

Oana Alexandra DAVID

Curriculum vitae

DATE
PERSONALE

Oana Alexandra
Gavița (căs. David)
Prenume
Str. Republicii, nr. 37, Cluj-Napoca, 400015, Romania
Nume
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Data nasterii

**Pentru Membru in comitetul filialei Cluj, specialitate Psihologie clinica
Reprezentant Conventia nationala CPR din partea filialei Cluj**

EXPERIENȚĂ PROFESIONALĂ

- 27.01.2015-prezent *Conferențiar universitar*
Departamentul de Psihologie Clinica si Psihoterapie, Universitatea Babes- Bolyai
-Director executiv - International Coaching Institute și European Coaching Center;
-Psiholog clinician/psihoterapeut/consilier - Clinica universitară de psihologie
"Babes-Bolyai – PsyTech".
37, Republicii, 400015, Cluj-Napoca, Romania
- 01.10.2011-prezent *Lector universitar*
Departamentul de Psihologie Clinica si Psihoterapie, Facultatea de Psihologie și
Științe ale Educației, Universitatea Babes- Bolyai Cluj-Napoca
➤ Director - International Coaching Institute și European Coaching Center;
➤ Psiholog clinician/psihoterapeut - Clinica universitară de psihologie
"Babes-Bolyai – PsyTech".
- 26.03.2008-
01.10.2011 *Cercetător științific*
Departamentul de Psihologie Clinica si Psihoterapie, Universitatea Babes- Bolyai,
Cluj-Napoca
- 26.03.2008-prezent *Psiholog clinician, psihoterapeut, supervizor*
Cabinet individual de psihologie Oana Gavița; acreditat de Colegiul Psihologilor din
România
Str. M. Kogalniceanu, nr. 8, Cluj-Napoca
- 19.03.2008-
01.2011 *Specialist Resurse Umane,*
Intesa Sanpaolo Bank, Romania, Departmentul RU, Sectorul Dezvoltare Umană și
Managementul Performanței;
B-dul 21 Decembrie 1989, nr. 61, Cluj-Napoca, Romania.

DAVID OANA - ALEXANDRA
27.01.2017

GAVIȚA OANA
psiholog specialist-autonom
PSIHOLOGIE CLINICĂ
Cod personal: 00557

- 11.2005-18.03.2008 *Psiholog clinician*
Centrul de Consiliere pentru Copii si Parinti, DGASPC Bihor
Str. Feldioarei, nr. 13, Oradea, Bihor, Romania
- 04.2007-01.2008 *Consultant Resurse Umane,*
HILL Communications Romania, HILL
International HR Group; Str. Enescu, nr. 9, Oradea, Romania

EDUCAȚIE

- 2007- 2011 *Doctor in psihologie, Școala doctorală Psihodiagnostic și intervenții validate științific; Teza cu titlul "Programe parentale validate științific pentru reducerea comportamentului disruptiv al copiilor", Universitatea Babes-Bolyai Cluj-Napoca, Romania.*
- 07.2009, Stagiul de cercetare, Harvard Medical School, Childrens Hospital Boston, Center for Child Development, Neurosciences Lab., prof. Charles Nelson;
- 2005-2007 *Masterat în Consiliere Psihologică, Facultatea de Științe Socio-Umane, Catedra de Psihologie, Universitatea din Oradea;*
- 09-12.2007, Stagiul pregătire practica in consiliere psihologică, King's College London, Medical and Counselling Centre, Institute of Psychiatry la Maudsley Hospital, Londra, UK;
- 2001-2005 *Licență în Psihologie, Facultatea de Științe Socio-Umane, Catedra de Psihologie, Universitatea din Oradea.*
- 1996-2001 *Liceul Pedagogic „Iosif Vulcan” Oradea, secția învățători-educatoare.*

FORMARE ȘI SPECIALIZĂRI (SELECȚIE)

- 29.10.2014 *Certificat workshop "Development of emotional intelligence of children and adolescents through Rational Emotive Behavioral Education", dr. Ann Vernon, Albert Ellis Institute, organizat de IACBC, Cluj-Napoca, Romania.*
- 15.06.2013 *Certificat workshop "Coaching in the 21st century: helping leaders and organizations surf the edge of chaos", Dr. Michael Cavanagh, University of Sydney; organizat de International Association of Cognitive Behavioral Coaching, Cluj-Napoca, Romania.*
- 30.11.2012 *Certificat workshop "Modern techniques of CBT: "3rd wave" of cognitive restructuring techniques", Dr. Daniel David; organizat de APCCR, Cluj-Napoca, Romania.*
- 11.2012 *Certificat workshop "Remembering and forgetting trauma", prof. Richard McNally, Ph.D., Harvard University, organizat de APCCR, Cluj-Napoca, Romania.*
- 03.2012 *Certificat workshop "Ethical Dilemmas in Clinical Psychology and Psychotherapy", Prof. Thomas Dowd, Kent State University, organizat de APCCR, Cluj-Napoca, Romania.*
- 09.2011 *Certificat workshop "Common Mistakes in Cognitive and Behavioural*

