



**Curriculum vitae
Europass**



Personal information

First name(s) / Surname(s) **Iuliana Costea**
E-mail iuliana.costea@e-uvt.ro
Nationality Romanian
Date of birth 20.07.1983

**Employment /
Occupational field** **Lecturer PhD/ Individual psychological practice
Education, Intervention and Research**

Work experience

Dates	February 2008 - Present
Occupation or position held	Teaching Assistant, Lecturer
Main activities and responsibilities	Courses in Msc level – Developmental Psychology, Psychopathology in Children and Adolescence, Experiential techniques applied in Family and Couple Therapy Courses in Bachelor level – Developmental Psychology, Creative techniques, Neurodivergent Profiles and Speech Therapy, Psychological Abilities, Seminar coordinator – Developmental Psychology, Transpersonal Psychology, Practice in psychology field.
Name and address of employer	West University of Timișoara, Faculty of Sociology and Psychology B-dul V. Pârvan nr. 4 , post code 300223, Timișoara, Timiș, România Tel: +40 256 592 320, website: http://www.fpse.uvt.ro
Type of business or sector	Academic teaching and research
Dates	2007 – 2008
Occupation or position held	Psychologist
Main activities and responsibilities	Organizational diagnosis, Testing and psychological evaluation in work psychology and psychology of transport; Selection and recruiting of personal; Market studies; Organizational counseling.
Name and address of employer	S.C. Psiho Profil S.R.L. Str. Paris nr 11, Ap. 4A, Timișoara, jud. Timiș; www.psihoprofil.ro
Type of business or sector	Applied Psychology in work and transportation field, Humane Resources, Counseling.

Education and training	
Dates	2010-2013
Title of qualification awarded	PhD in Psychology
Principal subjects/occupational skills covered	Clinical Psychology and Personal Development
Name and type of organization providing education and training	University of Bucharest, Faculty of Psychology and Educational Sciences
Dates	2009
Title of qualification awarded	Master Degree – Psycho-pedagogical Counseling and Educational Integration
Principal subjects/occupational skills covered	Methods of evaluation of the intelligence, Theory and practice of educational integration, Development disorders, Methods and techniques of knowledge of personality, Theoretical basis of psychotherapeutic counseling
Name and type of organization providing education and training	West University of Timișoara, Faculty of Sociology and Psychology
Dates	2007 - 2009
Title of qualification awarded	Master Degree Certificate – Family and Couple Counseling
Principal subjects/occupational skills covered	Medical and psychological education in prenatal period, Ageing psychology, Psycho diagnosis and psychological evaluation, individual and for couple, Psychology of Trauma, Research methodology for family and couple; Communication in family and couple, Physiology of women sexuality, Individual therapy, Counseling for conception and birth control, Systemic psychotherapy.
Name and type of organization providing education and training	West University of Timișoara, Faculty of Sociology and Psychology
Dates	22nd March – 05th April 2009
Name and type of organization providing education and training	Universidad de Valencia
Title of qualification awarded	Outdoor Education – Comenius intensive program diploma, 3 ETCS
Dates	February - April 2008
Title of qualification awarded	Human Resources Manager
Principal subjects/occupational skills covered	Coordinating activities from human resources department, Counseling other managers in humane resources problems, Coordinating the persons from human resources department, Elaborating human resources strategies
Name and type of organization providing education and training	S.C. Psiho Profil S.R.L. Str. Paris nr 11, Ap. 4A, Timișoara, jud. Timiș; www.psihoprofil.ro
Dates	2003 - 2007
Title of qualification awarded	Dissertation paper in transpersonal psychology: Influence of personality factors on universal phenomena of synchronicity

Principal subjects/occupational skills covered General psychology, Developmental psychology, Neuropsychology, Neuro-cybernetics, Social psychology, Creativity psychology, Psychological statistics, Psychology of personality, Work and organizational psychology, Psychoanalysis, Cognitive Psychology, Transpersonal psychology, Medical psychology, Economic psychology, Psychopathology, Applied psychology in transportation, Psychiatry, Psychodrama, Cognitive Behavioral therapy, Professional counseling, Clinic psychology, Psychotherapy based on Erikson's theory, Politic psychology, Transactional Analysis, Special education – Talking disorders, School counseling module, Juridical psychology, Pedagogic module

