

PERSONAL

DIMA GABRIELA

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Professional experience

Period	2024 – present
Name and address of employer	ASSOCIATION FOR TRAINING AND RESEARCH IN GROUP PSYCHODRAMA AND PSYCHOTERAPIES
Type of activity or sector of activity	Str. Tower no.25, sc.2, 4th floor, office 417 Long-term training, psychotherapy
Position or post occupied	President / Psychodrama Trainer / Supervisor
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Coordination, strategy ▪ Adult training for psychotherapy – psychodrama ▪ Research
Period	2013 - present
Name and address of employer	TRANSILVANIA UNIVERSITY OF BRAȘOV, Faculty of Sociology and Communication, Department of Social and Social Sciences Communications, Brasov. 500030. B-dul. Heroes. No. 29
Type of activity or sector of activity	Education
Position or post occupied	Lecturer Doctor
Main activities and responsibilities	Courses, scientific research <ul style="list-style-type: none"> ▪ Counseling in social assistance ▪ Psychotherapy ▪ Domestic abuse and violence ▪ Community intervention strategies in groups at risk ▪ Group psychotherapies ▪ Professional ethics and deontology in applied psychology

Period	2008-2024
Name and address of employer	THE ROMANIAN ASSOCIATION OF CLASSIC PSYCHODRAMA Street Swimming School No. 5, C, flat 32, 550005 Sibiu
Type of activity or sector of activity	Free professions
Position or post occupied	Classical psychodrama psychotherapy trainer
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Adult training in classical psychodrama psychotherapy ▪ Supervision
Period	2010 – present
Name and address of employer	INDIVIDUAL CABINET OF PSYCHOLOGY 'DIMA GABRIELA'
Type of activity or sector of activity	Free professions
Position or post occupied	Principal Psychotherapist Primary Clinical Psychologist
Main activities and responsibilities	Psychotherapy, psychological counseling, psychological assessment
Period	2007 – 2011
Name and address of employer	CIVIL PROFESSIONAL SOCIETY DIMA DORU, MOARCĂS IOANA, DIMA GABRIELA and ASSOCIATIONS
Type of activity or sector of activity	Free professions
Position or post occupied	Specialist psychotherapist Specialist clinical psychologist
Main activities and responsibilities	Psychotherapy, psychological counseling, psychological assessment
Period	2009 – present
Name and address of employer	SOCIAL SERVICES ASSOCIATION “SCUT” BRAȘOV , Str. Tebea nr.16 NGO – social services
Type of activity or sector of activity	
Position or post occupied	Chair (voluntary, 2009-2024) / CD secretary (since 2024)
Main activities and responsibilities	Coordination of the Board of Directors Ensuring the sustainability of the association Counselling/psychotherapy services for deinstitutionalised young people
Period	March 2007 – August 2012
Name and address of employer	"SPIRU HARET" BRASOV UNIVERSITY , str. 5th Tower, Brasov

Type of activity or sector of activity	Education
Position or post occupied	Lecturer (holder)
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Theoretical bases of evaluation ▪ Psychodiagnosis ▪ Psychological and educational counselling
Period	March 2003/2004 - 2007
Name and address of employer	‘SPIRU HARET’ BRASOV UNIVERSITY , str. 5th Tower, Brasov
Type of activity or sector of activity	Education
Position or post occupied	Assistant professor (holder)
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Psychodiagnosis ▪ Psychological and educational counselling
Period	1998 – 2015
Name and address of employer	S.C. DIMA CONSULTING GROUP SRL , str. Miraslau no. 35, Brasov
Type of activity or sector of activity	Human resources
Position or post occupied	Trainer
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Development of training modules / training ▪ Training of staff (trainer)
Period	2003 – 2015
Name and address of employer	S.C. PROFILES INTERNATIONAL S.R.L. , str. Miraslau 35, Brasov
Type of activity or sector of activity	Human resources
Position or post occupied	Trainer
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Development of training modules / training ▪ Training of staff (trainer)
Period	2000 – October 2003
Name and address of employer	GENERAL DIRECTORATE FOR THE PROTECTION OF CHILD'S RIGHTS , Str. Iuliu Maniu no.6, Brasov
Type of activity or sector of activity	Psychological Assessment and Counseling / Psychotherapy
Position or post occupied	Head of Psychological Counselling Service
Main activities and responsibilities	<ul style="list-style-type: none"> Individual and group psychotherapy (children, adolescents) ▪ Family counselling ▪ Vocational counselling ▪ Diagnosis, psychological evaluation (children, adults) ▪ Coordination of human resources activities ▪ Methodological coordination of psychologists in placement centers

