

PERSONAL INFORMATION

Lia Ecaterina Oltean



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Sex Female | Date of birth 04/07/1990 | Nationality Romanian

JOB APPLIED FOR POSITION

WORK EXPERIENCE

02/2023–Present

**Assistant Prof. Ph.D.**

Babeş-Bolyai University, Cluj-Napoca (Romania)

**Disciplines:** Clinical Psychology, Counseling and Individual and Group Psychotherapy, Clinical Practice (II, III), Clinical psychology in the judiciary context, Positive psychology (in English)

**Other:** Clinical Psychology and Psychotherapy (I, II), Cognitive-behavioral intervention techniques, Cognitive-behavioral therapy (I), Counseling and Psychotherapy in judiciary context

02/2024–Present

**Expert Researcher (Project PDI-PFE ID-550, Postdoctoral Advanced Fellowship)**

Universitatea Babeş-Bolyai, Cluj-Napoca (România)

07/2023–Present

**Principal Investigator UBB Starting Research Grant (SRG-UBB 32989/23.06.2023)**

Babeş-Bolyai University, Cluj-Napoca (Romania)

**Responsibilities:** coordination and project management, information and documentation, participant recruitment and enrollment, data collection and analysis, content creation (e.g., online intervention), dissemination and administration

01/2020–Present

**Cognitive-behavioral Supervisor**

Romanian Association of Cognitive and Behavioral Psychotherapies, Cluj-Napoca (Romania)

**Responsibilities:** supervising trainee activity in terms of both treatment delivery, and ethical and legal conduct, delivering trainings and workshops (e.g., ACT for depression, Integrating positive psychology strategies in CBT)

10/2016–Present

**Clinical Psychologist**

Oltean Lia-Ecaterina Cabinet Individual de Psihologie, Cluj-Napoca (Romania)

**Responsibilities:** clinical assessment and evaluation, psychodiagnosis and primary intervention

09/2014–Present

**Cognitive-behavioral therapist**

Oltean Lia-Ecaterina Cabinet Individual de Psihologie, Cluj-Napoca (România)

**Responsibilities:** clinical assessment and evaluation within the CBT framework, treatment planning and delivery: individual interventions as well as group interventions

**Clinical expertise:** depressive and anxiety disorders, eating disorders, stress and trauma-related disorders (including PTSD), substance-use disorders, bipolar and psychotic disorders, and personality disorders

02/2021–11/2023

**Research Assistant “Reducing the costs of loneliness: A cognitive-behavioral approach of mechanisms and interventions” (PN-III-P4-ID-PCE-2020-2894)**

Babeş-Bolyai University, Cluj-Napoca (Romania)

**Responsibilities:** information and documentation, participant recruitment and enrollment, data collection and analysis, dissemination and administration

02/2019–2023

**Associate lecturer**

Babeş-Bolyai University, Cluj-Napoca (Romania)

**Disciplines:** Clinical Psychology and Psychotherapy (I, II), Clinical Psychology, Counseling and Individual and Group Psychotherapy, Profile Practice (III)

- 11/2017–2020 **Consultant Psychologist: Rose Project - Stop Abandonului la Mate-Info! Yes to your future! (STAY!)**  
Babeş-Bolyai University, Cluj-Napoca (Romania)  
**Responsibilities:** workshop & teambuilding planning and delivery
- 08/2015–10/2015 **Educator (kindergarten teacher)**  
Grădinița Țândărică Nr. 2, Cluj-Napoca (Romania)  
**Responsibilities:** teaching activities' planning, delivery and coordination; psychopedagogical evaluation: counseling
- 10/2014–05/2015 **Educator (kindergarten teacher)**  
"Cuiburi cu Soare", Florești, jud. Cluj (Romania)  
**Responsibilities:** teaching activities' planning, delivery and coordination; psychopedagogical evaluation: counseling
- 06/2014–10/2014 **Educational assistant**  
"Cuiburi cu Soare", Florești, jud. Cluj (Romania)  
**Responsibilities:** assisting teaching activities

