

CURRICULUM VITAE

Name, surname: DAVID (GAVITA) Oana Alexandra

Academic position currently occupied: ASSOCIATE PROFESSOR

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EDUCATION

(2007-) 2011, *Ph.D. in Psychology*, Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy; Doctoral School in Psycho-diagnosis and Evidence Based Interventions, Thesis “Evidence-based parenting programs for reducing disruptive behavior in children”;

› 07-09.2009, *Visiting Research Student* at Harvard Medical School, Laboratories of Cognitive Neuroscience, Developmental Medicine Center, Boston Children’s Hospital, Boston, USA;

› 07.2008 - *Summer Fellow* at Albert Ellis Institute, NYC, USA - Primary and Advanced Practicum Certificate in Rational Emotive Behavioral Therapy (Scholarship Albert Ellis Institute).

(2004-) 2008 *Associate Certificate in Cognitive-Behavioral Psychotherapies*, International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health, Babes-Bolyai University; Aaron T. Beck Institute and Albert Ellis Institute, USA.

(2005-) 2007, *Master of Arts in Counseling Psychology*; and (2001-) 2005 *Bachelor degree in Psychology*, Oradea University, Romania;

› 09-12.2007, *Placement in Counseling Psychology*, King’s College London, Medical and Counselling Centre, Institute of Psychiatry and Maudsley Hospital, London, UK;

(1996-) 2001, *Pedagogical High School “Iosif Vulcan”*, Oradea; primary and kindergarten teaching certification.

PROFESSIONAL EXPERIENCE

02.2015-present, *Associate Professor*, Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy;

- *Founding Director* of the International Coaching Institute and the European Coaching Center (2009-present), BBU accredited research unit;
- *Clinical Psychologist* at “Babes-Bolyai – PsyTech” Psychological Clinic and Private Practice.

01.10.2011- 02.2015, *Senior Assistant Professor*, Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy;

01.12.2008 - 01.10.2011, *Research Scientist*, Babes-Bolyai University, Department of Clinical Psychology and Psychotherapy;

19.03.2008 - 01.2011, *Human Resources Specialist*, Intesa Sanpaolo Bank Romania, HR Department, Human Development and Performance Management Sector;

61, B-dul 21 Decembrie 1989, Cluj-Napoca, Romania;
04.2007 - 01.2008, *Human Resources Consultant*, HILL Communications Romania, HILL International HR Group; 9, Enescu St., Oradea, Romania;
01.11.2005 - 18.03.2008, *Clinical Psychologist*, Center for Parents and Child Counseling and Support, Directorate for Social Assistance and Child Protection Bihor; 13 Feldioarei St., Oradea, Bihor, Romania.

SCIENTIFIC AREAS OF INTEREST

- § Current research interests are (1) investigating the efficacy/effectiveness of the emotion-regulation strategies used in family (i.e., by parents and children), and for work performance (i.e., managers), and (2) developing/testing psychological interventions based on innovative technologies in the treatment of psychopathology, stress management, personal development and well-being, work performance.
- Research group coordinated: “*Cognitive-Behavioral Coaching for Performance and Human Development*” (over 20 students)
 - Member in the Research Programs in *Robotics/robototherapy and Virtual reality assessment and psychotherapy*, *Biological Models of Psychopathology*, and *Child psychopathology: health promotion and treatment*.

AWARDS / DISTINCTIONS AWARDED

2014 Dec. - Award for scientific research, Babes-Bolyai University.
2014 Dec. - Award for research outcomes, National Council for Scientific Research, CNCS, publication: 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.
06.2014 - Professor of the week at Babes-Bolyai University.
2014 19-21 May - Excellency Prize for innovation for the “PsyPills” app, 7th edition of the International Salon of Research, Innovation and Inventions PRO Invent, Cluj-Napoca, Romania.
2013 Dec. - The “Nicolae Margineanu” Award for Research, Department of Clinical Psychology and Psychotherapy, 1st Edition, Babeş-Bolyai University.
2013 Dec. - Award for research outcomes, National Council for Scientific Research, CNCS, publication: 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.
2012 Dec. - Award for research outcomes, National Council for Scientific Research, CNCS (publication: 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. – Excellency Award “*Teacher of the Year*”, Babeş-Bolyai University Cluj-Napoca.
2011 Oct. - Award “*Florian Ștefănescu-Goangă*” for Young Ph.D. in the field of Psychology,

1st Edition, Babeş-Bolyai University.

