

PERSONAL INFORMATIONS

Hopșitar Călin Alexandru



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📍 Mândruloc village, no. 284, Arad county, Romania
 Birth date: 01.07.1994

WORK EXPERIENCE

01. Oct. 2018- present

Professor and school counselor at Secondary school "Mihai Eminescu", Arad, Romania

Main activities and responsibilities: School counseling, teaching psychology courses.

01. Oct. 2018- present

Professor and school counselor at Technological high school „ Francisc Neumann”, Arad, Romania

Main activities and responsibilities: School counseling, teaching psychology courses.

February 2017- present

Clinical psychologist at the individual office: HOPȘITAR CĂLIN ALEXANDRU, str. Vasile Goldiș, no. 20, Arad, Romania, certified by the Psychological Council of Romania.

Main activities and responsibilities: psychological assessment, psychodiagnosis, short - term psychotherapy, psychological prevention activities, interventions for growing, treatment adherence in patients with diabetes and cardiovascular disease, spiritual coping, behavioral management, supportive therapy, time management and planning, psychological services via media tools (skype), psychological assessment for children with special education needs, psychological assessment for cognitive functioning, cognitive-behavioral therapy, Gottman couples therapy; work and organizational psychology.

EDUCATION AND TRAINING

Sept.2019

Master

King College London, United Kingdom. Master in Neuroscience.

Oct. 2016 – July 2018

Master

Babeș-Bolyai University, Faculty of Psychology and Educational Sciences, Cluj-Napoca (Romania)

Specialization: Master of Clinical psychology, psychological counseling and psychotherapy.

Principal subjects/occupational skills covered: Clinical psychology and individual and group psychotherapy. Advanced clinical research methods.

Developmental psychology. Applied cognitive science. Advanced psychiatry. Cognitive-behavioral

Psychotherapy. Clinical practice.

October 2017 – June 2018

Psychopedagogical Training Programme, Level 1

Banat's University of Agricultural Sciences and Veterinary Medicine "King Michael I of Romania" from Timișoara (ROMANIA), Department of Didactic Personal Training

Principal subjects/occupational skills covered: The psychology of education, didactics of the specialty, pedagogy..

16-18 November 2017

Level 3 Gottman Method Couples Therapy Training

Dublin, Ireland

The Gottman Institute, Seattle, USA

Principal subjects/occupational skills covered: practicum workshop for mental health professionals

1-3 June 2017

Level 2 Gottman Method Couples Therapy Training

Dublin, Ireland

The Gottman Institute, Seattle, USA

Principal subjects/occupational skills covered: Clinical training: assessment, intervention and comorbidities, an advanced workshop for mental health professionals

Certificate of Completion for Level 1 & 2 provided

- 27-28 May 2017 **Level 1 Gottman Method Couples Therapy Training**
 Dublin, Ireland
 The Gottman Institute, Seattle, USA
 Principal subjects/occupational skills covered: Clinical training, theoretical backgrounds of Gottman method therapy
- 11-12 November 2016 **Graduation diploma**
 Continuous professional training: "Counseling couples: practical and innovative, cognitive, emotive and behavioral interventions", organized by Psychological Council of Romania and Cognitive Behavioral Association of Romania.
 Principal subjects/occupational skills covered: couples counselling, REBT intervention in couples, REBT techniques. Graduation diploma no. 01489/11.2016
- 2013 – 2016 **Bachelor Degree**
 Babeș-Bolyai University, Faculty of Psychology and Educational Sciences, Cluj-Napoca (Romania)
 Specialization: Psychology
 Bachelor final paper title: The effect of emotional regulation strategies on the emotional shame in the case of depressive symptoms in adolescence. Bachelor exam degree : 9.50.
 Principal subjects/occupational skills covered: Clinical Psychology, Cognitive Psychology, Developmental Psychology, Social Psychology, Cognitive-Behavioral Modifications, Health Psychology, Experimental Psychology and Data Analysis.
- 2013 **Diploma of Studies in French Language**
 Ministry of Education (French Republic)
- June 2012 **Certificate in Advanced English**
 University of Cambridge – ESOL Examinations
- January 2012 **ECDL Certificate**
 ECDL Romania S.A.
 Basic skills of computer literacy/ Managing Files/ Word/ PowerPoint/ Excel/ Access/ Internet and electronic mail.
- 2009-2013 **High School Diploma**
 Pedagogical high school „Dimitrie Țichindeal”, Arad (Romania)
 Human profile, Philology, Bilingual

