PERSONAL INFORMATION

Lia Ecaterina Oltean



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BrainMap ID: U-1900-064K-8289

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

JOB APPLIED FOR POSITION

WORK EXPERIENCE

02/2023–Present
Assistant Prof. Ph.D.
Babeș-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 Psychoterapy in judiciary context

07/2026-Present
Postdoctoral Researcher „Mental health in a rapidly changing society: A multi level approach, from genes and molecules to neural networks and psychosocial systems" (PN-IV-P6-6.1-CoEx-2024-0139)
Babeș-Bolyai University, Cluj-Napoca (Romania)

07/2026-Present
Postdoctoral Researcher „Can good be stronger than bad? The protective role of positive emotions against loneliness and telomere erosion" (PN-IV-P1-PCE-2023-1997)
Babeș-Bolyai University, Cluj-Napoca (Romania)

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

06/2024-06/2026
Postdoctoral Researcher "Neural mechanisms of trauma-related psychopathology in high-risk populations: A multi-method and prospective investigation into the roles of social affective and social-cognitive processes" PNRR-III-C9-2023-I8 CF103/31.07.2023 (760246/18.12.2023)"
Babeș-Bolyai University, Cluj-Napoca (Romania)

01/2024-2025
Consultant
UNICEF

07/2023–07/2024
Principal Investigator UBB Starting Research Grant (SRG-UBB 32989/23.06.2023)
Babeș-Bolyai University, Cluj-Napoca (Romania)

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

02/2024-05/2024 **Expert Researcher (Project PDI-PFE ID-550, Postdoctoral Advanced Fellowship)**

Universitatea Babeș-Bolyai, Cluj-Napoca (România)

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)**

Babeș-Bolyai University, Cluj-Napoca (Romania)

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

02/2019–2023 **Associate lecturer**

Babeș-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!)**

Babeș-Bolyai University, Cluj-Napoca (Romania)

Responsibilities: workshop & teambuilding planning and delivery

08/2015–10/2015 **Educator (kindergarten teacher)**

Grădinița Țăndărică 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

- 2019-2020: Doctoral entrepreneurship Scholarship awarded by competition "Entrepreneurship for innovation through doctoral and postdoctoral research" (POCU/360/6/13/123886)

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 empathic 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

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ADDITIONAL INFORMATION

Honors and Awards

The International Journal of Child Abuse & Neglect 2023 Paper of the Year - Honorable Mention, for the article „**Oltean, L.-E.,** Șoflău, R., Miu, A. C., & Szentágotai-Tătar, A. (2023) Childhood adversity and impaired reward processing: A meta-analysis. Child Abuse & Neglect, 105596. https://doi.org/10.1016/j.chiabu.2022.105596"

UEFISCDI Awarded Article "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." Oltean, L.-E., Miu, A. C., Șoflău, R., & Szentágotai-Tătar, A. (2022). Journal of Happiness Studies. https://doi.org/10.1007/s10902-022-00530-5 (PN-IV-P2-2.3-PRECISI-2023-72828)

UEFISCDI Awarded article "Childhood adversity, reward processing, and health during the COVID-19 outbreak: The mediating role of reward learning." Oltean, L.-E. & Șoflău, R. (2022). Psychological Trauma: Theory, Research, Practice and Policy, 14(2), 301–309. https://doi.org/10.1037/tra0001208. (PN-IV-P2-2.3-PRECISI-2023-69226)

Nicolae Mărgineanu Award for Scientific Research and Academic Competitivity Development, Babeș-Bolyai University, Cluj-Napoca, 2022

Individual Business Project Award "Entrepreneurship for innovation through doctoral and postdoctoral research" (POCU/360/6/13/123886), 2020

Team Business Project Award "Entrepreneurship for innovation through doctoral and postdoctoral research" (POCU/360/6/13/123886), 2020

Ph.D. thesis **2022 -** Childhood Adversity and Psychopathology. The Mediating Role of Reward Processing

Publications

ISI Articles

Oltean, L.-E., Șoflău, R., Miu, A. C., & Szentágotai-Tătar, A. (2026). Linking childhood adversity with borderline and depressive symptoms: The role of reward processing. European Journal of Psychotraumatology, 17(1), 2629214. https://doi.org/10.1080/20008066.2026.2629214 **(Q1)**

Boncea, C.-M., **Oltean, L.-E.**, & Șoflău, R. (2026). Gentle voices within harsh environments. A longitudinal study focused on childhood adversity, self-compassion, depression and anxiety. Current Psychology, 45(7), 759. https://doi.org/10.1007/s12144-026-09262-8 **(Q1)**

Oltean, L.-E., Miu, A. C., & Szentágotai-T ă tar, A. (2025). Investigating depression pathways in a clinical sample: Childhood adversity, reward, and threat processing. Frontiers in Psychology, 16. https://doi.org/10.3389/fpsyg.2025.1448585 **(Q1)**