EDUCATION AND TRAINING

- 10/2017–2022 **Ph.D. in Psychology**  
Doctoral School: "Evidence-based Psychological Assessment and Interventions",  
Faculty of Psychology and Education Sciences, Babes-Bolyai University, Cluj-Napoca  
General Research Methods and Scientific Paper Methods, Evidence-based Psychological Assessment and Interventions, History of Psychology: A critical Perspective
- October 2012-2014 **Master's degree in Clinical Psychology, Counseling and Psychotherapy**  
Faculty of Psychology and Education Sciences, Babes-Bolyai University, Cluj-Napoca  
Clinical Psychology and Individual and Group Psychotherapies, Health Psychology, Cognitive-Behavioral Psychotherapies, Child and Adolescent Development Particularities, Applied Cognitive Sciences, Psychiatry, Research Methodology, Traineeship, Positive Psychology, Personality: Diagnosis and Intervention, Genetic Counseling, Ethics, Hypnosis and Hypnotherapy
- October 2009-June 2012 **Bachelor in Psychology**  
Faculty of Psychology and Education Sciences, Babes-Bolyai University, Cluj-Napoca  
Introduction to Psychology, Introduction to Neuroscience, Experimental Psychology and Statistics, Cognitive Psychology, Logics, Developmental Psychology Social Psychology, Psychodiagnosis, Health Psychology, Forensic Psychology, Evolutionary Psychology, Work and Personnel Psychology, Clinical Psychology and Psychotherapy, Education Psychology, Organizational Psychology, School and Career Counselling, Clinical Assessment and Interventions for Children, Psychocriminology, Traineeship

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C1	C2
Alpha Language Certificate – Level C1					
French	B2	B2	B2	B2	B2

**Communication skills** Active and empahitic listening skills  
Good interpersonal communication skills, including assertive communication and negotiation skills

Organisational / managerial skills	Event planning, including workshops, training groups such as supervising practice, and therapy groups Project coordination and elaboration Deadline compliance Good decision making and problem solving skills Good organisational skills Good coordination skills Advanced treatment planning and implementation
Job-related skills	Active listening skills Stress resilience Flexibility and adaptability
Computer skills	Good command of Microsoft Office™, Adobe tools etc. Data analysis softwares, including SPSS, JASP, Comprehensive Meta-analysis Primary accounting softwares: SAGA Good command of internet use, including blog and website creation (e.g., Wordpress), videoconference platforms, including Microsoft Teams, Skype, Zoom etc., content creation (e.g., Google, Canva), promotion and recruitment strategies (e.g., Facebook, Instagram)
Other skills	Academic writing, information synthesis and content creation Critical and reflexive thinking, argumentation and persuasion skills Detail orientation and perseverance Public speaking skills, that may include delivering and adapting both theoretical and practical content to various audiences
Drivers licence	AM, B1, B