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	<i>Psychotherapy</i> , prof. Windy Dryden, University of London, organizat de APCCR, Cluj-Napoca, Romania.
02.2011	Certificat <i>Trainer</i> , CNFPA, organizat de CDM, Cluj-Napoca.
12.2010 - 05.201	<i>Training of the trainers</i> in cadrul programului MBA Romano-Canadian, domeniul Managementul Resurselor Umane, Maastricht School of Management, Netherlands; organizat de Academia de Științe Economice București (coord.).
07.2010	Certificat workshop " <i>Schema Therapy</i> ", Prof. Ph.D. Jeffrey Young, Columbia University, organizat de APCCR, Cluj-Napoca, Romania.
08.2009	Certificat workshop " <i>Introduction to ERP Data Processing</i> ", Dr. Allysa Westerlund, Harvard Medical School, Boston, USA.
21.05.2010	Certificat workshop " <i>Functional Analysis and Motivational Enhancement</i> ", prof. dr. Carl Lejuez, Maryland University/ Yale University; organizat de International Coaching Institute, UBB și IACBC.
20.05.2010	Certificat workshop " <i>Behavioral Activation. Theory and practice</i> ", Prof. Ph.D. Carl Lejuez, Maryland University, SUA, organizat de IACBC, Cluj-Napoca, Romania.
06.2009	Certificat workshop " <i>Clinical Cognitive Neurosciences – Challenges and solutions for paediatric neuroimaging</i> ", Dr. Nadine Gaab, Harvard Medical School.
04.2009	Program formare " <i>EARA Methodology Workshop for Young Researchers</i> ", Turcia, Antalya; organizat de European Association for Research of Adolescence. Bursă de participare.
02.2009	Certificat formare de bază în " <i>Performance Coaching</i> ", Centre for Coaching, Stress Management Centre, UK, certification Middlesex University, London.
01.2008	Certificat workshop " <i>Combinated use of EEG și fMRI procedures in Psychopathology</i> ", Dr. Giorgio Bonmassar, Harvard Medical School. Cluj-Napoca, Romania.
05.2004-07.2008	Certificat formare (psihoterapeut sub supervizare acreditat Colegiul psihologilor din România) în <i>Psihoterapii cognitiv-comportamentale</i> , International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, UBB; și Aaron T. Beck Institute, Albert Ellis Institute, USA.
06.2008	Certificat workshop " <i>Mindfulness in medicine and psychology- a first-hand taste and clinical applications</i> ", Dr. Kabath-Zinn, Rome, Italy.
04.2008	Certificat workshop " <i>Anger Management</i> ", Prof. Dr. Howard Kassinove, Institute for the Study and Treatment of Anger and Aggression, Hofstra University, Hempstead, NY, USA.
05.2006	Certificat workshop " <i>Cognitive Behavioral Treatment of Difficult and Complex Patients: Conceptualization and Treatment Considerations</i> ". Prof. Dr. Arthur Freeman, Governors University and the Freeman Institute for Cognitive Therapy SUA; Cluj-Napoca, Romania.

PROIECTE DE CERCETARE-DEZVOLTARE COORDONATE

06.2014-06.2016	Director, Grant Parteneriate PN-II-PT-PCCA-2013-4, titlu proiect: <i>REThink: Evidence-based therapeutic online game for child and adolescent mental health</i> . Sursa finanțare UEFISCDI, Consiliul Național al Cercetării Științifice. Volumul finanțării 300.000 EUR. Principalele publicații sau brevete rezultate (vezi lista de lucrări numerotate*): 1, 9, 13
08.2014-11.2014	Co-director, Grant dezvoltare-cercetare, titlu proiect: <i>Psychobiological Correlates of Elizabeth Arden's cream Fragrance</i> . Sursa finanțare Elizabeth Arden LTD

DAVID OANA - AZEARNVBCA
27.04.2017



- 10.2011-10.2013 New York. Volumul finanțării 50.000 EUR.
Director, Grant Tineri Cercetători, titlu proiect: *Adapting the online version of the Rational Positive Parenting program*. Sursa finanțare UBB. Volumul finanțării 20.000 RON. Principalele publicații sau brevete rezultate: 2, 11, 12, 15, 32, 33
- 10.2011-10.2013 Director, Grant Post-doctoral PN-II-RU-PD-2011-3-0131, titlu proiect: *Emotion regulation and mental health in the workplace*. Sursa finanțare UEFISCDI, Consiliul Național al Cercetării Științifice. Volumul finanțării 300.000 RON. Principalele publicații sau brevete rezultate: 10, 16, 17, 21, 27
- 12.2010-01.2012 Director, Grant dezvoltare-cercetare, titlu proiect: *Nokia Internal Coach Academy*. Sursa finanțare NOKIA. Volumul finanțării 16.000 EUR. Principalele publicații sau brevete rezultate: 28, 29
- 2005-2006 Director, Grant tineri cercetători, titlu proiect: *Positive illusions and illusory mental health? The role of positive irrational cognitions in mental health – a theoretic and experimental model*. Sursa finanțare Albert Ellis Institute. Volumul finanțării 1.000 USD. Principalele publicații sau brevete rezultate: 23, 24, 25, 26

PREMII

- 2014 Dec. - Premiul rezultatelor cercetării, CNCS, publicație: Marcinkowska, U. Kozlov, M. V., Cai, H., Contreras-Garduño, J., Dixon, B. J., Gavita O. A. et al. (2014). Cross cultural variation in men's preference for sexual dimorphism in women faces. *Biology Letters*, 10(4), 20130850.
- 2014 19-21 Mai – premiul de excelență și inovare pentru aplicația "Psy Pills", a 7-a ediție Salonul Internațional al Cercetării, Inovării și Invenției PRO INVENT, Cluj-Napoca, România, sub egida Ministerului Educației Naționale, Autoritatea Națională pentru Cercetare Științifică.
- 2014 Iunie – Profesorul Săptămânii la UBB, http://news.ubbcluj.ro/top_ubb/lect-univ-dr-david-gavita-oana-alexandra/
- 2013 Dec. – Premiul rezultatelor cercetării, CNCS, publicație: Gavița, O. A., Capris, D., Bolno, J., & David, D. (2012). Anterior cingulate cortex findings in child disruptive behavior disorders: A meta-analysis. *Aggression and Violent Behavior*, 17(6), 507–513.
- 2013 Dec. - Premiul "Nicolae Margineanu" pentru cercetare, Departamentul de Psihologie Clinică și Psihoterapie, Ediția 1, Universitatea Babeș-Bolyai Cluj-Napoca.
- 2012 Dec. - Premiul rezultatelor cercetării, CNCS, publicație: Gavița, O. A., David, D., Bujoreanu, S., Tiba, A., & Ionuțiu, D. R. (2012). The Efficacy of a Short Cognitive-Behavioral Parent Program in the Treatment of Externalizing Behavior Disorders in Romanian Foster Care Children: Building Parental Emotion-Regulation through Unconditional Self- and Child-Acceptance Strategies. *Children and Youth Services Review*, 34(2), 1290–1297.
- 2011 Dec. – Premiu de excelență "Profesorul anului", Universitatea Babeș-Bolyai Cluj-Napoca.
- 2011 Oct. - Premiul "Florian Ștefănescu-Goangă" pentru tineri doctori în domeniul psihologiei, Ediția 1, Universitatea Babeș-Bolyai.
- 2010 Sept. – Premiul "Tineri cercetători", Conferința Națională de Psihologie, Iași.
- 2008 – Premiul rezultatelor cercetării, CNCS, publicație: Gavita, O.A., & Joyce, M. (2008). A review of the effectiveness of cognitively enhanced behavioral based group parent programs designed for reducing disruptive behavior in children. *Journal of Cognitive and Behavioral Psychotherapies*, 8(2), 185-199.