2010 Sept. – Award “*Young Researchers*”, National Conference of Psychology, Iaşi.

2008 – Award for research outcomes, National Council for Scientific Research in Higher Education, CNCSIS (publication: 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.

2005- *The Albert Ellis Award for Young Professionals*, Program for Research in the Theory and Practice of Rational-Emotive and Cognitive-Behavioral Psychotherapies; Project Title: Rational beliefs and illusory mental health.

DIDACTIC ACTIVITIES

Academic courses

- Courses taught in the Master program “*Psychological Techniques for Behavioral Control and Potential Development*”, Department of Clinical Psychology and Psychotherapy, Babes-Bolyai University:

- § Cognitive-behavioral interventions in organizational field (Cognitive-behavioral coaching);
- § Parenting programs;
- § Cognitive-behavioral interventions in educational field;
- § Problem-solving and decision-making strategies (2011-2012);
- § CBT Practicums (2011-2012).

- Post-graduate course *Performance development through cognitive-behavioral coaching and consultancy*, Babes-Bolyai University, International Coaching Institute (2009-2011 - 3 editions, over 200 students).

Invited conferences/workshops

18.06.2016 - How does coaching work? Models, processes and technology-based tools.

Keynote invited at the 2nd International Congress of Cognitive Behavioral Coaching “*Evidence-based coaching*”, Athens, Greece.

30.09.2014 - The use of robots and virtual reality in psychotherapy: from clinic to classroom (David D., David, O., & Matu, S.). International workshop “*Training and Technology Enhanced Learning*”, Università degli Studi di Roma “Foro Italico”, Rome, Italy.

22-23.05.2014 - Workshop: Rational Parents and positive parenting, 1st Conference on *Education and Parenting*, Oradea, Romania.

27.04-05.05.2014 – Lecture: *Online psychotherapy*, The 28th EFPSA Congress, Baile-Felix, Romania.

01.04.2014 - 02.04. workshop Psychotherapy Simulation, *The Days of the Faculty of Psychology* at BBU.

10.09.2013 - The role of psychologist and psychiatrist in suicide prevention, round table presentation invited at the Conference World Suicide Prevention Day “*Crisis intervention*”, organized by the Romanian Alliance for Suicide Prevention.

24.04.2013 - “Rational parenting for managing difficult behavior in children” invited lecture at *Psy Week Carturesti Book Store Cluj*.

- 03.2013 - *Evidence-based Coaching*, workshop invited at the HR Summit Cluj.
- 06.12.2012 - “Evidence-based parenting programs for the treatment of child and adolescent disruptive behavior”, invited lecture at the *Days of the University of Medicine and Pharmacy Cluj-Napoca “Iuliu Hatieganu”*, Department of Psychiatry and Pediatric Psychiatry.
- 09.2012 – *Using Smartphones in Mental Health*, presentation invited at the Conference “The diaspora in Scientific Research and Higher Education in Romania: From DNA to psycho-social interventions in health and mental illness: Integrative Interdisciplinary Models”, UEFISCDI, Bucharest, Romania.
- 19th Sept. 2011 - *Cognitive-behavioral coaching techniques*, workshop invited at the National Congress of the Students in Psychology COGNOSIS, Cluj-Napoca, Romania.

Workshops facilitated

- 24 -26 Feb. 2012 - *Prescriptive Executive Coaching Fundamentals Training*, organized by the IACBC, trainers: Arthur Freeman, Ed.D. & Oana Gavita, Ph.D., Istanbul, Turkey.
- 21-22 June 2011 - *Parenting skills development*, organized by the IACBC, Cluj-Napoca, Romania (POSDRU 15/6.2/S/1, I.Zone).
- 31st May- 2nd June 2011 - *Cognitive behavioral interventions for adults*, organized by the IACBC, Cluj-Napoca, Romania (POSDRU 15/6.2/S/1, I.Zone).
- 31st May- 2nd June 2011 - *Case management in the prison context*, organized by the IACBC, Cluj-Napoca, Romania (POSDRU 15/6.2/S/1, I.Zone)