ADDITIONAL INFORMATION

Ph.D. thesis	<b>2022</b> - Childhood Adversity and Psychopathology. The Mediating Role of Reward Processing
Publications	<p><b>2024</b> - Chiș, A., <b>Oltean, L.-E.</b>, Bîlc, M., Vulturar, R., Șoflău, R., David, D., Szentágotai-Tătar, A., &amp; Miu, A. C. Gene–Environment Interactions in Irrational Beliefs: The Roles of Childhood Adversity and Multiple Candidate Genes. <i>International Journal of Molecular Sciences</i>, 25(8), Article 8. <a href="https://doi.org/10.3390/ijms25084206">https://doi.org/10.3390/ijms25084206</a> (Q1)</p> <p><b>2023</b> - Șoflău, R., Szentágotai-Tătar, A., &amp; <b>Oltean, L.-E.</b> Childhood Adversity, Resilience, and Paranoia During the COVID-19 Outbreak. The Mediating Role of Irrational Beliefs and Affective Disturbance. <i>Journal of Rational-Emotive &amp; Cognitive-Behavior Therapy</i>. <a href="https://doi.org/10.1007/s10942-023-00511-4">https://doi.org/10.1007/s10942-023-00511-4</a></p> <p><b>2022</b> - <b>Oltean, L.-E.</b>, &amp; Șoflău, R. Childhood adversity, reward processing, and health during the COVID-19 outbreak: The mediating role of reward learning. <i>Psychological Trauma: Theory, Research, Practice and Policy</i>, 14(2), 301–309. <a href="https://doi.org/10.1037/tra0001208">https://doi.org/10.1037/tra0001208</a> (Q1)</p> <p><b>2022</b> - <b>Oltean, L.-E.</b>, Șoflău, R., Miu, A. C., &amp; Szentágotai-Tătar, A. Childhood adversity and impaired reward processing: A meta-analysis. <i>Child Abuse &amp; Neglect</i>, 105596. <a href="https://doi.org/10.1016/j.chiabu.2022.105596">https://doi.org/10.1016/j.chiabu.2022.105596</a> (Q1)</p> <p><b>2022</b> - <b>Oltean, L.-E.</b>, Miu, A. C., Șoflău, R., &amp; Szentágotai-Tătar, A. Tailoring Gratitude Interventions. How and for Whom Do They Work? The Potential Mediating Role of Reward Processing and the Moderating Role of Childhood Adversity and Trait Gratitude. <i>Journal of Happiness Studies</i>. <a href="https://doi.org/10.1007/s10902-022-00530-5">https://doi.org/10.1007/s10902-022-00530-5</a> (Q1)</p>
Conferences	<p><b>2023</b> - EABCT Conference, Belek, Antalya, Turkey</p> <p><b>2023</b> - APR Conference “Psychology in the development age”, 2023, Constanța, Romania</p> <ul style="list-style-type: none"> <li>● Paper presentation: <b>Oltean, L.E.</b>, Canache, M., Nechita (Cândea), D., Miu, A.C., Szentágotai-Tătar, A: “Investigating cognitive factors implicated in loneliness and their association with psychopathology. A longitudinal study”</li> </ul> <p><b>2022</b> - EABCT Conference, Barcelone, Spain</p> <p><b>2022</b> - National Conference of Cognitive-Behavioral Therapy 8<sup>th</sup> Edition: Trauma and Resilience</p> <ul style="list-style-type: none"> <li>● Workshop: <b>Oltean, L.E.</b>, Șoflău, R.: “Vicarious Trauma and Resilience in Clinicians”</li> </ul> <p><b>2021</b> - APR Conference: “Psychology and Technology: Connected to the Future”</p> <ul style="list-style-type: none"> <li>● Paper presentation: <b>Oltean, L.E.</b>, Miu, A.C., Șoflău, R, Szentágotai-Tătar, A: “Childhood Adversity</li> </ul>

and Trait Gratitude: Potential Moderators of Gratitude Interventions”

2021 - EABCT Conference, Belfast, Northern Ireland

2021 - STUP Conference, Current Trends in Psychology, Novi Sad, Serbia

- Paper presentation: **Oltean, L.E.**, Szentagotai-Tătar, A., Șoflău, R. “Childhood Adversity, Reward Processing and Health during the COVID-19 Outbreak. The Mediating Role of Reward Learning”

2021 - National Conference of Cognitive-Behavioral Therapy 7<sup>th</sup> Edition

- Workshop: **Oltean, L.E.**: “Cognitive-behavioral Intervention in Eating Disorders”

2020 - Ph.D. Students’ National Conference

2020 - National Conference of Cognitive-Behavioral Therapy 6<sup>th</sup> Edition

- Workshop: **Oltean, L.E.**, Șoflău, R. “Integrating Acceptance and Commitment Therapy into Traditional Therapy”

2019 - APR Conference: APR Re-StartPlus, Cluj-Napoca, România

- Paper presentation: **Oltean, L.E.**, Miu, A.C., & Szentagotai-Tătar, A., “Early Life Stress and Reward Processing”

2019 - “4th International Congress of Rational Emotive Behavior Therapy”, Cluj-Napoca, Romania

2019 - “9th World Congress of Behavioral and Cognitive Therapies”, Berlin, Germania

2019 - “European Society of Traumatic Stress Studies” Conference, Rotterdam, The Netherlands

- Poster presentation: **Oltean, L.E.**, & Szentagotai-Tătar, A. “Early Life Stress and Reward Processing”

2018 –National Conference of Cognitive-Behavioral Therapy : An integrated multimodal Approach, Cluj-Napoca, România

- Workshop: **Oltean L.E.**, “Integrating Positive Psychology Interventions into Cognitive-Behavioral Interventions”

2018 – Ph.D. Students’ National Conference, Cluj-Napoca, România

- Paper presentation: **Oltean, L.E.**, & Szentagotai-Tătar, A. “ Early Life Stress and Reward Processing”

2018 - European Conference of Positive Psychology 9<sup>th</sup> Edition, Budapest, Hungary

2017 - Therapeutic Approaches in the Neuropsychomotor Rehabilitation of Children, 3<sup>rd</sup> Edition, Cluj-Napoca, Romania