PUBLICAȚII

DANIS OANA-ALEXANDRA
27.09.2014



Articole indexate Web of Science-Thomson ISI

Mogoase, C., Cobeanu, O., David, O. A., Szentagotai, A., & Giosan, C. (in press). Internet-based psychotherapy for adult depression: What about the mechanisms of change? *Journal of Clinical Psychology*.

Hilpert, H., Randall, A. K., Sorokowski, P., Atkins, D. C., Sorokowska, A., Ahmadi, K., Algraibeh, A. M., Aryeetey, R., Bertoni, A., Bettache, K., Blazejewska, M., Bodenmann, B., Borders, J., Bortolini, T. S., Butovskaya, M., Castro, F. N., Cetinkaya, H., Cunha, H., David, O. A. et al. (in press). The Associations of Dyadic Coping and Relationship Satisfaction Vary Between and Within Nations: A 35-Nation Study. *Frontiers in Psychology, Cultural Psychology*.

David, O. A. (in press). The foundations and evolution of cognitive behavioral coaching in organizations: an interview with Dominic DiMattia. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*.

David, O. A., Ionicioiu, I., Imbarus, C. A., & Sava, F. A. (2016) Coaching Banking Managers Through the Financial Crisis: Effects on Stress, Resilience, and Performance. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*. doi: 10.1007/s10942-016-0244-0

Ratiu, L., David, O. A., & Baban, A. (2016) Developing Managerial Skills Through Coaching: Efficacy of a Cognitive-Behavioral Coaching Program. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*. doi:10.1007/s10942-015-0225-8

Neamtu, G. M., & David, O. A. (2016). Coaching emotional abilities in fostered adolescents through Rational Emotive and Cognitive-Behavioral education: Efficacy and mechanisms of change of using therapeutic stories. *Evidence-Based Psychotherapies, Special issue on Life Coaching*, 16(1), 33-56.

David, O. A., & Cobeanu, O. (2015). Evidence-based training in cognitive-behavioral coaching: Does personal development bring less distress and better performance? *British Journal of Guidance and Counselling*, DOI: 10.1080/03069885.2014.1002384

Tulbure, B., Szentagotai, A., David, O. A., Stefan, S., Mansson, K., David, D., & Andersson, D. (2015). Internet-delivered cognitive-behavioral therapy for social anxiety disorder in Romania: A randomized controlled trial. *PLoS One*, 10, e0123997.

David, O. A., Matu, A., Pinteau, S., Cotet, C., & Nagy, D. (2014). Cognitive-Behavioral Processes Based on Using the ABC Analysis by Trainees' for Their Personal Development. *Journal of Rational-Emotive and Cognitive-Behavioral Therapy*, 32(3), 198-215. doi: 10.1007/s10942-014-0189-0

David, O. A., David, D., & Dobrea, A. (2014). Efficacy of the Rational Positive Parenting program for child externalizing behavior: can an emotion-regulation enhanced cognitive-behavioral parent program be more effective than a standard one? *Journal of Evidence-Based Psychotherapies*, 14(2), 21-38.

David, O. A. (2014). The Rational Positive Parenting program for child externalizing behavior: Mechanisms of change analysis. *Journal of Evidence-Based Psychotherapies*, 14(1), 21-38.

David, O. A., David, D., & DiGiuseppe, R. (2014). You are such a bad child! Appraisals as mechanisms of parental negative and positive affect. *Journal of General Psychology*, 141(2), 113-129.

David, D., Matu, S. A., & David, O. A. (2014). Robot based psychotherapy: Concepts Development, State of the Art and New Directions. *International Journal of Cognitive Therapy*, 7(2), 192-210.

Marcinkowska, U., Kozlov, M. V., Cai, H., Contreras-Garduño, J., Dixon, B. J., Gavita O. A. et al. (2014). Cross cultural variation in men's preference for sexual dimorphism in women faces. *Biology Letters*, 10(4), 20130850.

David, O. A., & Matu, S. A. (2013). How to tell if managers are good coaches and how to help them improve during adversity? The managerial coaching assessment system and the rational managerial coaching program. *Journal of Cognitive and Behavioral Psychotherapies*, 13(2a), 259-274.

David, D., Matu, S. A., & David, O. A. (2013). New Directions in Virtual Reality-Based Therapy for Anxiety Disorders. *International Journal of Cognitive Therapy*, 6(2), 114-137.

Gavita, O. A., & Călin, A. (2013). Retman rational stories versus Rational Parenting Program for the treatment of child psychopathology: Efficacy of two formats of Rational-Emotive Behavior Therapy. *Journal of Cognitive and Behavioral Psychotherapies*, 13(1), 33-52.