PROFESSIONAL ACTIVITIES

- “Babes-Bolyai – PsyTech” *Psychological Clinic* (37 Republicii St.) and *Private practice* (8 Kogalniceanu St., Cluj-Napoca):
 - § *Clinical psychologist*, Primary autonomous, Supervisor, from Romanian Board of Psychologists;
 - § *Psychotherapist*, Primary autonomous, Supervisor in CBT, from Romanian College of Psychologists and Romanian Federation of Psychotherapy; Romanian Association of Cognitive and Behavioral Psychotherapies;
 - § *Counselling Psychologist*, Graduate Basis of Registration from British Psychological Society, UK;
- *International Coaching Institute/European Coaching Center, BBU* (37, Republicii St.), *Executive Director* - coaching services and courses organized:
 - § October 2015 - Workshop Counseling children and adolescents, Professor Ann Vernon, Northern Iowa, USA.
 - § October 2014 - Meeting of the Minds at BBU & Workshop Development of emotional intelligence in children and adolescents, Professor Ann Vernon, Northern Iowa, USA.
 - § May 2014 - Coaching and mental health awareness week.
 - § 10-16 May - Brain Awareness Week at BBU, supported by Federation of European Neuroscience Societies (Dana Foundation).
 - § June 2014 - International Children and Parents Day.
 - § June 2013 – Workshop *Coaching in the 21st century: helping leaders and organizations surf the edge of chaos*, Dr. Michael Cavanagh, University of Sydney;
 - § Nov. 2010 - May 2012 - *Nokia Coaching Academy*, Babes-Bolyai University, Coordinator

and interventionist;

§ 22 Sept. 2011 – Workshop *Fundamental Techniques of Cognitive Behavioral Coaching*, Dr. Dominic DiMattia., Professor Emeritus of Counseling and Human Resources at the University of Bridgeport;

§ 20-21 May 2010 - Workshops *Functional Analysis and Motivational Enhancement* and *Behavioral Activation for Performance*, Prof. dr. Carl Lejuez, Maryland University/ Visiting Associate Professor, Yale University;

§ 24-26 Sept. 2009 - Workshop *Cognitive-Behavioral Coaching*, Dr. Dominic DiMattia, Professor Emeritus of Counselling and Human Resources at the University of Bridgeport.

- Training/specialization (selection)

15.06.2013 – workshop “*Coaching in the 21st century: helping leaders and organizations surf the edge of chaos*”, Dr. Michael Cavanagh, University of Sydney; organized by the International Association of Cognitive Behavioral Coaching, Cluj-Napoca, Romania.

30.11.2012 – workshop “*Modern techniques of CBT: “3rd wave” of cognitive restructuring techniques*”, Prof. Daniel David; organized by the Romanian Association of CBT and Romanian Board of Psychologists, Cluj-Napoca, Romania.

11.2012 - workshop “*Remembering and forgetting trauma*”, prof. Richard McNally, Ph.D., Harvard University.

03.2012 – workshop “*Ethical Dilemmas in Clinical Psychology and Psychotherapy*”, Prof. Thomas Dowd, Kent State University, Cluj-Napoca, Romania.

09.2011 - workshop “*Common Mistakes in Cognitive and Behavioural Psychotherapy*”, prof. Windy Dryden, University of London, Cluj-Napoca, Romania.

02.2011 *Train the Trainers* Certificate, National Council in Adult Training, Center for Managerial Development, Cluj-Napoca.

12.2010 - 05.201 Training of the trainers in the Romanian-Canadian MBA Program, Human Resources Management domain, Maastricht School of Management, Netherlands /Academy of Economic Sciences Bucharest.

07.2010 Workshop certificate “*Schema Therapy*”, Prof. Ph.D. Jeffrey Young, Columbia University, Cluj-Napoca, Romania.

08.2009 Workshop certificate “*Introduction to ERP Data Processing*”, Dr. Allysa Westerlund, Harvard Medical School, Boston, USA.

21.05.2010 – Workshops “*Functional Analysis and Motivational Enhancement*” and “*Behavioral Activation for Performance*”, prof. dr. Carl Lejuez, Maryland University/ Yale University; organized by the International Coaching Institute.

20.2010 Workshop certificate “*Behavioral Activation. Theory and practice*”, Prof. Ph.D. Carl Lejuez, Maryland University, SUA, Cluj-Napoca, Romania.

06.2009 Workshop certificate “*Clinical Cognitive Neurosciences – Challenges and solutions for paediatric neuroimaging*”, Dr. Nadine Gaab, Harvard Medical School.