PERSONAL SKILLS AND COMPETENCES

Mother tongue(s) Romanian

Other languages

	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	C1	C1	C1	C1	C1
Certificate in Advanced English					
French	B2	B2	B2	B2	B2
Diploma of Studies in French Language					

Levels: A1/A2: Basic User - B1/B2: Independent User - C1/C2: Experienced User

Social skills and competences	Good communication skills at any environment, teamwork, honesty, seriousness, sincerity, responsibility, patience, energy, empathic listening.
Computer skills and competences	Ability for software operating package Microsoft Office.
Additional information	<p>16th-22nd July 2019: World Cognitive and Behavioral Therapies Congress participation and study presenter: The efficacy of some emotional regulation strategies on children aged 8-10 years of age, delivered through a robot.</p> <ul style="list-style-type: none"> ▶ 01. Oct 2018 - present: Project initiator: "For the future ...": monthly meetings with high school students from National College "Preparandia Dimitrie Tichindeal", Arad, Romania. Within the project, issues relevant to personal development are addressed. ▶ 7th-8th of December 2017 "The teacher: Perspectives over the future" conference initiator and speaker, Arad, Romania. A psychological approach over the role of the teacher in nowadays society and in the future. ▶ 21 November 2017: published article: Ionescu, T., Marian, A., Moldovan, P., Perde, B., Vescan, R., Hopsitar, C., Rogobete, D., & Suci, L. (2017). Integration of Processes in the Study of Insight and Innovation. <i>AVANT</i>, 8, 147-156. doi:10.26913/80s02017.0111.0014 ▶ 16-31st of October 2017 "Spread the information, not the virus" project partner; campaign of information regarding the transmission of infectious diseases in Arad county, Romania, ▶ 10th of October 2017, workshop "Causes, Prevention and Treatment of Eating Disorders" speaker, U.S.A.M.V.B "King Mihai I of Romania" of Timișoara, Faculty of Food Processing Technology. ▶ 26th -27th of September, 2017, "Under Hypnosis with Thomas Dowd" Conference participation, Cluj-Napoca, Romania, organised by Holo – Psychology for Community. ▶ 16th-18th of August 2017"Off the Lip 2017"; CogNovo Colloquium on Experiences and Applications of Cognitive Innovation, participation, Plymouth University, Plymouth, UK ▶ 1st of July 2017: The 9th International Congress of Cognitive Psychotherapy, poster session number 3: <i>The effect of emotional regulation strategies on shame, in adolescents, in the context of depressive symptoms: Preliminary Data</i>. (Călin-Alexandru Hopșitar, Aurora Szentagotai-Tătar, Diana Căndea) Poster presentation ▶ 29th of June – 1st of July 2017The 9th International Congress of Cognitive Psychotherapy volunteer, Cluj-Napoca, Romania. ▶ 24th of May 2017, "Thoughts: Marcus Aurelius and the directions of psychotherapy today" conference initiator and speaker, Timișoara West University, Timișoara, Romania ▶ 14th of May 2017, "Medicine: Between me and the others" talk initiator and speaker, Medicine and Pharmacy "Victor Babeș" University, Timișoara, Romania ▶ 12th of May 2017"The Family: Christianity and Psychology" Conference speaker, Family Festival, Arad, Romania ▶ 20.04.2017 Invitation provided by the local TV company in the programme of "Câte-n Lună și în Stele" talk-show, programme dedicated to a discussion regarding major depressive disorder ▶ March 2017- June 2017- Study initiator- "The effect of emotional regulation strategies on shame in adolescents in the context of depressive symptoms". Main activities and responsibilities: contact with participants, building the experimental design, effectuating the data analysis during the experimental tasks, applying questionnaires, reviewing the literature. ▶ 29.09.2016- Practice certification no. 2716 for the clinical psychologist title, with the personal code: 19328. ▶ Research team member of the project: "D combat: A computerized preventative and therapeutic intervention for depression", project code: EEA-JRP-RO-NO-2013-1-0359. ▶ 2015- present - Research assistant at the Faculty of Psychology and Educational Sciences, Department of Psychology, Developmental Psychology Laboratory, coordinated by Assoc. Prof. PhD. Thea Ionescu.

17.10.2018