DAVID OANA-REXINDIA
27.04.2017



- Gavița, O. A.,** Capris, D., Bolno, J., & David, D. (2012). Anterior cingulate cortex findings in child disruptive behavior disorders: A meta-analysis. *Aggression and Violent Behavior, 17*(6), 507–513.
- Gavița, O. A.,** David, D., Bujoreanu, S., Tiba, A., & Ionuțiu, D. R. (2012). The Efficacy of a Short Cognitive-Behavioral Parent Program in the Treatment of Externalizing Behavior Disorders in Romanian Foster Care Children: Building Parental Emotion-Regulation through Unconditional Self- and Child-Acceptance Strategies. *Children and Youth Services Review, 34*(2), 1290–1297.
- Gavița, O. A.,** Freeman, A., & Sava, A. F. (2012). The Development and Validation of the Freeman-Gavița Prescriptive Executive Coaching (PEC) Multi-Rater Assessment. *Journal of Cognitive and Behavioral Psychotherapies, 12*(2), 159-174.
- Gavița, O. A.,** & Joyce, M. (2008). A review of the effectiveness of cognitively enhanced behavioral based group parent programs designed for reducing disruptive behavior in children. *Journal of Cognitive and Behavioral Psychotherapies, 8*(2), 185-199.
- Szentagotai, A., Rusu, A., **Gavița, O. A.,** David, D. (2008). The "Ghost" concepts of Psychology. *Journal of Cognitive and Behavioral Psychotherapies, 8*(2), 239-243.
- Gavița O. A.** (2007). The "Ghost" Concepts of Cognitive Science, Letter to the editor. *Journal of Cognitive and Behavioral Psychotherapies, 7*(1), 117-118.
- Rusu, A., **Gavița, O. A.** (2007). To Be or Not to Be: The "Ghosts" of Psychological Science, Letter to the editor. *Journal of Cognitive and Behavioral Psychotherapies, 7*(2), 219-223.
- Gavița, O. A.** (2005). Can we read others' minds? Rational beliefs, positive illusions and mental health. *Journal of Cognitive and Behavioral Psychotherapies, 2*, 159-179.

Articole BDI

- Marincas, A., & **David, O.** (2013). Psycho-social Predictors of Baccalaureate Performance of Romanian Students: what Makes the Difference between Students who Fail and those who Succeed?. *Transylvanian Journal of Psychology, 14*(2), 93-117.
- David, O. A.** (2013). Prescriptive index: Development and validation of the Mood Wheel and Manager-Rational and Irrational Beliefs Scale. *Romanian Journal of Applied Psychology, 15*(2), 41-50.
- Gavița, O. A.,** & Duta, T. (2013). The Employee Rational and Irrational Beliefs Scale: Preliminary Validation. *Transylvanian Journal of Psychology, 14*(1), 19 – 38.
- Gavița, O. A.,** Joyce, M. R., & David, D. (2011). Bringing together the Disciplining with the Accepting Parent: Cognitive - Behavioral Parent Programs for the Treatment of Child Disruptive Behavior. *Journal of Cognitive Psychotherapy, 25*(4), 240-256.
- Gavița, O. A.,** Dobrean, A. & David, D. (2010). Placement Stability & Quality of Life in Foster Parents of Children Presenting Aggressive Behavior: Efficacy of a Cognitive-Behavioral Parent Program. *Social Work Review, 2*, 159-169.

Articole publicate in volume ISI Proceedings

- David, O. A.** (in press). Coaching parents of infants and toddlers using the Rational Positive Parenting Program: The unconditionally accepting early parent. *2nd International Congress on Cognitive Behavioral Coaching* (16-19 June 2016, Athens, Greece). Bologna: Editografica.
- Predatu, R., Cardoso, R., & **David, O. A.** (in press). Effectiveness of the RETHink online video game in coaching rational thinking skills in children and adolescents: The ThinkUP resources game. *2nd International Congress on Cognitive Behavioral Coaching* (16-19 June 2016, Athens, Greece). Bologna: Editografica.
- Cardoso, R., Predatu, R., & **David, O. A.** (in press). Development and validation of a cartoon based set of children's facial emotion stimuli for the RETHink online therapeutic game. *2nd International Congress on Cognitive Behavioral Coaching* (16-19 June 2016, Athens, Greece). Bologna: Editografica.
- David, O. A.** (2014). Cognitive Resilience Factors for Parental Distress in the case of Parents having Children with Externalizing Disorders. In S. Ionescu, M. Tomita, S. Cace (Eds.), *Volume of the 2nd World*

DAVID OANA-ALEXANDRA
27.09.2017



Congress on Resilience "From person to society" (pp. 191-200). Bologna: Medimond International Proceedings.

David, O. A. & Podina, I. (2014). Positive Attentional Bias as a Resilience Factor in Parenting. Implications for Attention Bias Modification Online Parenting Interventions. In S. Ionescu, M. Tomita, S. Cace (Eds.), *Volume of the 2nd World Congress on Resilience "From person to society"* (pp. 425-428). Bologna: Medimond International Proceedings.

Gavita, O. A., DiGiuseppe, R., David, D. & DelVecchio, T. (2011). The development and validation of the Parent Rational and Irrational Beliefs Scale. *Procedia of Social and Behavioral Sciences*, 30, 2305 – 2311.

Gavita, O. A., DiGiuseppe, R., David, D. & DelVecchio, T. (2011). The development and validation of the Parent Anger Scale. *Procedia of Social and Behavioral Sciences*, 30, 505-511.

Carti

David, O., & DiGiuseppe, R. (2015). *The Rational Positive Parenting Program*. New York: Springer.

Cristea, I. A., Stefan, S., **David, O. A.**, Mogoase, C., Dobrea, A. (2015). *REBT in the treatment of Anxiety Disorders on Children and Adults*. New York: Springer.

David, D., Matu, S., & **David, O.** (2015). *Psihologie si tehnologie. Fundamente de roboterapie si psihoterapie prin realitate virtuala [Psychology and technology]*. Polirom: Iasi.

