (*Anatomy and physiology of normal pregnancy and childbirth, Methods of coping with labor and normal childbirth, Postpartum mother-child relationship, Postpartum care and breastfeeding*)/ couples education for pregnancy, childbirth and postpartum

Lamaze Romania

Professional training, accredited by **Lamaze International Org., Washington, DC**

Level in national or international classification

2002 - present

Supervised psychotherapist, transactional analyst in training

Transactional Analysis in the practice of clinical, organizational and educational psychology/ psychological diagnosis and intervention

Romanian Association of Transactional Analysis

Training accredited by the **European Association of Transactional Analysis**

2002-2003

Diploma of advanced studies in clinical psychology and psychopathology

Advanced Studies in Clinical Psychology and Psychopathology

West University of Timisoara, Faculty of Sociology and Psychology, Department of Psychology

Postgraduate studies

1998-2002

Bachelor's degree in psychology, sociopsychopedagogy profile, specialization psychology

University degree in psychology

West University of Timisoara, Faculty of Sociology and Psychology, Department of Psychology

Undergraduate studies

Personal skills and competences

Mother tongue(s)

English

Foreign language(s) known

Self-assessment
European level (*)

Understanding

Speaking

Write

Listening

Read

Join the conversation

Oral speech

Written expression

French

Excellent

Excellent

Okay

Very good

Very good

English

Excellent

Excellent

Excellent

Excellent

Excellent

(*) Common European Framework of Reference for Foreign Languages level

Social skills and competences

Between 1999-2005 I was active as a member of the ROTARACT Timisoara Club, an international organization whose objectives are:

- Creating a model of communication and collaboration based on the individual qualities of members.
- Influencing and supporting the local, regional and national community through the club's presence and involvement in projects specific to our field of activity.
- Professional skills development.
- Recognizing and promoting ethical standards, leadership skills and vocational responsibility.
- Developing knowledge and understanding of local, regional, national and international community needs, issues and opportunities.

In the social and professional projects in which I took part during these years, as a member or as a coordinator, it was necessary to develop my skills of effective communication, cooperation, organization of group activities, teamwork.

Organizational skills and competences

Also within the ROTARACT Timisoara Club I have held various organizational positions, among which I can mention: director of the Club Service and Professional Development Department (1999-2000), vice-president (2000-2001), director of the Community Service Department (2002-2003), president (2003-2004). These were real opportunities for developing organizational and leadership skills.

On the other hand, the involvement in the organization of several local, national and international communication symposia and sessions has greatly contributed to the development of these skills. Among these events we can mention the European Conference of Transactional Analysis in 2004, entitled "*Taking responsibility for communication*" (organized by the European Association of Transactional Analysis and the West University of Timisoara), the Conference of the European Association of Transpersonal Psychology in 2004, entitled "*Love - between triumph and pathology*" (organized by the European Association of Transactional Analysis and the West University of Timisoara), the annual national symposium "*Days of Psychology in Timisoara*", from 2000 to 2003. More recently, I have been active in the organizing team of the 23rd IAPS (International Association People-Environment Studies) international conference (<http://iaps2014timisoara.org/organizing-committee/>), and was also part of the scientific selection committee for the selection of the participating papers (<http://iaps2014timisoara.org/scientific-committee/>).

I also participated, as a member, in the realization and implementation of the projects' work:

- "*Analysis of pro-environmental and anti-corruption policies: a perspective of young Romanian researchers on the integration into the European Community*", (organized by UNIVERSITATEA DE VEST DIN TIMIȘOARA, CENTRUL DE STUDII ȘI CERCEȚĂRI PSIHLOGICE DIN TIMIȘOARA in partnership with the DIRECTORATE GENERAL FOR EDUCATION AND CULTURE of the EUROPEAN UNION, EDUCATION - FINANCING LINE A - 3022: Support tools for academic institutions to implement projects on European integration, project RO - 3 - agreement n. 2003 - 3477 / 001 - 001 CEN CENTRE);
- LOCAW (with detailed title: *Low Carbon Emissions in the Workplace. Modelling agents and organizations to achieve the transition towards a low carbon Europe*, funded by the European Union through Framework Programme Number 7, FP7 ENV.2010.4.2.3-1 through grant agreement no. 265155 <http://www.locaw-fp7.com/index.php?pagina=people>);
- IDECOM (with detailed title: "*Innovation, Development and Communication for a better education in Prison System*", funded by Erasmus+ Program, Key Action 2 - Cooperation and Innovation for Good Practices, Action - Strategic Partnerships, Agreement Number: 2014-1-RO01-KA204-002936, <http://idecom.eu/?lang=en>)
- ECOPRIS (Project "*Ecological Economics in Prison Work Administration*", funded by Erasmus Key Action 2 - Cooperation and Innovation for Good Practices, Action - Strategic Partnerships, Agreement Number: 2014-1-PT01-KA204-001070, <http://www.europris.org/projects/ecopris/>).

Last but not least, in September 2014 I organized, in partnership with Lion Mentor Association Bucharest and West University of Timisoara, the event *I dare to give birth the way I want!* (<http://www.lionmentor.ro/indraznesc-sa-nasc-asa-cum-vreau>). On October 13-16, 2015 I was the main organizer of the Parenting Education Training Program "*Circle of Security*" ©, certified by Circle of Security International and offered in collaboration with: West University of Timisoara and Dianoiia Association Timisoara (<http://www.uvt.ro/ro/PROGRAMUL-DE-EDUCAA/>, <https://www.facebook.com/events/1074658529216123/>).

Since January 2021 I have set up the ReCentre Clinic in Timisoara (www.recentre.ro, <https://www.facebook.com/sailing.anxiety.depression>), a project co-founded and run with my colleague and partner, psych. Gabriela Bugarin, and offering classical (individual and group psychotherapy, psychiatry), complementary (static and movement-based body, art therapy, naturopathy, etc.) and computer-assisted, science-based therapies (individual and group psychotherapy, psychiatry) and computer-assisted therapies to address and treat anxiety and depression.

Computer skills and competences

The computer skills (Word, Excel, Power Point, SPSS, Atlas.ti, Corel Draw, Adobe Photoshop) were acquired through individual study.

Artistic skills and competences

Drawing and painting skills, cultivated since childhood, but also complemented by attending the courses of the People's Art School of Timisoara, Painting Department (1999-2000).

Literary skills, developed over time through participation in school olympiads of Romanian language and literature, finalized by prizes at the national phases. In particular, poetry writing skills have been recognized at local and national literary events during the high school years.

Also during high school, I briefly took theater classes, participating in a theater festival for young people.

Driving license Category B

Further information

We have developed and published the following works:

1. Ionescu, A. (2003) Deficit states in elderly people with cardiovascular diseases. In *Applied Psychology. Undergraduate thesis, Psychology specialization. Promoția 2002* (pp.73-110). Timișoara: Editura First.
2. Doroiman, A. (2003). landmarks of the senescence process in people with cardiovascular diseases. In Bogathy, Z., Petroman, P. (coord.) *Psihologia oggi (vol.III)*. Timișoara: Ed. Eurostampa.
3. Doroiman, A. (2004). penta-factorial model of senescence in the elderly with cardiovascular diseases. In *Journal of Applied Psychology* (pp. 77-95), Timișoara: West University of Timișoara.
4. Ionescu, A. (2007) Attachment as a securizing base. Applications in classical and transpersonal psychotherapy. In Munteanu, A., Jinaru, A. (coord), *Noi interogații în istoria psihologiei din perspectiva paradigmei transpersonale* (pp. 133-143). Timișoara: Ed. Eurobit.
5. Duma, I, Ionescu, A. (2008) How to prepare and conduct a workshop. In Bogathy, Z., Sulea, C. (coord), *Handbook of academic techniques and skills (second edition)* (pp. 313-334). Timișoara: West University Publishing House.
6. Ionescu, A., Nadolu, N. (2008) Lamaze prenatal training and the structuring of secure attachment. In Hohn, M. (coord), *National Psychology Conference "Dialogue for Diversity. Papers in extenso* (pp. 141-148). Timișoara: Ed.Universității de Vest.
7. Nadolu, N., Ionescu, A. (2008) Provocarea oglinzii sau demersul terapeutic în cazul abuzului fizic și sexual. Case study. In Turluc, M.N., Tobolcea, I., *Domestic violence: between stigmatization, social acceptance and therapeutic intervention* (pp. 236-243). Iași: Ed. Alexandru Ioan Cuza University.
8. Pantelie, R., Ionescu, A. (2008) Management of academic activities in group. In Bogathy, Z., Sulea, C. (coord), *Handbook of academic techniques and skills (2nd ed.)* (pp. 287-312). Timișoara: Editura Universității de Vest.
9. Ionescu, A. (2012). The relationship between perceived parental models, anxiety and the attachment style in adult age. In *Annals of the A.I. Cuza University. Psychology Series*, vol 21(2), 99-116.
10. Ilin C., Bogathy Z., Ionescu A., Moza D. (2014) Money doesn't bring happiness, but what does it bring?. In Iordănescu, E., Bondarevskaya, I. (Eds.), *Psychology of Economic Self-Determination of Person and Community. Proceedings of the II International scientific and practical seminar* (pp.91-99). Sibiu: Editura Universității "Lucian Blaga".
11. Ionescu, A., Lobonț, F. (2014) The experience of faith and its communication, and attachment theory. In Bratosin, S., Tudor, M.A., *Espace public et communication de la foi*. (pp. 445-452). Montpellier: Editions IARSIC.
12. Ionescu, A. M. (2014). intersubjectivity and relational health in mother and child attachment dimensions. *Procedia - Social and Behavioral Sciences*, 159-168.
13. Ionescu, A. (2014) Parental models and marital satisfaction. Assessing the 'personal development' moderation effect. In Vasiliuță Ștefănescu, V. (Ed.), *Theoretical and Methodological Approaches in Social Sciences*. București: Pro Universitaria (ISBN 978-606-26-26-0162-1).
14. Ionescu, A., Costea-Bărluțiu, C. (2017). Toddler attachment styles and mother toddler interaction patterns. A qualitative approach. *Studia Universitatis Babeș-Bolyai, Psychologia-Paedagogia*, 61(2), 33-56.

I am a member of the following professional associations:

- Romanian Association of Transactional Analysis (ARAT), Timișoara, 2002-present (the motivation for joining was to achieve a psychotherapeutic training in the field of Transactional Analysis);
- European Association for Transactional Analysis (EATA), 2002-present (the motivation for membership is to collaborate with Transactional Analysts from other countries);
- Romanian Federation of Psychotherapy, 2006-present (interest in belonging to the Romanian reference organization in the field of psychotherapy)
- Romanian College of Psychologists (2007-present)
- Center for Prison Studies, UVT (2013-present)

Since 2007 I have a **free right of practice** in the field of *Psychotherapy - Transactional Analysis* (specialization step *Practitioner - Supervision*), and since 2018, *Psychotherapy - Systemic Family Psychotherapy* (currently specialization step *Practitioner - Autonom*), certified by the Romanian College of Psychologists, personal code 04461. Also in 2018, I obtained also the attestation of psychologist with free practice *Autonom - Specialist*, in the field of *Educational Psychology, school and vocational counseling*.