Name and type of organization providing education and training West University of Timișoara, Faculty of Sociology and Psychology
Psychology Department

Dates 2006

Title of qualification awarded Graduation certificate

Principal subjects/occupational skills covered Marketing general, Communication in Business, Management Strategic, Promotion and Publicity, Societies, Contracts and Commercial operations, Human resources management.

Name and type of organization providing education and training British Academy of Business and Communication
www.academiadeafaceri.ro

Dates 2009

Title of qualification awarded Trainer of trainers, Certificate tip: CNFPA – Minister of Education, Research and youth, Minister of work, family and equal chances

Name and type of organization providing education and training Training, studies and research institute, PIMMJM, Targu Mures

Level in national or international classification ISCED 8

Personal skills and competences

Mother tongue Romanian

Other language(s)

Self-assessment

European level (*)

English

French

Spanish

	Understanding				Speaking				Writing
	Listening	Reading	Spoken interaction	Spoken production	Writing				
English	C2 Experimented user	C2 Experimented user	C2 Experimented user	C2 Experimented user	C2 Experimented user				
French	A2 Elementary user	A2 Elementary user	A1 Elementary user	A1 elementary	A1 Elementary user				
Spanish	B1 Independent user	A1 Elementary user	B1 Independent User	A2 elementary	A1 Elementary user				

(*) Common European Framework of Reference for Languages

Social skills and competences Communicative, open towards new, creative, innovating spirit and team worker.

Organizational skills and competences	Organizing capacity, coordination and control, forming skills, leadership aptitudes, problem solving ability, managing conflict skills
Computer skills and competences	Attested in working with Word, PowerPoint and Excel, good skills in internet surfing, knowledge for using statistic program SPSS.
Driving license	B category (2004)
Annexes	<ul style="list-style-type: none"> Published articles and chapters in volumes National and International Conferences Courses and training Belonging to Professional Societies Contracts/Projects for Scientific Research Grants and Prizes