Period	November 1997 – 2000
Name and address of employer	GENERAL DIRECTORATE FOR THE PROTECTION OF CHILD'S RIGHTS, str. Iuliu Maniu no.6, Brasov
Type of activity or sector of activity	Psychological Assessment and Counseling / Psychotherapy
Position or post occupied	Psychologist
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Counselling (children, adolescents, families) ▪ Counselling vocational ▪ Diagnosis, psychological assessment

Period	September 1997 – 1998
Name and address of employer	SCHOOL GROUP BRASOV RULMENT
Type of activity or sector of activity	Education
Position or post occupied	Professor
Main activities and responsibilities	<ul style="list-style-type: none"> ▪ Psychology ▪ Logic ▪ Philosophy ▪ Cívica culture

Education and training

Period	2025
Name and type of educational institution/training provider	West University of Timișoara
Main areas studied / acquired competencies	Social assistance
Qualification/diploma obtained	Empowerment
Level of classification of the form	Doctoral school

Period	June 2014
Name and type of educational institution/training provider	4MAT 4Business
Main areas studied / acquired competencies	Design and implementation of training programmes
Qualification/diploma obtained	Certificate - Advanced Instructional Design
Level of classification of the form of	Short training programme

Period	October 2009 – December 2009
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Name and type of educational institution/training provider	SC DIMA CONSULTING GROUP
Main areas studied / acquired competencies	Adult training / Staff training
Qualification/diploma obtained	TRAINER Short training programme

Period	2004 – 2009
Name and type of educational institution/training provider	QUEEN'S UNIVERSITY BELFAST, NORTHERN IRELAND / UK SCHOOL OF SOCIOLOGY, SOCIAL POLICY AND SOCIAL WORK
Main areas studied / acquired competencies	Social Work / Sociology PhD
Qualification/diploma obtained	Doctoral school
Level of classification of the form of instruction/education	

Period	April – November 2003
Name and type of educational institution/training provider	Department for International Development & National Authority for Child Protection and Adoption & Centre for Enabling Leadership
Main areas studied / acquired competencies	Performance Management Attested
Qualification/diploma obtained	Training programme
Level of classification of the form of instruction/education	

Period	March 2003
Name and type of educational institution/training provider	The Romanian Association of Classical Psychodrama and the Romanian Federation of Psychotherapy
Main areas studied / acquired competencies	Music in group therapy and psychodrama
Qualification/diploma obtained	Certificate of participation Upskilling seminar

Period	1998 – 2002
Name and type of educational institution/training provider	ROMANIAN INSTITUTE OF PSYCHODRAMA , Bucharest under the coordination of STUDIO DI PSICODRAMMA – Milan, Italy
Main areas studied / acquired competencies	Group Psychotherapy – Classical Psychodrama / Training
Qualification/diploma obtained	Diploma of Psychotherapist / Trainer
Level of classification of the form of instruction/education	Postgraduate studies
Period	October 2002
Name and type of educational institution/training provider	Holt Romania – Mures Centre Training of Parental Education Trainers
Main areas studied / acquired competencies	Certificate Training course
Qualification/diploma obtained	
Level of classification of the form of instruction/education	May 2002 The Romanian Society of Experienced Psychotherapy (SPER)& Francoise Burton
Period	
Name and type of educational institution/training provider	Reichiana analysis Certificate of participation
Main areas studied / acquired competencies	Intensive workshop
Qualification/diploma obtained	February, June, December 2001 Romanian Society of Experienced Psychotherapy (SPER)
Level of classification of the form of instruction/education	Somato-analysis and reichiana analysis Creative Group Therapies - Dance and Movement Therapy Child Psychopathology and Psychotherapy
Period	
Name and type of educational institution/training provider	Family Therapies Therapies Trauma therapy
Qualification/diploma obtained	Certificate of participation
Level of classification of the form of	Formative training