I participated in the following scientific events:

- 1999 4th National Congress of Psychotherapy, Gătaia - with the paper "THE THEORETICAL MODEL OF PSYCHOTHERAPY TRIUMPH - SELF-CONCUNATION AND MOTIVATION IN PSYCHOTHERAPY"
- 2000 Communication session in psychology - Cluj 2000 - participation

- 2000 National Symposium "DAILELE PSIHOLOGIE TIMIȘORENE" - paper "STUDY ON ANXIETY LEVEL: THE NEW STRUCTURE OF THE UNIVERSITY YEAR AS AN ANXIOTIC FACTOR"
- 2000 National Infoenergetics Symposium, Bucharest - participation
- 2001 National Symposium "TIMIȘORENE PSYCHOLOGY DAYS" - paper "PSYCHOLOGICAL INTERVENTION IN CRISIS SITUATIONS AT THE ORGANIZATIONAL LEVEL AND DETERMINED PERCEPTION OF THE PSYCHOLOGIST'S ROLE"
- 2002 National Symposium "Theoretical and Praxiological Dimensions of Research in Socio-Human Sciences", 8th edition - paper "DEFICITARY STATES IN THIRTEENTH AGE PEOPLE WITH CARDIOVASCULAR DISEASES"
- 2002 National Psychodrama Symposium, Gătaia - participation
- 2003 National Conference on Infoenergetics, Buzău - paper "INFOENERGETIC IMPLICATIONS OF ATTACHMENT THEORY IN DEVELOPMENTAL PSYCHOLOGY"
- 2003 Scientific Session of the Faculty of Psychology and Social Work, "Petre Andrei" University, Iasi - paper "PARTICULARITIES OF THE SENESCENCE PROCESS IN PEOPLE WITH CARDIOVASCULAR DISEASES" and workshop "PERFORMANCE AND CREATIVE THERAPY" (with Prof. Prof. Dr. Anca Munteanu and Prof. Mugur Dragomir)
- 2003 4th International ALUBRAT Congress and Annual Meeting of the European Transpersonal Psychology Association (ETPA), Portugal, Cascais - participation
- 2003 National Symposium "TIMIȘORENE PSYCHOLOGY DAYS - *Psychology - a science for our time*" - participation with the paper "CLINICAL REMARKS OF SENESCENCE IN PEOPLE WITH CARDIOVASCULAR DISEASES" and the workshop "SELF-AWARENESS AND PERSONAL DEVELOPMENT" (together with prof. univ. dr. Anca Munteanu and lect. univ. dr. drd. Mugur Dragomir)
- 2004 National Conference of Psychology, entitled "**Romanian Psychology and European Integration**", Călimănești-Căciulata, (organized by the Association of Psychologists in Romania) - participation with the paper "*Outline of a psychological portrait of the adolescent smoker*" (authors prof.univ.dr. Anca Munteanu; prep.univ. Andreea Doroiman)
- 2005 Annual Symposium of the European Transpersonal Psychological Association (ETPA), entitled "**Healing and Initiation Methods in Transpersonal Psychotherapy**", Focene, Rome, Italy - participation
- 2006 National Conference of Psychology, Cluj-Napoca (organizers Romanian Association of Psychologists and Babeș-Bolyai University, Department of Psychology) - participation with the paper "*Incursiune în dinamica de ființare a experiențelor transpersonale*" (authors prof.univ.dr. Anca Munteanu; prep.univ. Andreea Doroiman)
- 2006 Annual Research Symposium of the European Transpersonal Psychological Association (ETPA), entitled "**Context and content of transpersonal psychotherapy**", Focene, Rome, Italy - participation with the workshop "ATTACHMENT AS A SAFE BASIS. THERAPEUTIC AND SPIRITUAL APPLICATIONS"
- 2007 First Conference on Environmental Psychology in Romania, Ocna Sibiului, Romania - organizer and participation with the paper "A HOLISTIC MODEL OF THE STATE OF WELLNESS"
- 2007 Conference of the European Transpersonal Psychology Association (ETPA), entitled "**Identity and Integration on the Transpersonal Path**", Timisoara, Romania - organizer and participation with the workshop "IDENTITY BUILDING AND OVERCOMING THE EGO"
- 2007 National Conference on Transactional Analysis, entitled "**TA - Attachment and Autonomy**", Bucharest, Romania - participation with the workshop "LAMAZE PRENATAL PREPARATION AND TRANSACTIONAL ANALYSIS"
- 2008 National Conference of Psychology, entitled "**Dialogue for Diversity**", Timisoara, Romania - organizer and participation with the workshop "LAMAZE PRENATAL PREPARATION AND STRUCTURING SECURE ATTACHMENT"
- 2008 International Conference of Psychology, entitled "**Domestic violence: between stigmatization, social acceptance and therapeutic intervention**", Iași, Romania - participation with the paper ""CHALLENGING THE MIRROR" OR THE THERAPEUTIC APPROACH IN CASES OF PHYSICAL AND SEXUAL ABUSE. CASE STUDY" (co-author: Narcisa Nadolu)
- 2010 National Conference of Psychology, entitled "**The traces of the teacher in the child's universe - training for development**", Cluj-Napoca, Romania - participation with the paper "ONE SMALL STEP FOR ONE PERSON, ONE BIG STEP FOR DEVELOPMENT" (co-author lect.univ.drd. Narcisa Nadolu)
- 2010 Environmental Psychology Summer School on "**Sustainability and Climate Change. Avances de investigación desde las Ciencias Sociales**", A Coruna, Spain
- 2010 National Conference of Psychology, Iași, Romania - participation in workshops