David, O. A. (2014). (Ed). *Congressbook of the 1st International Congress of Cognitive Behavioral Coaching*. Cluj-Napoca: Presa Universitară Clujeană. (ISBN 978-973-595-716-2)

Gavita, O. A. (2011). *Evidence-based parent programs for child disruptive behavior disorders*. Köln, Germany: LAP LAMBERT Academic Publishing. (ISBN 978-3-8454-1909-1)

Capitole de cărți

DiGiuseppe, R., & **David, O. A.** (2015). Rational Emotive Behavior Therapy. In T. Prout & D. T. Brown (Eds.), *Counseling and Psychotherapy with Children and Adolescents: Theory and Practice for School and Clinical Settings* (pp. 155-214, 5th Ed.). John Wiley & Sons, Inc.

David, O. A. (2015). Emotion-regulation in parents: processes, affective and behavioral effects. In M. L. Bryant (Ed.): *Handbook on Emotion Regulation: Processes, Cognitive Effects and Social Consequences* (pp. 257-263). New York: Nova Science.

David, O. A. (2015). Emotion-regulation in the workplace: processes, affective and task related effects. In M. L. Bryant (Ed.): *Handbook on Emotion Regulation: Processes, Cognitive Effects and Social Consequences* (pp. 251-257). New York: Nova Science.

David, O. A. & Oltean, H. R. (2015). Technology use in promoting effective emotion-regulation: applications in workplace, parenting and for children. In M. L. Bryant (Ed.): *Handbook on Emotion Regulation: Processes, Cognitive Effects and Social Consequences* (pp. 179-199). New York: Nova Science.

Gavita, O. A., DiGiuseppe, R., & David, D. (2013). Self-Acceptance and Raising Children: The Case of Parental Unconditional Acceptance. In M. E. Bernard (Ed.), *The Strength of Self-Acceptance*. New York: Springer.

Nielsen, S.L., Szentagotai, A., **Gavita, O. A.**, & Lupu, V. (2013). Self-Acceptance and Christian Theology. In M. E. Bernard (Ed.), *The Strength of Self-Acceptance*. New York: Springer.

Anton, R., **Gavita, O. A.**, Macavei, B., Moldovan, R., & Sucala, M. (2010). Medical applications of the psychology of cognition. Psychological rehabilitation methods of the patients presenting neurocognitive postoperative dysfunction. In Bodolea, C. *Postoperative neurocognitive dysfunction in elderly patients*, Ed. Primus: Cluj-Napoca, pp. 160-182.

Mogoase, C., **Gavita, O. A.**, & Cobeanu, O. (2010). Cognitive function and dysfunction. In Bodolea, C.

DAVID OANA - ALEXANDRA
17.04.2017

GAVITA OANA
psiholog, specialist-autonom
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Postoperative neurocognitive dysfunction in elderly patients, Ed. Primus: Cluj-Napoca, pp. 49-79.

Cărți adaptate

Clark, L. (2010). *SOS Help for emotions. Managing anxiety, anger and depression* [Ajutor pentru emoții. Managementul anxietății, furiei și depresiei]. Ed. RTS: Cluj-Napoca. (Original work published 1996)

Lucrări publicate în volumele conferințelor in extenso

Stefan, S., & Gavita, O. (2012, March). Cognitive-behavioral parent programs for reducing preschool children disruptive behavior in preschool children. In Bocoș, M., Albușescu, I., Catalano, H., & Brănișteanu, R. (Ed.), *Operational Perspectives in Pre-academic Education in Romania*, Ed. Grinta, Bistrița.

Gavita, O. A., Dobrean, A., & David, D. (2010, April). Cognitive-behavioral parent programs for reducing preschool children disruptive behavior. Volume of the National Conference *The traces of teacher in child's universe – shaping for development*, Cluj-Napoca, Romania.

Gavita, O. A., Dobrean, A., & David, D. (2010, April). Cognitive-behavioral parent programs: not only disciplining but also unconditional child acceptance. Volume of the Conference for parents *Piccolingo in Action*, Cluj-Napoca, Romania.

Gavita, O. A. (2009, Sept). A theoretical model of the cognitive-behavioral parenting programs. Volume of the International Conference "*Psychologist in community*", Arad.

Gavita, O. A. (2009, Sept). Efficacy of a parenting program for reducing disruptive behavior in foster cared children. Volume of the International Conference "*Psychologist in community*", Arad.

Gavita, O. A. (2009, Sept). Meta-analysis of the efficacy of enhanced cognitive-behavioral parenting programs. Volume of the International Conference "*Psychologist in community*", Arad.

Tiba, A., Gavita, O. A., Ionuțiu, D.R. (2008, May). Predictors of using Evidence Based Practice by Romanian Psychologists. In Hohn, M. (coord.). Volume of the National Conference of Psychology (IVth Ed.) "*Dialog pentru diversitate*", Universitățile de Vest Press, Timișoara.

Gavita, O. A. (2008, May). Parental distress, irrational cognitions, and parenting in the case of foster carers of children with externalizing problems. In Hohn, M. (coord.). Volume of the National Conference of Psychology (IVth Ed.) "*Dialog pentru diversitate*", Universitățile de Vest Press, Timișoara.

Lucrări prezentate la conferințe internaționale și naționale (selecție)

DiGiuseppe, R. Del Vecchio, T., David, O. A., Venezia, R., & McKiernan, K. (2016, October). Assessment of Situational Anger Problems: Are You Mad at Your Lover, Parents, or Children. Paper presented at the *ABCT's 50th Annual Convention*, New-York, US.

David, O. A. Mogoșe, C., Costescu, C., Sucală M., & Cardoso, R. (2016, September). Current status of therapeutic video games in promoting mental health in children and adolescents. Paper presented at the *46th European Association of Behavioural and Cognitive Therapies Congress*, Stockholm, Suedia.

David, O. A. Mogoșe, C., Costescu, C., Sucală M., & Cardoso, R. (2016, September). A systematic review of video therapeutic games: features, relevance and efficiency. Poster presented at the *46th European Association of Behavioural and Cognitive Therapies Congress*, Stockholm, Sweden.

