

PERSONAL INFORMATION



Ioana-Eva Cădariu

7 Eftimie Murgu street, app. 3, 320088 Resita (Romania)

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PERSONAL PROFILE

Clinician psychologist and psychotherapist in integrative psychotherapy, family systemic therapy and emotionally focused therapy
Training assistant in integrative psychotherapy

PROFESSIONAL EXPERIENCE

September 2020 - present

Phd Student
West University of Timisoara

June 2020-present

Vice-president
Institute of Psychotherapy, Psychological Counselling and Clinical Supervision (IPCS, www.ipcs-psy.com)

November 2019-present

Clinician Psychologist
Career Counselling and Guidance centre at Tibiscus University of Timisoara
Counselling activities, organising workshops

January 2019 - Present

Cădariu Ioana-Eva Private Practice
Clinician Psychologist
Psychotherapist

EDUCAȚIE ȘI FORMARE

2020-2023

PhD Student
Psychology Domain
West University of Timisoara

2018 - 2020

Masters in Clinical Psychology
West University of Timisoara

2018 - 2020

Psycho-didactics certificate Level II
West University of Timisoara

28.02.2020

Trainer Diploma (COD COR: 242401)

2019-2020

Training in Emotionally Focused Therapy
Psiris Centre Iasi

2019-2021

Training in Systemic-Family Therapy
Institute of Family and Systemic Therapy and Practice AREOPAGUS

2018- 2020	Training in Integrative psychotherapy Association of Integrative Research, Counselling and Psychotherapy (ACCPI), Timisoara
2015-2018	Bachelor in Psychology West University of Timisoara
2015-2018	Psycho-didactics certificate Level I West University of Timisoara
Continues professional training (workshops, summer school)	„Program educație non-formală: Tehnici și abilități de lucru cu grupurile vulnerabile” [Non-formal education program: Techniques and skills for working with vulnerable groups] Association for women promotion in Romania (03.11.2017-05.11.2017)
	„Anxietatea la copil: strategii de psihodiagnostic și intervenție clinică și educațională” [Childhood anxiety: psychodiagnostic strategies and clinical and educational intervention] Institute of developmental psychology (20.10.2018)
	„Curs Managementul Furiei” [Anger Management Course] Catharsis Association (26.01.2019)
	„Metode și tehnici interactive de autocunoaștere și dezvoltare personală, utilizate în lucrul cu copiii și adolescenți” [Interactive methods and techniques of self-knowledge and personal development, used in working with children and adolescents] Catharsis Association (27.01.2019)
	„Evaluarea psihologică a copiilor cu CES (cerințe educaționale speciale)” [Psychological assessment of children with SEN (special educational requirements)] PsiVest Association (23.02.2019-24.02.2019)
	„Hiperactivitatea cu deficit de atenție: Evaluare Clinică și Educațională, Diagnostic Diferențial și Program de Intervenție” [Attention Deficit Hyperactivity Disorder: Clinical and Educational Assessment, Differential Diagnosis, and Intervention Program] Institute of developmental psychology (09.02.2020)
	„Working with traumatic memories in patients with complex trauma and dissociation” [Working with traumatic memories in patients with complex trauma and dissociation] Romanian Association for Study and Intervention in trauma (29.02.2020-01.03.2020)
	„Probleme de sănătate mintală- semne, simptome, diagnostic, impactul asupra vieții și psychoeducația” [Mental health issues - signs, symptoms, diagnosis, impact on life and psychoeducation] Institute for the Promotion of Experimental Psychology (26.04.2020)
	„Trauma psihică- recunoaștere și vindecare” [Psychic trauma - recognition and healing] Institute for Trauma Study and Treatment (08.05.2020-10.05.2020)
„Traumele de relație” [Relationship trauma] Institute for Trauma Study and Treatment (28.05.2020-29.05.2020)	
„Abordarea terapeutică a tulburărilor cauzate de uzul de substanțe - Curs de bază în adicții” [Therapeutic approach to substance use disorders - Basic course in addictions] Catharsis Association (01.06.2020-24.06.2020)	
„Teste proiective în psihodiagnoză și intervenție” [Projective tests in psychodiagnosis and intervention] CONFIDENT Association for Personal and Professional Development (13.06.2020)	

