

PERSONAL INFORMATION

Tața Anitha-Teodora

Brașov, România
 Sex F | Naționality Romanian
 anitha.tata@unitbv.ro

OCCUPATIONAL FIELD

Higher education

WORK EXPERIENCE

01/10/2025 – present

Assistant Lecturer (PhD Candidate)

Transilvania University of Brașov
 Faculty of Psychology and Educational Sciences
 Address: N. Bălcescu, nr. 56 Brașov Romania
<https://psihoeu.unitbv.ro/>
 ▪ Academic teaching activities

Experience in Distance Learning /
 Low-Residency Learning

Role	Title and period of activity	Organizing Institution / Trainer
Discipline coordinator/ tutor	Development of teaching materials, management of practicum documents / 2025 - present: • <i>Qualitative Research Methods</i> - Year 2, Semester II (seminar instructor) • <i>Specialty Practicum 3</i> - Year 2, Semester II (practicum coordinator)	Faculty of Psychology and Educational Sciences

21/10/2019 – present

School Counselling Teacher

County Center for Educational Assistance and Resources
 Address : B-dul. Mihail Kogălniceanu,nr.23,bl.C7,cam.302,303
<https://www.cjraebrasov.ro/>
 ▪ Counseling and educational support for students
 ▪ Counselling services for parents and teaching staff
 ▪ Design, implementation, and coordination of educational projects at local and county level

11/10/2018 – present

Licensed Psychologist

Societate Civilă Profesională de Psihologie TD & TA
 Specialized in Clinical Psychology and Person-Centred Psychotherapy
 Psychological counseling, psychological assessment, and individual and couples psychotherapy

01/06/2019-24.10.2019

Psychologist

Lumea lui Arthur, Brașov branch
 Individual and group therapeutic services for neurodivergent children, accompanied by parental guidance and consulting

31/01/2018 – 30/04/2018

Psychological Counselling Trainee, Erasmus+ mobility

Prague International Center for the Development of the Person (PERSON CENTER)
 Praga, Cehia
<https://person-center.eu/>
 ▪ mini-labs in individual (PCA) therapy, bodywork and Focusing
 ▪ marketing tasks
 ▪ creating a digitized client database

01/08/2017 – 30/09/2017

Psychological Counselling Intern - Erasmus+

Willingness Clinic
 Zebbug, Malta
<https://willingness.com.mt/>

- job shadowing team members
 - blog writing
 - co-planned and co-managed a social experiment
 - psychological first aid in two music festivals
- 14/09/2015 – 15/11/2015 **School Counselling Trainee - Erasmus+**
 Instituto Educativo do Juncal
 Juncal, Portugal
<https://www.iej.pt/>
- Planned, organized and held a workshop on subjects related to pupils' needs
 - Accumulated knowledge on evaluation process and managing with children with learning difficulties
 - Acquired knowledge on how to counsel pupils and offer psychological support
 - Accumulated knowledge on integrated education and support for pupils with learning difficulties and special needs
 - Made presentations relevant to students' academic and career opportunities and choices

EDUCATION AND TRAINING

- 01/10/2024 – present **PhD in Psychology**
 Institute of Philosophy and Psychology „Constantin Rădulescu-Motru”, Romanian Academy
- PhD topic: Digitization and well-being of the child: the role of parents and technology, scientific coordinator prof. univ. dr. habil. Ana Maria Cazan
 - Research Ethics, Research Project Management, Statistics, Academic Writing
- 01/10/2015 – 15/07/2017 **M.A. in Clinical Psychology, Psychological Counselling and Psychotherapy**
 Transilvania University of Brasov, Faculty of Psychology and Educational Sciences, Brasov (Romania)
- Clinical Psychology, Psychological Assessment, and Clinical Psychodiagnosis
- 12/09/2016 – 03/02/2017 **M.A. in Applied Psychology - Erasmus+ mobility**
 Universidade do Minho, Portugal
- Health and Illness Psychology, Adult Clinical Intervention and Assessment, Applied Psychology Research
- 01/10/2013 – 15/06/2016 **B.A. in Psychology**
 Transilvania University of Brasov, Faculty of Psychology and Educational Sciences, Brasov (Romania)
- Knowledge of personality theories and various branches of psychology (education, human resources, psychopathology)
- 01/10/2010 – 15/02/2014 **B.A. in Applied Modern Languages, French and English**
 Transilvania University of Brasov, Brasov (Romania)
- Theory and Practice of Translation (French and English), Translation Studies

PERSONAL SKILLS

Mother tongue(s) Romanian

Foreign language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	C2	C2	C2	C2	C2
BA in Applied Modern Languages, English-French					
French	C1	C1	B2	B2	C1
BA in Applied Modern Languages, English-French					
Portuguese	B2	B2	B2	B2	B2
BabeliUM B2 Course Language					

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user
 Common European Framework of Reference for Languages

Communication skills

- Communication and active listening skills with preschool and school-age students, teachers, and parents; mediation skills within the school–family partnership, developed through experience as a school counselor