David, O. A. Mogoșe, C., Costescu, C., Sucală M., & Cardoso, R., Dobrean, A., & Predatu, R. (2016, September). *REThink* therapeutic game: initial development of a new therapeutic video game used for developing emotional resilience in children and adolescents. Poster presented at the *46th European Association of Behavioural and Cognitive Therapies Congress*, Stockholm, Sweden.

David, O. A. (2016, June). Parent and Family Coaching: Setting the standards for effective parent and family coaching. Paper presented in symposium "Parent and Family Coaching: Setting the standards for effective parent and family coaching", at the 2nd International Congress of Cognitive Behavioral Coaching "*Evidence-based coaching*", Athens, Greece.

David, O. A., Cardoso, R., & Predatu, R. (2016, June). Development and validation of a cartoon based set of children's facial emotion stimuli for the *REThink* online therapeutic game. Paper presented in

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symposium "Coaching assessment and outcome evaluation in coaching: effective practices and future challenges", at the 2nd International Congress of Cognitive Behavioral Coaching "Evidence-based coaching", Athens, Greece.

David, O. A., Predatu, R., & Cardos, R. (2016, June). Effectiveness of the RETHink online video game in coaching rational thinking skills in children and adolescents: The Thinking Better resources game. Paper presented in symposium "Evidence-based coaching: towards evidence-based coaching practice", at the 2nd International Congress of Cognitive Behavioral Coaching "Evidence-based coaching", Athens, Greece.

DiGiuseppe, R., & David, O. A. (2015, May). Which Parental Variables Mediate the Effectiveness of Parenting Training for Children with Externalizing disorders? An analysis of the Rational Positive Parenting Program. Paper presented at the Association for Psychological Science 27th Annual Convention, New-York, NY, USA.

Cardos, R., & David, O.A. (2015, May). Testarea conținutului psihologic al jocului terapeutic online RETHink pentru promovarea sănătății mintale la copii și adolescenți. Lucrare prezentată la Simpozion Național Educația Rațională, Emoțională și Comportamentală în Școală, Turda, Cluj, România.

David, O.A. (2015, May). Eficiența lui Retman sub forma unui robot versus desene animate în antrenarea abilităților emoționale ale elevilor. Lucrare prezentată la Simpozion Național Educația Rațională, Emoțională și Comportamentală în Școală, Turda, Cluj, România.

David D., David, O. A., & Matu, S. (2014, September). The use of robots and virtual reality in psychotherapy: from clinic to classroom. International workshop "Training and Technology Enhanced Learning", Università degli Studi di Roma "Foro Italico", Rome, Italy.

David, O. A. (2014, June). Symposiums chaired: Parenting coaching, work-life balance, Is CBC evidence-based?, Executive coaching: assessment and models, Evidence-based training in coaching. 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

David, O. A. (2014, June). Online coaching for parents: The Rational Positive Parenting Program. Paper presented in symposium Parenting coaching, work-life balance, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

David, O. A., Podina I. & Paraschiv, I. (2014, June) - New tools in the service of parenting: Computerized training to positive stimuli. Paper presented in symposium Parenting coaching, work-life balance, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

David, O. A. (2014, June). Prescriptive index: online assessment for executive cognitive-behavioral coaching. Paper presented in symposium Executive coaching: assessment and models, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

David, O. A., & Matu, S. A. (2014, June). A Multi-rater Approach to Managerial Coaching Measurement. Development and Initial Validation of the Managerial Coaching Assessment System (MCAS). Paper presented in symposium Executive coaching: assessment and models, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

Matu, S. A., & David, O. A. (2014, June). Improving Managers Coaching Skills during Adversity. Development and Validation of the Rational Managerial Coaching Program (rMCP). Paper presented in symposium Executive coaching: assessment and models, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

David, O. A., & Cobeanu, O. (2014, June). Evidence-based training in cognitive-behavioral coaching: Effectiveness of the personal development component of the CBC: Academy of Life and Executive Coaching course. Paper presented in symposium Evidence-based training in coaching, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

David, O. A., & Matu, S. A. (2014, June). Cognitive-behavioral processes of trainees personal development based on the ABC model. Paper presented in symposium Evidence-based training in coaching, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.

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GAVIȚA OANA
psiholog specialist-autonom
PSIHLOGIE CLINICĂ
Cod persoanelor: 00557

