



# roxana badea

02.01.1988

Clinical Psychologist  
Psychotherapist in training  
Trainer  
Lecturer

## PROFILE

MSc Clinical Psychology  
MSc Psychotraumatology

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## CONTACT

0040.722.247.261

www.asteri.ro  
www.mindear.ro

roxana@asteri.ro

## SKILLS

Counseling Psychology



Training



Writing



## WORK EXPERIENCE

**Meditation Creator @ [www.mindear.ro](http://www.mindear.ro)**

August 2022 - Present | Free, Paid & Personalised audio-guided meditations in Romanian

**E-learning Designer @ [www.roxana-asteri.ro](http://www.roxana-asteri.ro)**

March 2021 - Present | Online courses

**LECTURER @ CITY COLLEGE, UNIVERSITY OF YORK EUROPEAN CAMPUS**

April 2019 - Present | Bachelor Degree, 1<sup>st</sup> -2<sup>nd</sup> Stage, modules: Applied Psychology; Individual Differences

Sensation & Perception; Reasoning & Critical Thinking for Psychologists

**CO-FOUNDER @ zenconnect Psychosomatic Institute [www.zenconnect.gr](http://www.zenconnect.gr)**

May 2018 - May 2022 | Mental and Somatic Health Center for Stress & Pain Management

**CLINICAL PSYCHOLOGIST @ BRAIN Institute**

July 2015 - January 2019 | Psychological diagnosis and clinical evaluation; intervention, assistance and

counseling psychology for brain tumor & epilepsy patients in a neurosurgery hospital; internal training

for the medical staff and management; workshop for external professionals and medical students

**FOUNDER & TRAINER @ CENTRUL ASTERI [www.asteri.ro](http://www.asteri.ro)**

June 2009 - Present | Counselling services (for anxiety, stress and trauma) and online thematic workshops

**CLINICAL PSYCHOLOGIST & SANDPLAY THERAPIST @ FUNDAȚIA BUCUREȘTII-NOI**

March 2015 - March 2016 | Private practice, 2 days/week, beneficiaries: children (*adopted, abandoned, autistic, from an under-privileged environment*), age 4 to 12 years old

**PSYCHOLOGIST & RECOVERY TEACHER @ PRIVATE KINDERGARTEN**

September 2014 - February 2015 | Observation and intervention for two autistic children

**PSYCHOLOGIST & SHADOW @ PRIVATE KINDERGARTEN**

September 2012 - September 2013 | Observation and intervention for an autistic child, reinforcement of assertive behaviors, improvement of cognitive, emotional and social area

## EDUCATION

**PSYCHOTRAUMATOLOGY & PSYCHOLOGICAL ASSISTANCE @ UNIVERSITY OF BUCHAREST**

2014 - 2016, Master Degree | Final paper: "The impact of coping mechanisms on the anxiety level of surgical patients diagnosed with brain tumour", coordinating teacher Diana VASILE

**CLINICAL & COUNSELING PSYCHOLOGY @ HYPERION UNIVERSITY (Romania)**

2014 - 2016, Master Degree | Final paper: "Inappropriate behavior of pupils as a function of expressing their emotional needs", coordinating teacher Marinela SÎRBU

**NEUROPSYCHOLOGY AND COGNITIVE DEVELOPMENT @ UNIVERSITÉ LIBRE DE BRUXELLES**

2013 - 2014, Preparatory Year for Neuropsychology and cognitive development Master Degree

**PSYCHOLOGY & EDUCATIONAL SCIENCES @ UNIVERSITY OF BUCHAREST**

2008 - 2011, Bachelor degree

**HIGHSCHOOL @ ȘCOALA CENTRALĂ**

2001 - 2006, Bilingual French College

## CERTIFICATIONS

KOHS (*Block Design Test*); MMSE®-2™ (*Mini-Mental State Examination, 2<sup>nd</sup> Edition*); STAI (*The State-Trait Anxiety Inventory*); STAXI-2™ (*State-Trait Anger Expression Inventory -2<sup>nd</sup>*); QOLI (*Quality of Life Interview*); FIT - Feedback Informed Treatment - Bogdan Ion,