Organisational / managerial skills

- Skills in designing, coordinating, and implementing educational programs and projects focused on socio-emotional development, stress management, and risk-behavior prevention
- Communication and inter-institutional collaboration skills for managing complex cases (clinical psychologists, teachers, parents, authorities)
- Effective collaboration skills with teaching staff to integrate the socio-emotional dimension into the educational process

Job-related skills

- Individual and group counseling skills for students, focused on socio-emotional development, learning management, self-knowledge and interpersonal awareness, healthy lifestyle, and career development and guidance
- Consulting skills for parents and teachers in identifying optimal prevention and intervention strategies at home and in the classroom
- Mediation skills and specialized interventions in situations of emotional crisis, school conflict, or bullying
- Use of core Person-Centered therapeutic skills, such as active listening, reflection, emotional validation, congruence, and unconditional positive regard in working with a wide range of difficulties: anxiety, depression, existential crises, and emotional blocks
- Ability to adapt therapeutic interventions to the client's individual pace and needs, in a non-directive yet supportive manner
- Conducting psychological assessments and preparing psychological reports

Digital skills

- Independent user of Microsoft Office™, SPSS; PSPP; JASP, Canva

Other certifications

- Trainer– Asociația PROEURO-CONS (2024)
- Licensed Autonomous Practitioner Psychologist in Clinical Psychology (2024)
- Complementary Training in Focusing – The International Focusing Institute, New York (2024)
- Licensed Supervised Practitioner Psychologist in Person-Centered Psychotherapy (2023)
- Foundational Training in Person-Centered Psychotherapy – Romanian Association for Person-Centered Psychotherapy (2022)
- Manager – SC PRINCES STUDIO SRL(2019)

ADDITIONAL INFORMATION

Publications

- Tața, A., & David, L. (2017). Clinical and sociodemographic characteristics in patients with diabetes and the relation with their perceived quality of life. *Bulletin of the Transilvania University of Brasov*, 10(59).
- Tața, A. (2024). Cum putem demistifica Focusing-ul pentru adolescenți? Utilizarea metodei focusing în consilierea cu elevii de liceu. *Jurnalul Conferinței Internaționale "Abordări moderne în logopedie și consiliere psihopedagogică"*. Brașov. (ISSN 2972 - 2403 ISSN-L 2972 – 2403)
- Tața, A. (2025). Digital Parenting in the Early Years: A Needs Assessment for Parental Interventions. *Bulletin of the Transilvania University of Brasov* – în curs de publicare.
- Tața, A., Cazan A.M. (2025). Rolul familiei în dezvoltarea obiceiurilor digitale sănătoase în perioada timpurie. Elemente cheie în consilierea cu părinții. În Clipa O. (coord.), *Educația timpurie – Dezvoltarea competențelor profesionale, leadership și digitalizare*. Editura Trei. ISBN: ISBN - 978-606-40-3019-1

Conferences

- Doctoral Students' Conference, 1st Edition – Romanian Academy, "Constantin Rădulescu-Motru" Institute of Philosophy and Psychology, 11–12 December 2025, with the paper "Building Digital Citizenship Through Healthy Family Habits"
- National Conference on Educational Research – CERED 2025, 2–4 October 2025
- International Conference "Modern Approaches in Speech Therapy and Psychopedagogical Counseling", Brașov, 23–25 May 2025
- APIO Conference "Horia D. Pitariu" – Cross-Cultural Challenges and Opportunities for Organisations in the Age of AI, Sibiu, 28–30 March 2025
- International Conference on Education & Psychology – Innovative Perspectives in the Digitalized Society, Brașov, Romania, 27–29 November 2024 (with presentation)
- International Conference "Modern Approaches in Speech Therapy and Psychopedagogical Counseling", Brașov, 24–25 May 2024 (with paper)
- International Symposium "Modern Approaches in Speech Therapy and Psychopedagogical Counseling", Brașov, 26–27 May 2023
- ePsy Conference "Enthusiasm for Psychology", 1st Edition, 25–29 September 2023
- EAP – 30th Anniversary Congress "The Hope of Psychotherapy for Our Endangered World", 12–13 March 2022
- Erasmus+ Training for Teachers and Students – Project GREEN (Games, Resources, Environment, Entrepreneurship and Education Network), Ohrid, North Macedonia, 4–8 July 2022
- APAR Conference, 16th Edition – "Psychological Restructuring in Times of Crisis", 12–16 May 2021
- International Symposium "Loneliness and Intolerance – The PCA Perspective on Today's Challenges", 2–5 December 2021
- International Conference "Contemporary Perspectives in Psychology, Education and Teacher Training", Brașov, Romania, 19–14 October 2017
- Student Scientific Communications Session, 2014 Edition, with the paper "Semantic Satiation – Identifying the Phenomenon of Meaning Reduction in Relation to Lexical Repetition"

Affiliations

- Member of ARPCP - Asociația Română de Psihoterapie Centrată pe Persoană (Romanian Association of Person-Centred Psychotherapy) (2022-present)
Member The International Focusing Institute of New York (2024-present)

Assistant Lecturer Anitha-Teodora TAȚA,

Date: 29.03.2026