04.2009 Training Program “*EARA Methodology Workshop for Young Researchers*”, Turkey, Antalya; organized by the European Association for Research of Adolescence.

02.2009 Primary Certificate in “*Performance Coaching*”, Centre for Coaching, Stress Management Centre, UK, certification Middlesex University, London.

01.2008 Workshop certificate “*Combinated use of EEG și fMRI procedures in*

Psychopathology”, Dr. Giorgio Bonmassar, Harvard Medical School. Cluj-Napoca, Romania.

07.2008 Certificate in “*Primary and Advanced Practicum REBT*”, Albert Ellis Institute, NYC, SUA.

06.2008 Workshop certificate in “*Mindfulness in medicine and psychology- a first-hand taste and clinical applications*”, Dr. Kabath-Zinn, Rome, Italy.

04.2008 Workshop certificate in “*Anger Management*”, Prof. Dr. Howard Kassinove, Institute for the Study and Treatment of Anger and Aggression, Hofstra University, Hempstead, NY, USA.

05.2006 Workshop certificate “*Cognitive Behavioral Treatment of Difficult and Complex Patients: Conceptualization and Treatment Considerations*”. Prof. Dr. Arthur Freeman, Governors University and the Freeman Institute for Cognitive Therapy SUA; Cluj-Napoca, Romania.

03.2006 Workshop “*Emotional development of children and adolescents through Rational Emotive Behavioral Education*”, dr. Ann Vernon, Albert Ellis Institute, Oradea, Romania.

POSITIONS IN PROFESSIONAL ORGANIZATIONS

National Representative of *the European Foundation of Psychology* (EFP)

National Representative of *the European Association for Research of Adolescence* (EARA)

President of *the International Association of Cognitive-Behavioral Coaching* (IACBC) - sponsor *the International Congress of Cognitive-Behavioral Coaching* in 2014.

Member of the

- Directory committee of the Cluj branch of the National Board of Psychologists
- Romanian Association of Cognitive and Behavioural Psychotherapies (RACBP) European Association of Behavioral and Cognitive Therapies (EABCT)
- Romanian Federation of Psychotherapy (FRP)
- Romanian Psychological Association (APR)
- Association for Psychological Science (APS)
- British Psychological Society (BPA, GBR, Division of Counselling Psychology)
- Association for Contextual Behavior Science (ACBC)
- Association for Coaching (UK)
- Athens Institute for Education and Research (ATINER)

Associate editor of the

- Journal of Evidence-Based Psychotherapies
- Transylvanian Journal of Psychology

Member in the Editorial Board of the following peer-review journals

- Journal of Rational Emotive and Cognitive Behavioral Therapy
- Interpersona: An international journal on personal relationships, published by the International Center for Interpersonal Relationship Research;
- Studia Psychologia-Paedagogia, published by BBU.
- Athens Journal of Social Sciences (AJSS), published by ATINER.

- Journal of Psychological Abnormalities in Children.

Ad-hoc reviewer for the following journals: Journal of REC&BT; British Journal of Counseling and Guidance; Anxiety, Stress, and Coping Journal, Children and Youth Services Review, Cochrane reviews - Pain and Palliative Care;

RESEARCH / GRANTS

- Grants directed

June 2014-July 2016 - Project Director, Joint Applied Research Projects PN-II-PT-PCCA-2013-4, project title: RETHink: Evidence-based therapeutic online game for child and adolescent mental health, National Council for Scientific Research (300.000EUR).

August-present 2014 - Co-director, *Psychobiological Correlates of Elizabeth Arden's cream Fragrance*, Elizabeth Arden LTD New York (50.000 EUR).

Oct. 2013-Oct. 2014 - Project Director, Young researcher grant from Babeş-Bolyai University, Project: *Adapting the online version of the Rational Positive Parenting program* (20.000RON).

Oct. 2011-Oct. 2013 - Project Director, Post-doctoral grant PN-II-RU-PD-2011-3-0131, National Council for Scientific Research, *Emotion regulation and mental health in the workplace* (300.000 RON); West University Timisoara, Mentor: Associate Professor Florin Alin Sava, Ph.D.

Dec. 2010-Jan. 2012 - Principal Investigator, Grant Nokia – *Internal Coach Academy*, Babes-Bolyai University, International Coaching Institute (16.000 Euro).