Stoia, M., **Oltean L.-E,** & Szentágotai-T ă tar, A. (2025). Childhood Maltreatment, Psychopathology Symptoms and Life Satisfaction: Exploring the Mediating Roles of Prioritizing Positivity and Positive Affect. *Journal of Evidence-Based Psychotherapies*, *25*(2), 103–125. https://doi.org/10.24193/jebp.2025.2.13

Oltean, L.-E., Șoflău, R., Miu, A. C., & Szentágotai-Tătar, A. (2025). Unveiling subjective well-being: The role of reward processing and resilience. *Current Psychology*. https://doi.org/10.1007/s12144-024-07247-z **(Q1)**

Oltean, L.-E., Canache, M.-G., Patrichi, A., Rîmbu, R. I., Sîntoma, D., Miu, A. C., & Szentágotai-Tătar, A. (2024) LONELINESS AND COGNITIVE VULNERABILITY FACTORS: A SYSTEMATIC REVIEW FOCUSED ON MALADAPTIVE COGNITIONS. https://doi.org/10.24193/jebp.2024.2.14

Chiș, A., **Oltean, L.-E.**, Bîlc, M., Vulturar, R., Șoflău, R., David, D., Szentágotai-Tătar, A., & Miu, A. C. (2024) Gene–Environment Interactions in Irrational Beliefs: The Roles of Childhood Adversity and Multiple Candidate Genes. International Journal of Molecular Sciences, 25(8), Article 8. https://doi.org/10.3390/ijms25084206 **(Q1)**

Oltean, L.-E., Șoflău, R., Miu, A. C., & Szentágotai-Tătar, A. (2023) Childhood adversity and impaired reward processing: A meta-analysis. Child Abuse & Neglect, 105596. https://doi.org/10.1016/j.chiabu.2022.105596 **(Q1)**

Șoflău, R., Szentágotai-Tătar, A., & **Oltean, L.-E.** (2023) Childhood Adversity, Resilience, and Paranoia During the COVID-19 Outbreak. The Mediating Role of Irrational Beliefs and Affective Disturbance. Journal of Rational-Emotive & Cognitive-Behavior Therapy. https://doi.org/10.1007/s10942-023-00511-4

Oltean, L.-E., & Șoflău, R. (2022) Childhood adversity, reward processing, and health during the COVID-19 outbreak: The mediating role of reward learning. Psychological Trauma: Theory, Research, Practice and Policy, 14(2), 301–309. https://doi.org/10.1037/tra0001208 **(Q2)**

Oltean, L.-E., Miu, A. C., Șoflău, R., & Szentágotai-Tătar, A. (2024) 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. Journal of Happiness Studies. https://doi.org/10.1007/s10902-022-00530-5 **(Q1)**

Chapters

Oltean, L.-E. (2024) Programe parentale pentru prevenția abuzului asupra copiilor, in Tratat de intervenții

parentale validate ştiinţific, Polirom

Conferences

2025 - EABCT Conference, Glasgow, Scotland

- Paper presentation: **Oltean, L.-E.** & Șoflău, R. (2025). The Mediating Role of Self-Compassion in the Association Between Childhood Adversity and Anxiety

2024 - XIX EARA CONFERENCE, European Association for Research on Adolescence, Limassol, Cyprus

2024 - European Conference of Positive Psychology ECPP 2024, It's you - it's me - it's us, Innsbruck, Austria

- Paper presentation: **Oltean, L.-E.** & Șoflău, R. (2024) The BRIEF GRAT - An online gratitude intervention for anxiety symptoms and well-being

2024 - EABCT Conference, Belgrade, Serbia

- Paper presentation: **Oltean, L.-E.** & Șoflău, R. (2024) Probing the effectiveness of an online gratitude intervention on anxiety symptoms. The moderating role of maltreatment
- Paper presentation: Șoflău, R. & **Oltean, L.-E.**, (2024) The role of irrational beliefs in paranoia: a network approach

2024 - International conference ACT 2024 Katowice, Poland, online "From Students to Experts"

- Paper presentation: **Oltean**, L.-E. & **Șoflău, R.** (2024). The BRIEF GRAT - An online intervention focusing on mental health and well-being, International conference ACT 2024 Katowice, Poland, online "From Students to Experts", (15-17 March 2024)
- Paper presentation: Șoflău, R. & **Oltean, L.-E.,** (2024) The mediating role of psychological flexibility in the association between childhood adversity and paranoia: a longitudinal study

2023 - EABCT Conference, Belek, Antalya, Turkey

2023 - APR Conference "Psyschology in the development age", 2023, Constanța, Romania

- Paper presentation: **Oltean, L.E**., Canache, M., Nechita (Cândea), D., Miu, A.C., Szentagotai-Tătar, A (2023) Investigating cognitive factors implicated in loneliness and their association with psychopathology. A longitudinal study