Period 1998 – 2000
 Name and type of educational institution/training provider **UNIVERSITY "TRANSILVANIA" BRASOV** in collaboration with **UNIVERSITY OF ULSTER**, Northern Ireland and **TRINITY COLLEGE - DUBLIN**, Republic of Ireland, **ROC- NIJMEEGS** Netherlands
 Main areas studied / acquired competencies Social Assistance and Health Promotion
 Qualification/diploma obtained Diploma
 Level of classification of the form Postgraduate studies

Period 1992 – 1997
 Name and type of educational institution/training provider **UNIVERSITY "LUCIAN BLAGA "SIBIU"**, Faculty of Sciences, Department of Psychology – Pedagogy
 Main areas studied / acquired competencies Psychology, Pedagogy
 Qualification/diploma obtained Bachelor's degree in Psychology
 University level
 Level of classification of the

Period 1988 – 1992
 Name and type of educational institution/training provider 'ANDREI SAGUNA' BRASOV THEORETICAL LICE
 provider Baccalaureate Diploma
 Qualification/diploma obtained High school level

Competences persona

Mother tongue(s) English
 Other known foreign languages

	INTELEGERE		SPEAKING		WRITTEN
	Listening	Reading	Conversation participation	Oral speech	
English	C1	C1	B1	B1	C1
Gernana	B2	C1	A2	A2	C1

Levels: A1/2: Basic user - B1/2: Independent user - C1/2: Experienced user
 Common European Framework of Reference for Languages

Organisational/Management Competences

- Strategic planning (currently, I am the president of a professional association and I have been the president of an NGO for 15 years; CONNECT project manager, head of department at DGASPC at the beginning of his career)
- leadership
- Communication skills
- Critical and Analytical Thinking
- decision-making
- Organizational communication
- Team management and teamwork

Competences acquired in the workplace	<ul style="list-style-type: none"> ▪ academic communication, scientific drafting ▪ Pedagogical skills, coordination and evaluation of students ▪ qualitative and quantitative research skills ▪ management of research projects ▪ interdisciplinary collaboration
Computer Competences	<ul style="list-style-type: none"> ▪ Good knowledge of Microsoft Office™, NVivo, SPSS tools
Other competencies	<ul style="list-style-type: none"> ▪ flexibility and adaptability (through changing jobs, through the diversity of students that change from one year to the next) ▪ increased empathy (as psychologist – psychotherapist) ▪ working with various categories of clients
Driving licence	Category B
ADDITIONAL INFORMATION	

PROJECTS

Project Manager

- 2015 – 2016 **CONNECT: Building the Network of Trauma Counseling Specialists.**
- Nrctr:13/34016 financier:RO20 "Domestic violence and gender-based violence"
- Total budget: EUR 249 526.40

Result publications:

- **Dima, G.,** Beldianu, I. (ed) (2015) *Domestic violence: Coordinated intervention of the multidisciplinary team: manual for specialists.* West Publishing House, Timișoara.
- **Dima, G.,** Bucuță, M.D., Beldianu, I. (2015) *Intervention in domestic violence: Multidisciplinary team training: A guide for trainers.* West Publishing House, Timișoara.
- **Dima, G.,** Beldianu, I. (ed) (2016) *Csaladon Beluli Eroszak: a multidiszciplinaris csapat koordinált beavatkozasa.* Tankönyv szakemberek számára. West Publishing House, Timișoara.