2005-2006 - Principal Investigator, Grant Albert Ellis for the project *Positive illusions and illusory mental health? The role of positive irrational cognitions in mental health – a theoretic and experimental model*. (27.180 RON)

- Member in research grants

June 2014-June 2015, Researcher, Grant *Dcombat: 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 Babes-Bolyai University, Partners: CheckWare AS; Norwegian University of Science and Technology.

March 2013 - September 2014, Expert mental health and coaching, Grant Education for Care - EDUCARE, 527360-LLP-2012-IT-GRUNDTVIG-GMP (2012-2014).

March-September 2012, Researcher, *iSofie-Internet based Treatment for Social Anxiety Disorder in Romania*, Coordinator: Babes-Bolyai University, Partner Linköping University, Linköping, Sweden.

September 2008- 2014 - Clinical psychologist – 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.

May-Sept. 2012 - Supervisor, POSDRU Grant “*They should have a chance, too! Support program for social and professional integration of people with autistic spectrum disorders*”, Romanian Angel Appeal, partner Romanian Association of CBT.

2010-Oct. 2011 - Expert in parent trainings (long term), POSDRU Grant “*Emotional and*

social development of preschool children coming from disadvantaged environments for preventing early school drop”, BBU.

2008 – 2011- Researcher, *The role of cognitive-behavioral psychotherapy in the surgical paradontal treatment: an RCT*. PSIDENT, (Romanian National Research Council)

2007-2008 - Researcher, “*Psychotherapy versus medication in the treatment of ADHD; A multisite randomized clinical trial*”, National Grant from Romanian Education and Research Ministry (MEdC) and Excellency Research (CEEx).

2004-2007 - Research assistant, National Grant from Romanian Education and Research Ministry (MEdC) and National Council of Scientific Research in Higher Education (CNCISIS): “*Psychotherapy versus medication in the treatment of MDD*”.

SCHOLARSHIPS / VISITING SCHOLAR

07.2013 - *Visiting Scholar* at City University of New York, Hunter College, Department of Psychology, Regulation of Emotion in Anxiety and Depression Lab.

07.2011-08.2011- *Visiting Scholar* at Mount Sinai School of Medicine, Department of Oncological Sciences, NYC, USA.

07.2009-09.2009 - *Visiting Research Fellow* at Harvard Medical School, Laboratories of Cognitive Neuroscience, Developmental Medicine Center, Boston Children’s Hospital (Scholarship Dinu Patriciu Foundation).

07.2008 - *Summer fellowship* at Albert Ellis Institute, NYC, USA - Primary and Advanced Practicum Certificate in Rational Emotive Behavioral Therapy (Scholarship Albert Ellis Institute).

09.2007-12.2007 - *Placement* at King’s College London, Medical and Counselling Centre, Institute of Psychiatry and Maudsley Hospital, London, UK (Leonardo da Vinci scholarship).

PUBLICATIONS

Articles indexed 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., Błażejewska, 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., Pintea, 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., & Dobrean, 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.
- Gavița, 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.
- 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.

Gavita, 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.

Gavita, O. A., Freeman, A., & Sava, A. F. (2012). The Development and Validation of the Freeman-Gavita Prescriptive Executive Coaching (PEC) Multi-Rater Assessment. *Journal of Cognitive and Behavioral Psychotherapies*, 12(2), 159-174.

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.

Szentagotai, A., Rusu, A., **Gavita, O. A.,** David, D. (2008). The “Ghost” concepts of Psychology. *Journal of Cognitive and Behavioral Psychotherapies*, 8(2), 239-243.

Gavita 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., **Gavita, 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.

Gavita, O. A. (2005). Can we read others’ minds? Rational beliefs, positive illusions and mental health. *Journal of Cognitive and Behavioral Psychotherapies*, 2, 159-179.

Articles published in peer-review international journals (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.

Gavita, O. A., & Duta, T. (2013). The Employee Rational and Irrational Beliefs Scale: Preliminary Validation. *Transylvanian Journal of Psychology*, 14(1), 19 – 38.

Gavita, 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.

Gavita, 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.

Articles published in ISI Proceedings volumes

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 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.

Books

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

Cristea, I. A., Stefan, S., **David, O. A.,** Mogoase, C., Dobrean, 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*. Polirom: Iasi.