2017 - Pluridisciplinary Congress, Organizația Tinerilor Medici, Cluj-Napoca, România

- Paper presentation: **Oltean, L.E.** „Communication Styles. Implications and Applications within the Clinical Field”

2017 - National Psychology of Sexuality Conference, 7<sup>th</sup> Edition, Cluj-Napoca, Romania

2016 - Therapeutic Approaches in the Neuropsychomotor Rehabilitation of Adults, 2<sup>nd</sup> Edition, Cluj-Napoca, Romania

2016 - Therapeutic Approaches in the Neuropsychomotor Rehabilitation of Children, 2<sup>nd</sup> Edition, Cluj-Napoca, Romania

2016 - National Psychology of Sexuality Conference, 6<sup>th</sup> Edition, Cluj-Napoca, Romania

2015 - National Psychology of Sexuality Conference, 5<sup>th</sup> Edition, Cluj-Napoca, Romania

2014 - 1<sup>st</sup> international Cognitive-behavioral Coaching Congress (ICBCC)

- Paper presentation: **Oltean, L.E.**, & Szentagotai-Tătar, A. „Counting Blessings vs. Counting Events: Investigating Gratitude and Well-Being in Daily Life”

2011 - Pszinapszis Conference, Budapest, Hungary

Courses, including continuous formation

2023 - Cognitive Therapy for Psychosis: A Formulation Based Approach, Tony Morisson, EABCT 2023

2021 - Cognitive Therapy for PTSD: Tailoring treatment to different cognitive themes, Anke Ehlers, EABCT 2021

2021 - The paradox of thought control and other cognitive strategies in the treatment of OCD, Maureen L. Whittal, EABCT 2021

2020 - ACT for Depression and Anxiety

2020 - ACT for Trauma

2019 - Assessment and Treatment of Eating Disorders: Digesting the Facts, Kristene A. Doyle, 4th International Congress of Rational Emotive Behavior Therapy, Cluj-Napoca

2019 - 2020 - Entrepreneurship for innovation through doctoral and postdoctoral research

2018 - "Academic writing: strategies for elaborating and publishing scientific articles", Babeş-Bolyai, Cluj-Napoca, Romania

2014 - "Raven Progressive Matrices. Abilities and Skills Measurement", Romanian Association of Cognitive and Behavioral Psychotherapies, Cluj-Napoca (Romania)

2013 - Erasmus Plus „Co-constructing Healthy Experiences”, Kortrijk, Belgia

2013 - „Time is money: Japanese Techniques of Self-Organization”, Romanian Association of Cognitive and

Behavioral Psychotherapies, Cluj-Napoca (Romania)

Peer review	Reviewer ad hoc: (1) Psychological Trauma: Theory, Research, Practice and Policy, (2) Journal of Happiness Studies, (3) Psychological Medicine, (4) British Journal of Psychology, (5) Child Abuse & Neglect, (6) Journal of Interpersonal Violence, (7) Scientific Reports, (8) Current Psychology, (9) Journal of Rational-Emotive & Cognitive-Behavior Therapy
Projects (selection)	<b>2021 - present</b> - ACT trainings for professionals, Romanian Association of Cognitive and Behavioral Psychotherapies, Cluj-Napoca (Romania) <b>2016 - 2019</b> - 3 Days for Health, Organizația Tinerilor Medici, Cluj-Napoca, România <b>2015 - present</b> - workshops, summer schools and therapy groups, Oltean Lia-Ecaterina Cabinet Individual de Psihologie
Other potentially relevant activities (selection)	<b>2022 - present</b> - member in the regional committee of the Board of Psychologists in Romania, Psychotherapy division <b>2017 - present</b> - delegate in the National Convention of the Board of Psychologists in Romania <b>2013 - present</b> - member of the Board of Psychologists in Romania <b>2012 - 2014</b> - volunteer research assistant in the Department of Clinical Psychology and Psychotherapy (e.g., acrophobia study, irritable bowel syndrom study) <b>2011</b> - census enumerator National Institute of Statistics, Romania <b>2011 - 2012</b> - member of the Erasmus Student Network <b>2011</b> - Developmental Psychology Laboratory, Faculty of Psychology and Education Studies, Babes-Bolyai University, Cluj-Napoca, Romania <b>2009 - 2012</b> - member of the Romanian Psychology Students' Association