Member of project teams

- 2020 – 2021 member, representative national Eurochild/UNICEF - *DataCare Project* <https://www.eurochild.org/initiative/datacare/> - study on national legislation, public policies and statistical data on the child protection system in Romania.
- 2020 – 2023 voluntary **consultant**, development and implementation of **the project “OUR HOUSE”** for young people who prepare to leave or have left the protection system; partnership Association for People with Physical Disabilities St. Nicholas Haralambie and SCUT Association of Social Services Brasov; financed by the European Social Fund – Human Resources Development Operational Programme 2014 – 2020. POCU/738/4/20/135445
- 2019 – 2022 external consultant – user expert IPA **Death Education for Palliative Psychology (DE4PP)**, international project – Italy, Israel, Romania, Austria, Poland, Erasmus+, *Project 2019-1-IT02-KA203-063243*
- 2013 – 2015 project team **member** / psychodramatist: **“Psychodrama and creative education in prison”**, international project - Romania, Italy, France, United Kingdom, Lithuania - / GRU-13-P-LP-85-SB-RO / Grundvig - *Lifelong Learning Programm*
- 2010 – 2013 **member** of VIA **project team - Vocation, Interests, Self-knowledge and development, road towards professional success** POSDRU/90/2.1/S/63742, financed by the European Social Fund – Operational Sectoral Programme Human Resources Development.
- 2010-2012 member **of the** project team / psychodramatist: **EMPOWER - Empowerment of Women Environment Research.** Funded by Daphne Programme III.International project - Italy, Romania, Albania, Bulgaria, Austria, Portugal - coordinated by Padova University Italy JUST/2010/DAP3/AG/1348.

PUBLICATIONS

Doctoral thesis

Dima, G. (2009). *A psycho-social study of the experiences of young people leaving care in Romania: Lessons for service development*. PhD Thesis: Queen's University of Belfast.

Books

- Dima, G., Beldianu, I. (ed) (2015) *Domestic violence: Coordinated intervention of the multidisciplinary team: manual for specialists*. West Publishing House, Timișoara.
- Dima, G., Bucuță, M.D., Beldianu, I. (2015) *Intervention in domestic violence: Multidisciplinary team training: A guide for trainers*. West Publishing House, Timișoara.
- Dima, G. (2012). *Experiences of young people leaving who: A Romanian psycho-social study*. LAP Lambert Academic Publishing, Saarbrücken.
- Dima, G., Beldianu, I. (ed) (2016) *Csaladon Beluli Eroszak: a multidiszciplinaris csapat koordinált beavatkozasa*. Tankönyv szakemberek számára. West Publishing House, Timișoara.

Chapters in Books

- Bucuță, M.D., **Dima, G.**, Vulcu, D. (2022). Clinical psychology and education about death. In C. Soponaru (coord.) *Manual of Clinical Psychology. Vol.1: Theory, practice and specificity*. Ed. Polyrom. Iași.
- Bucuță, M.D., **Dima, G.** (2022). Qualitative research in clinical psychology. In C. Soponaru (coord.) *Manual of Clinical psychology. Vol.2: Intervention, research, interdisciplinarity and ethics*. Ed. Polyrom. Iași.
- **Dima, G.**, Pinkerton, J. (2016). The Role of Informal Leaving Care Peer Support Networks in Romania. In P. Mendes, P. Snow (Eds.) *Young People Transitioning from Out-of-Home Care. International Research, Policy and Practice*. 409-426. Palgrave Macmillan UK.
- **Dima, G.**, Bucuță, M.D. (2016) The method of interpretative phenomenological analysis in psychodrama research. In C. Stadler, M. Wieser, K. Kirk (Eds.) *Psychodrama. Empirical Research and Science* 2, 69-82, Springer, Wiesbaden.
- **Dima, G.**, McGregor, C. (2014) The construction of a stigmatized 'care identity': the case of young people leaving public care in Romania. In M. Milcu, R.E. Wubbolding, I. Testoni *Modern research in health, education and social sciences*. 81 to 93. Publisher Universitara, Bucharest,
- Bucuță, M.D., **Dima, G.** (2014). The experience of domestic violence: an interpretative phenomenological analysis. In M. Milcu *Individuals, social and work groups, groups: Modern researches in applied psychology*. 25 to 36. Publisher Universitara, Bucharest,
- **Dima, G.**, Bucuță, M.D. (2014). The experience of social support of women victims of domestic violence: an interpretative phenomenological approach. In M. Milcu *Individuals, social and work groups, groups: modern researches in applied psychology*. 207 – 224 Universitara Publishing House, Bucharest.
- Testoni, I., Armenti, A., Wieser, M., Bertoldo, A., Bucuta, M., Tarashoeva, G., Ronconi, L., Guglielmin, M.S., **Dima, G.**, Moita, G., Zamperini, A., Verdi, S., Di Lucia Sposito, D. (2013). The effectiveness of the EMPOWER project and intervention: Psychodrama and the elaboration of domestic violence in Italy, Austria, Bulgaria, Portugal, Romania and Albania. In I. Testoni, M. Wieser, a. Groterath, M.S. Guglielmin *Teaching against Violence. Reassessing the toolbox*. 119-149. ATGENDER & Central European University Press, Budapest.
- Bucuta, M.D., **Dima, G.**, Zoltani, K., Antal, D.D., Pătrașcu, C. (2013). Towards empowerment of women victims