**Motivational Interview** - David Prescott, Depreter & PAXonline - The therapy of depression and anxiety: new procedures and e-technologies, **TPO** - Psychological Evaluation Platform, online  
**Exposure Therapies** - APCOR Training

#### **BRIEF PSYCHOTHERAPY@ ARTS&CORS**

2020 - Present, Online, Bucharest, Romania; basic training in counseling and short, collaborative, resource and solution-oriented psychotherapies

#### **NEURO-DRAMATIC PLAY @ INSTITUTE OF DRAMATHERAPY**

2016-2017, Braşov & Bucharest, Romania; 12 days; Sue Jennings

#### **TEACHER TRAINING DEPARTMENT @ "DIMITRIE CANTEMIR" CHRISTIAN UNIVERSITY**

2014-2015, Bucharest, Romania; Level 1 (30 ECTS) & Level 2 (30 ECTS)

#### **RECOVERY TEACHER TRAINING @ UNIVERSITY OF SPIRU HARET**

2013, Bucharest, Romania; 60 hours

#### **CREATIVE THINKING AND WRITING TRAINING @ THE CREATIVITY WORKSHOP**

2012, Prague, Czech Republic; 3 days

#### **SANDPLAY THERAPY @ ASOCIAȚIA ROMÂNĂ PENTRU TERAPIA PRIN JOUL CU NISIP**

2010 - 2013, Bucharest, Romania; 153 hours theoretical training, 20 hours personal analysis, 31 hours supervision; Barbara Turner

#### **COACHING @ METASISTEME COACHING**

2010, Bucharest, Romania; 52 hours; MCC Alain Cardon

#### **TRAIN OF TRAINERS @ INSTITUTUL ROMÂN DE TRAINING**

2010, Bucharest, Romania; 60 hours; Radu Lihaei & Florin Ghindă

#### **NLP PRACTITIONER & NLP MASTER @ NLP EXPLORER**

2009 - 2010, Bucharest, Romania; 126 hours; Tibi Felber & Mădălina Dinică

**\* INTERNATIONAL CONFERENCE OF APPLIED PSYCHOLOGY: "DEPRESSION AND ANXIETY"** - April 2016, Braşov, Romania; audient & speaker

**\*THE 2<sup>nd</sup>&3<sup>rd</sup> EUROPEAN DRAMATHERAPY CONFERENCE: "OPENING THE CURTAINS, DRAMATHERAPY IN EUROPE" / "SETTING THE STAGE"**

May 2016, Bucharest, Romania & April 2017, Ghent, Belgium; audient

**\* THE 15<sup>th</sup> INTERNATIONAL CONFERENCE ON MOTIVATION : "THE ODYSSEY TO THE ITHACA OF LEARNING: MOTIVATED PERSONS, CHALLENGING CONTEXTS"**

August 2016, Thessaloniki, Greece; audient

#### **COACH @ EMERGENCY HOSPITAL BAGDASAR-ARSEM**

August 2011 - July 2012, Bucharest, Romania

#### **CLINICAL PSYCHOLOGIST @MAGICAMP ([www.magicamp.ro](http://www.magicamp.ro))**

23-29 July 2017 & 3-9 September 2017, 17-23 June 2018 - Observation and intervention for children and teenagers diagnosed with (1) cancer and who (2) suffered burns, in a 1 week camp with educational and creative activities (*group of 20 participants*)

Animal Welfare, Children, Education | Resilience, Embodied Cognition, Visual Arts, Contemporary Dance

**Romanian** (Native); **French** (Excellent); **English** (130 Duolingo); **Greek** (B2 level)

[www.asteri.ro/blog](http://www.asteri.ro/blog) professional blog

[www.metanoima.wordpress.com](http://www.metanoima.wordpress.com) personal blog

<https://500px.com/roxanabadeal> - a photo community where I share my photography

## TRAININGS

## INTERNATIONAL CONFERENCES

## VOLUNTEER EXPERIENCE

## CAUSES | INTERESTS

## LANGUAGES

## BLOGS