„Consilierea și psihoterapia integrativă a copilului- cadru terapeutic și competențe”
[Counselling and integrative psychotherapy of the child - therapeutic framework and skills]
 Association of Integrative Research, Counselling and Psychotherapy (ACCPI)

**„Școala de vară în psihoterapia familială sistemică, Jurnal de terapeut: călătorie prin
 pandemie-Intervenții bazate pe relații de încredere”** [Summer School in Systemic Family
 Psychotherapy, Therapist's Journal: Pandemic Travel-Interventions Based on Trusted
 Relationships]
 Areopagus Association of Family and Systemic Therapy and Practice (16.07.2020-18.07.2020)

LANGUAGE COMPETENCES

Maternal language	Romanian				
	Understanding		Speaking		Writing
	Listening	Reading	Conversation	Oral speech	
English	C1	C1	C1	C1	C1
German	A2	A2	A2	A2	A2

Communication competencies

- activities as students tutor within the „Peer to Peer Tutoring” project, carried out in 2016-2017 at the West University of Timisoara.

Organisational, managerial competencies

- managerial skills acquired as an associate within L&I Eve Clinic;
- organizational skills acquired as member of the organizing committee of the International Symposium of Research and Applications in Psychology, SICAP edition 24, with the theme “Cognitive valences of transdisciplinarity. Applications in psychology and psychotherapy”, March 24-26, 2017;
- organizational skills acquired as member the organizing committee of the International Conference „Supervision in psychotherapy”, 1st edition, June 22, 2018, Timisoara;
- organizational skills acquired as member organizing committee of the International Conference „Supervision in psychotherapy”, 2nd edition, June 28-29, 2019, Timisoara;
- member of the editorial board of journal „Annals, Psychology Series”, of the Faculty of Psychology, „Tibiscus” University of Timisoara
- member of the editorial board of the students journal „Cuget și Simțire”, of the „Tibiscus” University of Timisoara
- Member of the editorial board of the *International Journal of Supervision in Psychotherapy*, www.ijsp.eu.

Digital competencies

Self-evaluation				
Information processing	Communication	Creation of content	Security	Solving of issues
Independent user	Independent user	Independent user	Independent user	Independent user

**Skills in using
psychological tests**

Licences obtained for the following psychological tests batteries:

- Raven Personality test;
- Personality disorder inventory (OMNI-IV);
- Psychiatric Screening Diagnosis Questionnaire (PDSQ);
- Thematic apperception test (TAT and EFE);
- Millon Adolescent Clinical Inventory (Kit MACI).
- Millon Clinical Multiaxial Inventory-III (MCMI – III)
- Millon Pre-Adolescent Clinical Inventory (M-PACI)
- SACQ (Student Adaptation to College Questionnaire)
- NEO-PI-R (Neo Personality Inventory-Revised)
- MMPI-2 (Minnesota Multiphasic Personality Inventory)

Other information

**Volumes
coordinated**

Vîșcu Loredana-Ileana & Cădăriu Ioana-Eva (coord.). (2021). *Psihoterapie integrativă. Studii Volumul II*, Bucharest: Universul Academic Publishing House, University Publishing House, ISBN 978-606-28-1230-0, 978-606-9062-61-6, 978-606-9062-62-3

Cădăriu Ioana-Eva & Vîșcu Loredana-Ileana (coord). (2020). *Psihoterapie integrativă. Studii*, Bucharest: Universul Academic Publishing House, University Publishing House, ISBN 978-606-28-1130-3, 978-606-9062-46-3

Vîșcu Loredana-Ileana & Cădăriu Ioana-Eva, (coord.). (2019). *Studii în psihoterapie. Abordare integrativă*, Bucharest: Universul Academic Publishing House, ISBN 978-606-9062-10-4;

Book chapters

1. **Cădăriu Ioana-Eva**, (2019). Iubirea și gelozia patologică, în *Studii în psihoterapie. Abordare integrativă*, (coordonatori Vîșcu Loredana-Ileana & Cădăriu Ioana-Eva). Bucharest: Universul Academic Publishing House, University Publishing House, ISBN 978-606-9062-10-4; ISBN 978-606-28-0937-9, pp. 65-79
2. **Cădăriu Ioana-Eva**. (2018) Motivații conștiente și inconștiente pentru alegerea profesiei de psihoterapeut, în *Studii în psihoterapie*, (coordonatori Loredana-Ileana Vîșcu, Oana-Maria Popescu), Bucharest: Universul Academic Publishing House, 2018, pp. 22-37.