- 2010 National Conference on Transactional Analysis, entitled "**Tradition and Innovation in Transactional Analysis**" - participation in workshops
- 2011 Conference of the European Association of Transpersonal Psychology, with the title "**Transpersonal Psychology or about the time of change**", Timisoara, Romania - participation in workshops
- 2011 International Symposium on Clinical Psychology, entitled "Workshops on Evidence-Based Treatments: What Research Tells Us About Which Interventions Work with Which Problems", Iași, Romania - participation in workshops
- 2012 International Symposium on Clinical Psychology, with the title "Workshops on Empirically-Supported Interventions", Brasov, Romania - participation in workshops
- 2012 National Conference of Psychology, Brasov, Romania - participation
- 2012 Conference "Education of Diversity, Diversity of Education", Timisoara, Romania - participation with the paper "ATTACHMENT STYLES AND MOTHER-CHILD INTERACTION MODELS. A QUALITATIVE APPROACH"
- 2012 National Conference on Transactional Analysis, entitled "The Future Starts Now/Future Needs Provenance" - participation in workshops
- 2013 International Conference of Applied Psychology, 5th edition, Iași - participation with the paper "MONEY DOES NOT BRING HAPPINESS... BUT HOW CAN THEY MAINTAIN IT?", co-authors prof.univ.dr Zoltan Bogathy, conf.univ.dr. Corina Ilin, asist.cercet. Daniela Moza
- 2013 International Conference on "Communication and Education in the Knowledge Society" (CESC), Timisoara, Romania - participation with the paper "MODELS OF MOTHER-CHILD INTERACTION: INTERSUBJECTIVE COMMUNICATION BASED ON ATTACHMENT THEORY AND PHILOSOPHY, IN PRACTICE", co-author lect.univ.dr. Florin Lobonț (paper to be published in the conference proceedings, proceedings, Procedia - Social and Behavioral Sciences, 2014)
- 2014 International Conference "YOUNG RESEARCHERS IN SOCIAL SCIENCES" of the Doctoral School in Sociology and Philosophy and the Department of Sociology of the Faculty of Sociology and Psychology of the West University of Timisoara - participation with the paper "Parenting patterns and marital satisfaction. Evaluation of the moderate effect of "personal development""
- 2014 Participation in the training program in teaching pro-environmental education to children, *Intensive Program in Louvain-la-Neuve: "Quels enfants laissons-nous à la planète?" "Which children shall we leave to the planet?" (Train the teachers to Environmental Economy to inspire their practises in Education to Sustainable Development)*, in Belgium, Louvain-la-Neuve, 16-28.03.2014 - with the support of the workshop *Backcasting scenarios. A vision of a sustainable future planned in our days*
- 2014 23rd International Association of People-Environment Studies Conference - "Transitions to Sustainable Societies: Designing Research and Policy for Changing Lifestyles and Communities" - organizer, member of the scientific committee and moderator of the **Health and Environment** section
- 2014 National Conference on Transactional Analysis "TOGETHER BEYOND WORDS", 30 October - 3 November 2014, Timisoara, Romania - main organizer and participant
- 2017 Regional Conference "DIVERSITY EDUCATION, DIVERSITY EDUCATION", 3rd Edition, 27.05.2017 - participation with the plenary paper "Supporting developmental needs through the *Circle of Safety* parenting education program".
- 2019 Neoped Pediatric Clinic Timisoara Conference "HEALTH OF OUR CHILDREN. ABOUT BODY AND SOUL", 22.06.2019 - participation with plenary presentation "Intergenerational transmission of attachment style. Open options towards health".