- Stefan, S., & David, O. A. (2014, June). Consultation offered by the clinical psychologist in organizational and industrial settings. Paper presented in symposium Evidence-based training in coaching, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.
- Tarcea, D., & David, O. A. (2014, June). The efficacy of a positive psychology based intervention in parenting. Paper presented in symposium Positive psychology, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.
- David, O. A. (2014, June). E-coaching: the stress management PsyPills app. Paper presented in symposium Innovative technology and coaching, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.
- David, O. A., & Costescu, C. (2014, June). Robo-RETMAN and Therapeutical Cartoons in reducing anxiety of elementary school children. Paper presented in symposium Innovative technology and coaching, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.
- David, O. A., & Cardos, R. (2014, June). Integrating Advancements from CBT into CBC: Attention Bias Modification for coaching public speaking skills. Paper presented in symposium Innovative technology and coaching, at 1st International Congress of Cognitive Behavioral Coaching "From CBT to CBC", Cluj-Napoca, Romania.
- David, O. A., & David, D. (2013, September). The "PsyPills" app: Emerging modalities for applying CBT in real life. Poster presented at the 43rd Annual Congress of the *European Association for Behavioral and Cognitive Therapies*, Marrakech, Morocco.
- David, O. A., David, D., & Vanderborght, B. (2013, September). The efficacy of the RETMAN robot versus cartoons in helping children manage exam anxiety. Poster presented at the 43rd Annual Congress of the *European Association for Behavioral and Cognitive Therapies*, Marrakech, Morocco.
- David, O. A. (2013, July). State of the art in internet delivered CBT (iCBT) and mobile delivered CBT—the PsyPills app. Paper presented at the symposium Developments in Technology and Clinical Cognitive Science: The "4th wave" in CBT?, *7th World Congress of Cognitive and Behavioural Therapies*, Lima, Peru.
- David, O. A., & David, D. (2013, July). State efficacy of CBT delivered by a new robot (RETMAN) promoting emotional resilience in children. Paper part of the symposium Developments in Technology and Clinical Cognitive Science: The "4th wave" in CBT?, *7th World Congress of Cognitive and Behavioural Therapies*, Lima, Peru.
- Gavita, O. A. (2012, July). Using ACT in the workplace. Poster session presented at the Association for Contextual Behavior Science World Conference, Washington DC.
- Gavita, O. A. (2012, July). Beyond the disciplining parent: building parental acceptance. Poster session presented at the Association for Contextual Behavior Science World Conference, Washington DC.
- Gavita, O. A., DiGiuseppe, R., David, D. & DelVecchio, T. (2011, May). The development and validation of the Parent Rational and Irrational Beliefs Scale. Paper presented at the *World Conference on Psychology, Counseling and Guidance*, Antalya, Turkey.
- Gavita, O. A., DiGiuseppe, R., David, D. & DelVecchio, T. (2011, May). The development and validation of the Parent Anger Scale. Paper presented at the *World Conference on Psychology, Counseling and Guidance*, Antalya, Turkey.
- Gavita, O. A., David, D., & Dobrean, A. (2010, September). Evidence-based parent programs for the treatment of child disruptive behavior: Comparative effectiveness of standard and enhanced group-based cognitive-behavioral parent programs. Poster presented at the *European Health Psychology Conference*, Cluj-Napoca, Romania.
- Gavita, O. A., Sucala, M., David, D., & Dobrean, A. (2010, September). Self-control impairments and time perception in children with disruptive behavior. Poster presented at the *European Health Psychology Conference*, Cluj-Napoca, Romania.
- Gavita, O. A., Szasz, P., & Dobrean, A. (2010, September). Cognitive bases of emotion regulation in

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parents: The case of parental distress and anger. Poster presented at the *European Health Psychology Conference*, Cluj-Napoca, Romania.

Apopi, D.M, **Gavita, O.A.**, & Dobrean, A. (2010, September). The efficacy of cognitive-behavioral parenting programs in improving quality of life for parents of children with conduct problems. Poster presented at the *European Health Psychology Conference*, Cluj-Napoca, Romania.

Gavița, O. A., Dobrean, A., & David, D. (2010, September). Compared efficacy of cognitive-behavioral parent programs in reducing child disruptive behavior: the impact of targeting parent distress. Paper presented at the *National Conference of Psychology*, Iași, Romania.

Gavița, O. A., Dobrean, A., & David, D. (2010, September). Cognitive mechanisms involved in parent emotion regulation. Paper presented at the *National Conference of Psychology*, Iași, Romania.

Gavita, O. A., David, D., & Dobrean, A. (2010, May). Evidence based parent interventions in support of school success in fostered children presenting aggressive behavior. Paper presented at the *International Conference Social Ecology of School Success. Implications for policy and practice*, Cluj-Napoca.

Gavita, O. A., Dobrean, A., & David, D. (2010, May). Psychosocial Interventions for the Treatment of Child Disruptive Behavior: The case of Cognitive - Behavioral Parent Programs. Paper presented at the *National Congress of Social Psychiatry*, Cluj-Napoca, Romania.

Gavita, O. A., Dobrean, A., & David, D. (2010, April). Cognitive-behavioral parent programs for reducing preschool children disruptive behavior. Paper presented at the *National Conference The traces of teacher in child's universe – shaping for development*, Cluj-Napoca, Romania.

Gavița, O. A., Dobrean, A., & David, D. (2010, April). Cognitive-behavioral parent programs: not only disciplining but also unconditional child acceptance. Paper presented at the *Conference for parents Piccolingo in Action*, Cluj-Napoca, Romania.

Gavița, O. A., & David, D. (2009, November). The CBT 3rd Wave parental programs in the treatment of autism in children. Paper presented at the *International Conference Diagnosis and Evidence-Based Treatments in Autism and Comorbid Disorders*, Cluj-Napoca, Romania.

Gavita, O. A. (2009, September). A theoretical model for cognitive-behavioral parent programs. *International Conference Psychologist in the community*, Arad, Romania.

Gavita, O. A., Bian, A. R., & Anton, R. (2008, September). Mechanisms of parental distress in the case of foster cared children with difficult behaviour. Poster session presented at the *The 38th European Association of Behavioral and Cognitive Therapies Annual Congress*, Helsinki, Finland.

Gavita, O. A. (2008, June). A brief cognitive-behavioral parent program for the treatment of disruptive behavior in foster-cared children: effectiveness and mechanisms of change". Poster session presented at the *Vth International Congress of Cognitive Psychotherapy*, Rome, Italy.

ACTIVITATE DIDACTICĂ

Discipline predate în cadrul programelor de Masterat „Tehnici psihologice de control al comportamentului și dezvoltare a potențialului uman”, și “Psihologie clinică, consiliere psihologică și psihoterapie” Universitatea Babeș-Bolyai:

- Intervenții cognitiv-comportamentale aplicate în domeniul muncii organizațional (Coaching cognitiv-comportamental);
- Programe de parenting;
- Intervenții cognitiv-comportamentale aplicate în domeniul educațional;
- Psihologie clinică și intervenții psihologice individuale și de grup
- Practică psihologică de specialitate – 2012-2013;
- Strategii de rezolvare de probleme și luare de decizii – 2012-2013.

