

Bianca Spătaru

Date of birth: [REDACTED]

Nationality: Romanian

CONTACT



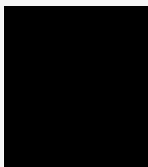
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WORK EXPERIENCE

30/09/2020 – CURRENT Timisoara, Romania

Associate Teaching Assistant Faculty of Psychology, West University of Timisoara

Supporting seminars by

- Specialized practice. Academic techniques and skills (Psychology)
- The communication laboratory (Psychology)
- Interaction between humans and computer (Cognitive science)
- Research practice (Cognitive science)

01/03/2021 – 01/2024 Timisoara, Romania

Research assistant Faculty of Psychology, West University of Timisoara

Research assistant in the project "SMAPH - a model of short-term self-regulation mechanisms in the educational framework", PN-III-P4-ID-PCE-2020-1760.

- Designing research plans
- Reviews of specialized literature
- Data collection and analysis
- Drafting of manuscripts for publication

Website https://psihologietm.ro/smaph/index_ro.html

06/03/2019 – 31/05/2019 Timisoara, Romania

Volunteer in the therapeutic program RECOVERY - Clinical psychologist and Psychite Faculty of Psychology, West University of Timisoara

- Applied the structured interview according to axis I (SCID I) by phone in order to select the participants;
- Applied questionnaires, their rating, and their registration in the database;
- Provided feedback and support to clients for each weekly topic through the platform throughout the transdiagnostic therapeutic intervention;
- Contribution to the analysis of data and results;
- Helped prepare and clean the database for all participants, and analyzed and modified the database to take into account the inclusion/exclusion criteria.

13/10/2018 – 13/01/2019 Timisoara, Romania

Practical training Clinical Department of Child Neuropsychiatry - "Louis Turcanu"

- Clinical practice is supported by ward visits, together with the psychiatrist and residents, to monitor the patient's condition, analyze the treatment plan, and continuous evaluation;
- Activities within Art-Therapy, but also the use of group therapy with hospital patients and with those outside it, to help with relational familiarization and desensitization, knowledge through play but also the externalization of feelings through art;
- Cognitive-behavioral therapy by observing the techniques used, tools and methods for evaluating thoughts and behaviors, but also the stages of engagement in change.

31/03/2018 – 30/04/2018 Gătaia, Romania

Practical training Gătaia Psychiatric Hospital

- Application of a structured clinical interview for axis I
- Application and rating of case-relevant measurement tools
- I assisted as an observer in the application and rating of self-assessment scales and projective tests
- Psychological report and case study

23/04/2017 – 26/04/2017 Jebel, Romania

Practical training Psychiatry and Security Hospital

I prepared a practice portfolio, which consists of the presentation of two case studies:

- A semi-structured clinical interview applied to the two patients;
- Application and rating of relevant measuring instruments;
- Psychological report, formulation of a prognosis following the global assessment of functioning, followed by recommendations;
- Direct interaction with patients to whom we provided psychological support;
- Witnessed the application of a clinical interview and observed the main duties of a clinical psychologist;
- respecting and knowing the institution's internal rules.

EDUCATION AND TRAINING

16/09/2024 – 19/09/2024 Boston, Massachusetts, United States

Babson Symposium for Entrepreneurship Educators Babson College

Website <https://www.babson.edu/>

09/10/2020 – CURRENT București, Romania

Training in Cognitive-Behavioral Psychotherapy ARTCC - Romanian Association of Behavioral and Cognitive Therapy

Address Str. Ialomicioarei Nr.15, Bucuresti, Sector 1, Romania, București, Romania | **Website** <http://artcc.ro/>

30/09/2020 – 25/07/2024 Timisoara, Romania

Doctoral Studies in Psychology Doctoral School of Psychology, West University of Timisoara

Final grade Summa cum laude | **Thesis** A new approach to understanding student's academic stress: when life experiences are translated as stressors

13/05/2019 – CURRENT

Supervision in Clinical Psychology

24/07/2017 – 05/07/2019 Timișoara, Romania

Master in Clinical Psychology and Psychotherapy West University of Timisoara

General skills:

- Psychological counseling
- Psychodiagnosis and clinical assessment
- Clinical psychology
- Cognitive-behavioral interventions in anxiety, affective disorders
- Psychopathology
- Health psychology

28/09/2014 – 04/07/2017 Timișoara, Romania

Bachelor in Psychology West University of Timisoara

General skills:

- Psychological statistics
- Experimental psychology
- Psychopathology
- Genetics of human behavior
- Personality psychology
- Clinical and Medical Psychology

- Psychological testing
- Cognitive-behavioral interventions

Field of study Științele vieții

04/04/2019

Free practice certificate in Clinical Psychology College of Psychologists from Romania