2022 - EABCT Conference, Barcelone, Spain

2022 - National Conference of Cognitive-Behavioral Therapy 8th Edition: Trauma and Resilience

- Workshop: **Oltean, L.E.,** Șoflău, R.: Vicarious Trauma and Resilience in Clinicians

2021 - APR Conference: "Psychology and Technology: Connected to the Future"

- Paper presentation: **Oltean, L.E**., Miu, A.C., Șoflău, R, Szentagotai-Tătar, A. (2021) Childhood Adversity 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. (2021) "Childhood Adversity, Reward Processing and Health during the COVID-19 Outbreak. The Mediating Role of Reward Learning"

2021 - National Conference of Cognitive-Behavioral Therapy 7th Edition

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

2020 - Ph.D. Students' National Conference

2020 - National Conference of Cognitive-Behavioral Therapy 6th 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. (2019) "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. (2018)" Early Life Stress and Reward

Processing"

2018 - European Conference of Positive Psychology 9th Edition, Budapest, Hungary
2017 - Therapeutic Approaches in the Neuropsychomotor Rehabilitation of Children, 3rd 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, 7th Edition, Cluj-Napoca, Romania
2016 - Therapeutic Approaches in the Neuropsychomotor Rehabilitation of Adults, 2nd Edition, Cluj-Napoca, Romania
2016 - Therapeutic Approaches in the Neuropsychomotor Rehabilitation of Children, 2nd Edition, Cluj-Napoca, Romania
2016 - National Psychology of Sexuality Conference, 6th Edition, Cluj-Napoca, Romania
2015 - National Psychology of Sexuality Conference, 5th Edition, Cluj-Napoca,Romania

2014 - 1st International Cognitive-behavioral Coaching Congress (ICBCC)

- Paper presentation: **Oltean, L.E**., & Szentagotai-Tătar, A. (2014) Counting Blessings vs. Counting Events: Investigating Gratitude and Well-Being in Daily Life

2011 - Pszinapszis Conference, Budapest, Hungary

Courses, including continuous formation

2026 - Erasmus Mobility, Fernando Pessoa Canarias University, Gran Canaria, Spain

2025 - Erasmus Mobility, Complutense University of Madrid, Madrid, Spain

2025 - Untangling the 'Complex' in Complex PTSD: What It Means, Why It Matters, and How to Treat It, Sharif El-Leithy, EABCT 2025

2024 - DBT Skills, with Marsha Linehan

2024 - Introduction to Longitudinal Data Modelling with R, XIX EARA CONFERENCE, European Association for Research on Adolescence, Limassol, Cyprus

2024 - A practical guide to CBT for Obsessive compulsive disorder: a masterclass, PAUL SALKOVSKIS, EABCT 2024

2024 - Erasmus Mobility, Universidade Católica Portuguesa, Porto, Portugalia

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 ellaborating and publishing scientific articles", Babeș-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)

Editorial activity

Reviewer ad hoc: (1) Trauma, Violence & Abuse, (2) European Journal of Psychotraumatology, (3) Journal of Happiness Studies, (4) Psychological Medicine, (5) British Journal of Psychology, (6) Child Abuse & Neglect, (7) Journal of Interpersonal Violence, (8) Scientific Reports, (9) Current Psychology, (10) Psychological Trauma: Theory, Research, Practice and Policy, (11) Journal of Rational-Emotive & Cognitive-Behavior Therapy

Projects (selection)

2024 – present – Student Circle of Clinical Psychology and Psychotherapy

2021 - present - ACT trainings for professionals,Romanian Association of Cognitive and Behavioral Psychotherapies, Cluj-Napoca (Romania)

2016 - 2019 - 3 Days for Health, Organizația Tinerilor Medici, Cluj-Napoca, România
2015 - present - workshops, summer schools and therapy groups, Oltean Lia-Ecaterina Cabinet Individual de Psihologie

Other potentially relevant activities (selection)

2026 - present - Global Ambassador, The Love Consortium

2024 - present - member of the American Psychological Association

2022 - present - member in the regional committee of the Board of Psychologists in Romania, Psychotherapy

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division

2017 - present - delegate in the National Convention of the Board of Psychologists in Romania

2013 - present - member of the Board of Psychologists in Romania

2012 - 2014 - volunteer research assistant in the Department of Clinical Psychology and Psychotherapy (e.g., acrophobia study, irritable bowel syndrom study)

2011 - census enumerator National Institute of Statistics, Romania

2011 - 2012 - member of the Erasmus Student Network

2011 - Developmental Psychology Laboratory, Faculty of Psychology and Education Studies, Babes-Bolyai University, Cluj-Napoca, Romania

2009 - 2012 - member of the Romanian Psychology Students' Association

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