I was invited on 25.02.2019, by *Editura Trei (Bucharest)*, within the "PSI WEEK FOR PARENTS" and I gave the presentation "About map and compass - a story of good parents and children raised in safety" (<https://carturesti.ro/blog/saptamana-psi-pentru-parinti-25-februarie> as speaker -3-March/).

I have given workshops for parents or psychotherapists, among which I can mention a few:

- *I'm there when you need me. Children's developmental needs and their support through attachment-based parenting*, with Dr. Ileana Rogobete, organized by Areopagus Institute of Family Therapy and Systemic Practice (19.03.2018, <https://www.facebook.com/events/282712732258005/>)
- The series of 4 workshops *From "first steps" to "flying the nest": parenting workshops*, with Dr. Ileana Rogobete, organized by Areopagus Institute of Family Therapy and Systemic Practice (31.10-21.11.2018, <https://www.facebook.com/events/244550982891688/>)

- *How do we make good enough choices to support our children?*, organized by Babel School Timisoara (31.10.2019, <https://www.facebook.com/events/2322848584646246/>)
- *Needs specific to adolescence and their support through attachment-based parenting*, organized by Babel School Timisoara (5.02.2020, <https://www.facebook.com/events/2545829002361344/>).
- *The Therapist's Self and the Paradox of Personal and Professional Boundaries*, workshop held together with Dr. Ileana Rogobete, at the *Summer School in Systemic Family Psychotherapy, entitled "Therapist's Diary: Therapist's Self: Self-Compassion and Emotional Resilience"*, organized by the Areopagus Institute of Family Therapy and Systemic Practice (9-10.07.2021)
- *Life's Challenges: Psychological Reactions to Stress and Coping Mechanisms*, workshop held within the *Summer School in Systemic Family Psychotherapy, entitled "Sheltering from Life's Stress: Building Emotional Safety and Attachment in Family and Couple"* (8-9.07.2022, <https://www.facebook.com/events/798869934852224/802228521183032/?ref=newsfeed>)

During the pandemic, we held the following online conferences:

- <https://www.facebook.com/teleeuropanovatimisoara/videos/347251027277405> - show on reorganized families, guest on Tele Europa Nova by Dolores Dongean (20.02.2022)
- <https://www.facebook.com/academia.mamicilor/videos/1070775263720900> - AMT Conference "Being together after separation - about blended families" (12.01.2022)
- <https://www.facebook.com/sailing.anxiety.depression/videos/1294505764314075> - webinar about sources and resources in anxiety and depression (16.11.2021)
- <https://www.facebook.com/academia.mamicilor/videos/259942555707736> - AMT Conference - "The parent-adolescent relationship or order out of chaos" (4.03.2021)
- <https://www.facebook.com/academia.mamicilor/videos/360969595117251> - AMT Conference (online) - "How to raise healthy, independent and happy children" (5.11.2020)

Other references provided on request.