ACTIVITĂȚI PROFESIONALE

- Institutul Internațional de Coaching (Str. Republicii, nr. 37), Director – servicii de coaching și cursuri organizate:

2009-2011 – Curs Postuniversitar “Optimizarea performanței profesionale prin consultanță și coaching

DAVID ORINA - DEXANDU
27.04.2014



cognitiv-comportamental", Universitatea Babeş-Bolyai (3 ediții, peste 200 studenți).
Nov. 2011 - Mai 2012 – Academia de Coaching Nokia, Universitatea Babeş-Bolyai.
22 Sept. 2011 – Workshop Fundamental Techniques of Cognitive Behavioral Coaching, prof. dr. Dominic DiMattia, Profesor Emerit de Consiliere și Resurse Umane la University of Bridgeport;
20-21 Mai 2010 - Workshops Functional Analysis and Motivational Enhancement și Behavioral Activation for Performance, prof. dr. Carl Lejuez, Maryland University/ Yale University;
24-26 Sept. 2009 - Workshop Cognitive-Behavioral Coaching, prof. dr. Dominic DiMattia, Profesor Emerit de Consiliere și Resurse Umane la University of Bridgeport.

- Clinica universitară de psihologie "Babeş-Bolyai – PsyTech" (Str. Republicii, nr. 37) și Cabinet individual de psihologie (Str. Kogalniceanu, nr. 8, Cluj-Napoca):

Psiholog clinician, principal autonom, supervisor, Colegiul Psihologilor din România;
Psihoterapeut, principal autonom, supervisor, Colegiul Psihologilor din România și Federația Română de Psihoterapie; Asociația de Psihoterapii Cognitive și Comportamentale din România; Consiliere psihologică, GBR atestat British Psychological Society, UK;

POZIȚII IN ORGANIZAȚII PROFESIONALE

Supervisor in psihologie clinica si psihoterapie acreditat de Colegiul Psihologilor din Romania.

Reprezentant național al European Foundation of Psychology(EFP)

Reprezentant național al European Association for Research of Adolescence (EARA)

Președinte al International Association of Cognitive-Behavioral Coaching (IACBC)

Membru al comitetului director al Filialei Cluj a Colegiului Psihologilor din Romania.

Membru în

- Asociația de Psihoterapii Cognitive și Comportamentale din România (APCCR)
- European Association of Behavioral and Cognitive Therapies (EABCT)
- Federația Română de Psihoterapii (FRP)
- Asociația Psihologilor din România (APR)
- Association for Psychological Science (APS)
- British Psychological Society (BPA, GBR, Division of Counselling Psychology)
- International Society for Virtual Rehabilitation
- Association for Contextual Behavior Science (ACBC)
- Association for Coaching (UK)

CERCETARE/GRANT-URI

Granturi coordonate (vezi mai sus)

Membru în granturi de cercetare

Iunie 2014-prezent, Cercetator, Grant *Combat: A Computerized Preventative and Therapeutic Intervention for Depression*, Programme "Research within Priority Sectors"- implemented under the European Economic Area (EEA) Financial Mechanism 2009-2014, Grant coordinated by Babeş-Bolyai University, Partners: CheckWare AS; Norwegian University of Science and Technology.

Martie 2013 - prezent, Expert mental health and coaching, Grant *EduCare* FP7, European Commission.

Martie-Septembrie 2012, Cercetator, *iSofie-Internet based Treatment for Social Anxiety Disorder in Romania*, Coordinator: Babeş-Bolyai University, Partner Linkoping University, Linkoping, Sweden.

Septembrie 2008- prezent - Interventionist ACT, Grant "*Rational Emotive Behavior Therapy Versus Cognitive Therapy Versus Acceptance and Commitment Therapy in the treatment of Generalized Anxiety Disorder*", Albert Ellis Institute, BBU.

Mai-Sept. 2012 - Supervisor, Proiect POSDRU "*Și ei trebuie să aibă o șansă! - Program de sprijin pentru integrarea socială și profesională a persoanelor cu tulburări de spectru autist*", Romanian Angel Appeal, partener APCCR.

DAVID OLIVIA - IZENTINDA
27.09.2017



- 2010-Oct. 2011 - Expert în programe parentale (pe termen lung), proiect POSDRU, "Dezvoltarea emoțională și socială a preșcolariilor proveniți din medii dezavantajate pentru prevenirea renunțării timpurii la școală".
- 2008- July 2012 – Psiholog clinician – intervenții ACT, Grant "REBT versus CT versus ACT în tratamentul GAD", Albert Ellis Institute.
- 2008 – 2011- Cercetător, Grant Național Cercetare de Excelență(CEEEx): Rolul psihoterapiei cognitive comportamentale în tratamentul chirurgical paradontal: un studiu clinic controlat. PSIDENT (cercetator)
- 2007-2008 - Cercetător, Grant Național Cercetare de Excelență(CEEEx): „Psihoterapie versus medicație în tratamentul ADHD; Un studiu clinic controlat”.
- 2004-2007 – Asistent de cercetare, Grant CNCSIS: „Psihoterapie versus medicație în tratamentul tulburării depresive majore (RCT)”.

BURSE

- 07.2013 - *Visiting Scholar* la City University of New York, Hunter College, Department of Psychology, Regulation of Emotion in Anxiety and Depression Lab.
- 07.2011-08.2011- *Stagiu cercetare*, Mount Sinai School of Medicine, Department of Oncological Sciences, NYC, SUA (Bursă MSSM).
- 07.2009-09.2009 – *Stagiu cercetare*, Harvard Medical School, Laboratoarele de Neuroștiințe Cognitive, Developmental Medicine Center, Boston Children's Hospital, SUA (Bursă Fundația Dinu Patriciu).
- 07.2008 – *Stagiu de pregătire*, Institutul Albert Ellis, NYC, SUA - Primary and Advanced Practicum Certificate în REBT (Bursă Albert Ellis Institute).
- 09.2007-12.2007 – *Stagiu de pregătire*, King's College London, Medical and Counselling Centre, Institute of Psychiatry și Maudsley Hospital, Londra, Marea Britanie (Bursă Leonardo da Vinci).

PRODUSE INOVATIVE DEZVOLTATE

- aplicația terapeutică pe mobil: PsyPills app
- aplicația de evaluare tip experience mood sampling: MoodWheel app
- sistem robotic Retman pentru reglarea emoțională a copiilor

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