of gender violence: a psycho-social intervention model in Romania. *International Journal of Family Studies*.

- **Dima, G.** (2012) Psycho-social experience of transition of young people from foster care to independent life. In Clinciu, A.I., Pavalache-Ilie, M. Volume of the Works of the National Conference on Psychology, 6th edition. 241-247. Ed. Transilvania University of Brasov.
- Caraș, A. G., **Dima, G.** (2012) The prospect of death and the reconstruction of the scale of personal values. In Clinciu, A.I., Pavalache-Ilie, M. Volume of the Works of the National Conference on Psychology, 6th edition. 11-17. Ed. Transilvania University of Brasov.
- **Dima, G.** (2010) A new framework for understanding care leavers' transition to independent living. In E.J. Knorth, M.E. Kalverboer, J. Knot-Dickscheit (eds.) *Inside Out. How interventions in child and family care work. An international source book*. Garant Publishers, Antwerp-Apeldoorn. pp. 413 – 415.
- Anghel, R., **Dima, G.** (2008) Romania. In M. Stein, E. Munro (eds.) *Young people's transitions from care to adulthood*. 158-172. Jessica Kingsley Publishers, London.
- **Dima, G.** (2008). Attachment and risk to the development of the child and the future adult. In C. Tatu (Coord.) *Modern Guidelines in Psychology and Educational Sciences*. 113-124. Psychomedia, Sibiu.
- **Dima, G.**, Timar, R. (2008) Empirical and theoretical argumentation. In Timar, R. (coord.) *Guide to Services for the Training of Independent Living Skills*. 10-23, Psychomedia, Sibiu.
- **Dima, G.**, Timar, R. (2008) Conclusions and future perspectives. In Timar, R. (coord.) *Service Guide for the Training of Independent Living Habits*. Psychomedia, Sibiu.
- **Dima, G.**, Bucuță, M., Skehill, C. (2008) Interpretative phenomenological analysis (IPA) method in psychological and social research. In Hohn, M. (coord.) *National Psychological Conference "Dialogue for Diversity"*, Timișoara, 95-100. Ed. West University, Timișoara.

Articles/studies in extenso, published in journals from the main international scientific flow

- **Dima, G.**, Tarnovschi, D. (in press). Romania. In T. Refaeli and V. Mann-Feder *Leaving Care around the world: Twenty years of the International Network on Transitions to Adulthood from Care*. Oxford University Press
- **Dima, G.** (2024). Psychodrama online groups in social work education during the COVID-19 pandemic: promoting learning and wellbeing. *Bulletin of the Transilvania University of Brașov. Series VII: Social Sciences*, Vol. 17(66) No. 2, 259 – 270.
- **Dima, G.**, & Șimon, M.C. (2024). Resilient social workers' perspective on their professional work during the COVID- 19 pandemic. An interpretative phenomenological analysis. *European Journal of Social Work*, 1–14. <https://doi.org/10.1080/13691457.2024.2417661>
- **Dima, G.**, Meseșan Schmitz, L., Simon, M.-C. (2021) Job Stress and Burnout among Social Workers in the VUCA World of COVID-19 Pandemic. *Sustainability* 13, 7109. doi.org/10.3390/su13137109
- **Dima, G.**, Bucuță, M.D. (2020) Introducing psychodrama into programmes preparing young people transitioning from residential care. *Zeitschrift für Psychodrama und Soziometrie* 19, pp. 47-62. doi:10.1007/s11620-020-00562-0
- Mihoc, N., **Dima, G.** (2020) Attachment formation within adoptive families and post-adoption support. *Bulletin of the Transilvania University of Brasov, Series VII: Social Sciences and Law*. Vol. 13(62) No. 1. pp 91-100.