David, O. A. (2014). (Ed). *Congress book 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)

Book chapters

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. *Postoperative neurocognitive dysfunction in elderly patients*, Ed. Primus: Cluj-Napoca, pp. 49-79.

Books adapted

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)

Products developed

- REThink online therapeutic game
- mobile based therapeutic application: the PsyPills app
- mobile assessment application based on experience mood sampling: the MoodWheel app
- the roboRETMAN tool for emotion resilience in children

Papers published full-text in the volumes of scientific conferences

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., și 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., Ionutiu, 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*”, Univeristății 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*”, Univeristății de Vest Press, Timișoara.

Papers presented at national and international conferences (selection)

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., Cardos, 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 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.

Cardoș, 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 Rațional Emotivă 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 Rațional Emotivă 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*”, Universita 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.

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 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.

Gavita, 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.

Gavita, 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 *VIth International Congress of Cognitive Psychotherapy*, Rome, Italy.

SCIENTIFIC AREAS OF INTEREST

§ Current research interests are (1) investigating the efficacy/effectiveness of the emotion-regulation strategies used in family (i.e., by parents and children), and for work performance (i.e., managers), and (2) developing/testing psychological interventions based on innovative technologies in the treatment of psychopathology, stress management, personal development and well-being, work performance.

- Research group coordinated: “*Cognitive-Behavioral Coaching for Performance and Human Development*” (over 20 students)
- Member in the Research Programs in *Robotics/robototherapy and Virtual reality assessment and psychotherapy*, *Biological Models of Psychopathology*, and *Child psychopathology: health promotion and treatment*.

AWARDS / DISTINCTIONS AWARDED

2014 Dec. - Award for scientific research, Babes-Bolyai University.

2014 Dec. - Award for research outcomes, National Council for Scientific Research, CNCS, publication: 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.

06.2014 - Professor of the week at Babes-Bolyai University.

2014 19-21 May - Excellency Prize for innovation for the "PsyPills" app, 7th edition of the International Salon of Research, Innovation and Inventions PRO Invent, Cluj-Napoca, Romania.

2013 Dec. - The "Nicolae Margineanu" Award for Research, Department of Clinical Psychology and Psychotherapy, 1st Edition, Babeş-Bolyai University.

2013 Dec. - Award for research outcomes, National Council for Scientific Research, CNCS, publication: 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.

2012 Dec. - Award for research outcomes, National Council for Scientific Research, CNCS (publication: 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. – Excellency Award "Teacher of the Year", Babeş-Bolyai University Cluj-Napoca.

2011 Oct. - Award "Florian Ștefănescu-Goangă" for Young Ph.D. in the field of Psychology, 1st Edition, Babeş-Bolyai University.

2010 Sept. – Award "Young Researchers", National Conference of Psychology, Iași.

2008 – Award for research outcomes, National Council for Scientific Research in Higher Education, CNCSIS (publication: 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.

2005- The Albert Ellis Award for Young Professionals, Program for Research in the Theory and Practice of Rational-Emotive and Cognitive-Behavioral Psychotherapies; Project Title: Rational beliefs and illusory mental health.

MEDIA CONTRIBUTIONS

Sample of research results disseminated through in media interviews:

- <http://www.ziardecluj.ro/psypills-aplicatia-inventata-de-clujeni-pentru-combaterea-stresului>
- <http://www.ziardecluj.ro/oana-david-cercetator-la-ubb-intre-autorii-unui-studiu-revolutionar-despre-sanatate-si-standarde-de-frumuseti>
- <http://www.adevarul.ro/locale/cluj-napoca/Retman->

robotul_terapeutic_pentru_copii_0_704329612.html

- <http://stirileprotv.ro/stiri/stiinta/terapia-care-te-scapa-de-timiditate-specialisti-din-cluj-au-gasit-reteta-care-ne-face-mai-puternici.html>

REFERENCES

Anca Dobrean, Ph.D., Associate Professor, Head of Department of Clinical Psychology and Psychotherapy, Babes-Bolyai University, Cluj-Napoca, Romania.

Raymond DiGiuseppe, Ph.D., Professor and Chairperson, Psychology Department, St. John's University, New York, USA.

Arthur Freeman, Ph.D., Professor and Director of the Clinical Psychology doctoral degree program, Department of Behavioral Medicine, Midwestern University, Illinois, USA.