**Papers published
(ISI Proceedings)**

1. Watkins, Jr, Clifton & Vîșcu, Loredana & **Cădăriu, Ioana-Eva**. (2021). Psychotherapy supervision research: On roadblocks, remedies, and recommendations. *European Journal of Psychotherapy and Counselling*. 23. 8-25. 10.1080/13642537.2021.1881139
2. Vîșcu Loredana-Ileana, Cornean Cornelia-Ecaterina, Colojoară Roxana, **Cădăriu Ioana-Eva**. (2017). The role of emotional intelligence in online learning. *Proceedings 24th International symposium of research and applications in psychology, SICAP: Cognitive characteristics of transdisciplinary applications in psychology and psychotherapy*. Vol. ISBN: 978-88-95922-85-0, pp. 287-293 WOS: 000406423100040, www.webofknowledge.com;

3. Cădăriu Ioana-Eva, Moroșoi Violeta, Gîrniceanu Lucian, Applied psychology and integrative strategic psychotherapy – A transtheoretic and transdiagnosis approach, *Proceedings 24th International symposium of research and applications in psychology, SICAP: Cognitive characteristics of transdisciplinary applications in psychology and psychotherapy*. Vol. ISBN: 978-88-95922-85-0, WOS:000406423100004, www.webofknowledge.com;

1. Cădăriu Ioana – Eva (2017). Folosirea instrumentelor multimedia și hipermedia în procesul educațional/ The use of multimedia and hypermedia tools in the educational process, *International Student Conference: Contemporary challenges in education- didactic aspects. Conference Volume: Didactic Aspects. Conference Proceedings*, 14.11.2017. Preschool Teacher Training College Mihailo Palov in Vrsac, pp. 118-125;

2. Vișcu Loredana, Cădăriu Ioana – Eva, Gîrniceanu Lucian, Todorescu Daiana, (2016). Performance anxiety in gifted students, *22nd Round Table on Giftedness, Conference theme: Intrapersonal giftedness: possibilities of development*, 1 July 2016, Vrsac, p. 87.

Participation at national and international conferences

1. International conference “Supervision in psychotherapy”, 3rd edition, 11-13 June 2021, online.
2. International conference “Supervision in psychotherapy”, 2nd edition, 28-29 June 2019, Timisoara.
3. National Conference of Transactional Analysis „Maturisation and change” - 27-28 october 2018, Timisoara.
4. The 9th Conference of the European Association of Integrative Psychotherapy: Roots and Gifts of Integrative Psychotherapy, 12-14 October, 2018 Prague, CZE., Paper presented: Personality traits involved in choosing the clinician and the psychologist profession,
5. International conference “Supervision in psychotherapy”, 1st edition, 22 June 2018, Timisoara.
6. International symposium of research and applications in psychology, SICAP: Cognitive characteristics of transdisciplinary applications in psychology and psychotherapy, 24-26 March 2017, Timisoara.
7. International Student Conference: Contemporary challenges in education - didactic aspects. 14.11.2017. Preschool Teacher Training College Mihailo Palov in Vrsac.
8. 22nd Round Table on Giftedness, Conference theme: Intrapersonal giftedness: possibilities of development, 1st July 2016, Vrsac.

Membership

- Association of Integrative Research, Counselling and Psychotherapy (ACCPD);
- Romanian Psychologists College (CPR);
- Emotions Centred Therapy Association Romania (EFT)
- Romanian Psychologists Association (APR)

Timisoara

Psychologists,
Psychotherapist

Ioana-Eva Cădăriu