- Testoni, I., Mauchigna, L., Marinoni, G.L., Zamperini, A., Bucuță, M., **Dima, G.** (2019) [Solastalgia's mourning and the slowly increasing effect of asbestos pollution: A qualitative study in Italy](#). *Helyion*, vol.5, no.12.
- Bucuță, M.D., **Dima, G.**, Testoni, I. (2018) 'When you Thought that There is No One and Nothing': The Value of Psychodrama in Working with Abused Women. *Frontiers in Psychology*, special issues The State of the Art in Creative Arts Therapies. doi: 10.3389/fpsyg.2018.01518
- **Dima, G.**, Bucuță, M.D. (2015) The Process of Transition from Public Care to Independent Living: A Resilience-Based Approach. *Journal of Research and Social Intervention*, vol. 50, pp. 53-65.
- **Dima, G.** (2014) "Where to Go?" Young People's Early Destinations When Leaving Care. *Bulletin of the Transilvania University of Brasov, Series VII: Social Sciences and Law* 2, pp 125-136.
- Anghel, R., Herzog, M., **Dima, G.** (2013) The challenge of reforming child protection in Eastern Europe: The cases of Hungary and Romania. *Psychosocial Intervention* . Vol. 22 (3), p. 239-249.
- **Dima, G.** (2013) Employment of young people leaving who: Outcomes and counselling programs. *Journal of Social Assistance*, No. 1.
- **Dima, G.**, Bucuță, M.D. (2012) The experience of therapeutic change for psychologists preparing to become psychotherapists. *Social and Behavioral Sciences*. Proceedings of the 2nd International Conference "Psychology and the Realities of the Contemporary World"- PSIWORLD 2011, vol.33, p.672-676
- Dima, G., Skehill, C. (2011) Making sense of leaving which: The contribution of Bridges model of transition to understanding the psycho-social process. *Children and Youth Services Review*, Volume 33 (12) 2532-2539. <https://doi.org/10.1016/j.childyouth.2011.08.016>
- Dima, G., Skehill, C. (2008) Reflective analysis of a mixed-methods approach to study the experiences of young people leaving who in Romania. *Cognition, Brain, Behavior. An interdisciplinary journal*. Vol.XII, No.4, (p. 369 – 388)

Publications in extenso, published in volumes of the main international specialized conferences

- Dima, G., McGregor, C. (2014) The construction of a stigmatized 'care identity': the case of young people leaving public care in Romania. In M. Milcu, R.E. Wubbolding, I. Testoni *Modern research in health, education and social sciences*. University Publishing, Bucharest, pp. 81 – 93.
- Dima, G., Bucuță, M.D. (2014) The experience of social support of women victims of domestic violence: an interpretative phenomenological approach. In M. Milcu *Individuals, social and work groups, groups: modern researches in applied psychology*. University Publishing, Bucharest, pp. 207 – 224.
- Bucuță, M.D., Dima, G. (2014) The experience of domestic violence: an interpretative phenomenological analysis. In M. Milcu *Individuals, social and work groups, groups: modern researches in applied psychology*. University Publishing, Bucharest, pp. 25 – 36.
- Dima, G. (2012) Psycho-social experience of transition of young people from placement centers to independent life. In Clinciu, A.I., Pavalache-Ilie, M. Volume of the Works of the National Conference on Psychology, 6th edition. Transilvania University of Brasov, pp. 241-247.
- Caraș, A. G., Dima, G. (2012) The prospect of death and the reconstruction of the scale of personal values. In Clinciu, A.I., Pavalache-Ilie, M. *Volume of the Works of the National Conference on Psychology*, 6th edition.

Research networks

2015 – present: Psychological Research Centre of the "Lucian Blaga" University of Sibiu - member

2008 – present: *International Research Network on Transitions to Adulthood from Care* (INTRAC)

2005 – present: *European Federation of Psychodrama Training Organisations (FEPTO)*/ Research Committee – participant