LANGUAGE SKILLS

MOTHER TONGUE(S): Romanian

Other language(s):

English

Listening C1

Spoken production C1

Reading C1

Spoken interaction C1

Writing C1

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

DIGITAL SKILLS

Microsoft Office: Word, Excel, Power Point, Outlook | A good knowledge of the SPSS program | A good knowledge of R studio | FIGMA | JAMOVI | Milliseconds Inquisit

ORGANISATIONAL SKILLS

Organizational skills

- Volunteer at the "International Symposium on Symbolic and Numeric Algorithms for Scientific Computing", (September 21-24, 2015, 2016, 2017);
- Volunteer at the "European Conference on Personality (ECP18)", (July 19-23, 2015);
- Volunteer in the European project EECA (Extracurricular Education for Active Citizenship) within the Regional Association for Rural Development (whole year 2011).

COMMUNICATION AND INTERPERSONAL SKILLS

Communication and interpersonal skills

- Field operator, volunteer in data collection within the framework of the research "Attachment to place, environmental risk, and coping strategies" (March 21, 2015)
- Participant and volunteer in the "Intercultural and Intergenerational Summer School" (August 1-9, 2015)

Articles

- Spătaru, B., Podină, I. R., Tulbure, B. T., & Maricuțoiu, L. P. (2024). A longitudinal examination of appraisal, coping, stress, and mental health in students: a cross-lagged panel network analysis. *Stress and Health*, 40(5), e3450. <https://doi.org/10.1002/smi.3450>
- Spataru, B., & Maricutoiu, L. P. (2024). The relationships between personality traits and cognitive appraisal: A Scoping review. *Romanian Journal of Applied Psychology*, 26(1). <https://intapi.sciendo.com/pdf/10.2478/rjap-2024-0002>
- Maricuțoiu, L. P., Pap, Z., Ștefancu, E., Mladenovici, V., Valache, D. G., Popescu, B. D., Ilie, M., & Vîrgă, D. (2023). Is Teachers' Well-Being Associated with Students' School Experience? A Meta-analysis of Cross-Sectional Evidence. *Educational Psychology Review*, 35(1). <https://doi.org/10.1007/s10648-023-09721-9>
- Pap, Z., Maricuțoiu, L., Vîrgă, D., Ilie, M., Mladenovici, V., Popescu, B., & Valache, D. (2023). Happy teacher, healthy class? Linking teachers' subjective well-being to high-school and university students' physical and mental health in a three-level longitudinal study. *Social Psychology of Education*, 26(3), 811–831. <https://doi.org/10.1007/s11218-023-09768-0>

- Popescu, B., Maricuțoiu, L. P., & De Witte, H. (2023). The student version of the Burnout assesement tool (BAT): psychometric properties and evidence regarding measurement validity on a romanian sample. *Current Psychology*, 43(3), 2037–2051. <https://doi.org/10.1007/s12144-023-04232-w>
- Isbășoiu, A. B., & Popescu, B. D. (2021). The effectiveness of a cognitive-behavioral therapeutic program delivered online in reducing depressive symptoms and improving self-parameters. *Revista De Psihologie*, 67(1), 23–38. Retrieved from <https://journalofpsychology.ro/index.php/RP/article/view/32>

Conferences

- Presentation at the 23rd Conference of the Industrial and Organizational Psychology Association (APIO) "Between task culture and employee well-being culture", Timișoara, Romania (March 2023). Title: Longitudinal course of academic stress and components of the transactional theory of stress in a sample of Romanian students: Insights from cross-sectional network analyzes.
- Presentation at the 21st Congress of the European Association for Work and Organizational Psychology (EAWOP) "The Future is Now: the changing world of work", Katowice, Poland (May 25, 2023). Title: Lazarus and Folkman (1984) stress theory in the case of higher education students. A longitudinal investigation using the Burnout Assessment Tool
- Participant in the third Research Seminar on a new Burnout Assessment Tool - BAT, Leuven, Belgium (September 2022)
- Presentation at the National Conference of the Association of Psychologists in Romania "Connect to the future: Psychology and Technology held online, in collaboration with the Faculty of Psychology and Educational Sciences of the University of Bucharest (November 2021)
- Presentation at the National Conference of Doctoral Schools (Psychology section), held online, organized by the Doctoral School of Applied Cognitive Psychology, Doctoral School of Psychodiagnosis and Scientifically Validated Psychological Interventions, Babeș-Bolyai University, Cluj-Napoca (December 2020). Title: The effectiveness of a cognitive-behavioral therapeutic program delivered online in reducing depressive symptoms and improving some parameters of the self