Published articles and chapters in volumes

- Costea I. (2008), Map of interests and qualifications, EDU@ART Magazine, Timisoara;
- Costea I. (2008),: Why artistic education is necessary, EDU@ART Magazine, Timisoara;
- Costea I., Toma A. D., (2008), Differences in separation anxiety separation disorder in preschool", in the volume of Psychology National Conference „Dialogue for diversity”, West University Publishing House, Timișoara, ISBN 978-973-125-192-9 pg. 334-339;
- Redactor of Edu@art Magazine (2008), number 1, www.fundatiafirst.org, Timisoara;
- Munteanu A., Costea I., Jinaru A. (2008): coord., „Identity and integration on transpersonal path”, Editura Eurobit, volume in collaboration,
- Costea I. (2008), Chapter „Synchronistic phenomenon and archetypal psychology” p. 178-p. 187 in volume „Identity and integration on transpersonal path”, Editura Eurobit;
- Munteanu A., Costea I. (2009) Depression, anxiety and self-esteem in breast cancer, poster presentation and published in volume of European Health Psychology Conference organized by European Health Psychology Society, Pisa, Italy;
- Munteanu A., Jinaru A., Costea I. (2009) Psychological and behavioral aspects of the drug consumers, poster presentation and published in volume of European Health Psychology Conference organized by European Health Psychology Society, Pisa, Italy;
- Munteanu A., Costea I. (2009) Influence of the meditation techniques on some health aspects and psychological status, poster presentation and published in volume of European Health Psychology Conference organized by European Health Psychology Society, Pisa, Italy;
- Munteanu A., Costea I., Jinaru A. (2009) coordinators, Au-delà des apparences - Études dans la perspective d'un nouveau paradigme de la connaissance, 221 pg, volume in collaboration, Editura Eurobit;
- Costea I. (2009) Chapter „Le rencontre avec les expériences transpersonnelles” pg. 213 – pg. 221 in volume “Au-delà des apparences - Études dans la perspective d'un nouveau paradigme de la connaissance”;;
- Munteanu A., Costea I., Palos R., Jinaru A. (2009) Psychological and behavioral aspects regarding internet adiction”, Annals of DAAAM for 2009 & Proceedings of 20th DAAAM International Symposium, Publishing of research/scientific report as paper in ISI Proceedings;
- Munteanu A., Costea I. (2010) School outturn and personality dynamics in adolescence, in volume World Conference of Educational Sciences, Istanbul, Turkey,
- Munteanu A., Costea I., Jinaru A. (2010) Developing links in creative group training at university level, in volume of World Conference of Educational Sciences, Istanbul, Turkey,
- Palos R., Costea I., Drobot L., Munteanu A. (2010) Proving the necessity of adapting the instructions to students' intellectual development, in volume World Conference on Psychology, Counseling and Guidance, Antalya, Turkey,
- Costea I., Palos R., Munteanu A. (2010) How is competitive behaviour affecting couples' life , in volume World Conference on Psychology, Counseling and Guidance, Antalya, Turkey,
- Munteanu A., Costea I., Jinaru. A., Accessing the Essences - a Study of Archetypes,) Journal of Experiential Psychotherapy - Revista de PSIHOterapie Experientiala, Vol. 13, no. 3 (51), p. 33-38, 2010.
- Palos R., Munteanu A., Costea I., Macinga I., Motivational and cognitive variables with impact on academic performance. Preliminary study, volumul World Conference of Educational Sciences, Istanbul, Turcia, februarie 2011.
- Munteanu A., Palos R., Jinaru A., Costea I., Dragomir M.G., Emo phenomenon – An actual problem in adolescence, in volumul World Conference of Educational Sciences, Istanbul, Turcia, februarie 2011.
- Costea I., (2011), Influențe ale fenomenului sincronistic în viața de cuplu, Conferinta Nationala de Psihoterapie Experientiala, editia a-II-a cu titlul „Altfel despre lumile din noi”, Bucuresti,
- Munteanu A., Costea I., Jinaru A.: coordonatori, „Intalniri cu realitatea profunda”, 330 pg, Editura Eurobit, 2011
- Costea I., capitolul: Noi directii de cercetare in Psihologia Transpersonala, in „Intalniri cu realitatea profunda”, 330 pg, Editura Eurobit, 2011;
- Munteanu A., Costea I., (2011), capitolul: Schita identitara a studentilor care opteaza pentru disciplina Psihologie Transpersonala , in „Intalniri cu realitatea profunda”, 330 pg, Editura Eurobit,
- Palos. R., Costea I., Munteanu A., Drobot L., (2011), The influence of the academic specialization upon the students' preference for learning situations, European Conference on Educational Research, Berlin,
- Costea I. (2012), Prezenta transpersonalului in basme si povesti, 143 pag., Editura Eurobit,
- Munteanu A., Costea I., Palos R., Jinaru. A., (2012) A psychological sketch for the patient with multiple sclerosis, în volumul conferinței organizate de European Health Psychology Society, Praga,

- Munteanu A., Costea I., Jinaru. A., Palos. R. (2012), Implications of the type of birth over the level of anxiety of future mothers, în volumul conferinței organizate de European Health Psychology Society,
- Munteanu A., Costea I., Jinaru. A., Palos. R. Dragomir M.G (2012), Psychological effects of heart failure in adult age, în volumul conferinței organizate de European Health Psychology Society, Praga, august,
- Munteanu A., Costea I., Jinaru A. (2012), coordonatori, La psychologie transpersonnelle ou le tems du changement, 130 pg, Eurobit Publishing House, Timisoara,
- Costea I. (2013), Forays into the Psychological Profile of the Spiritual Seeker, *Journal of Experiential Psychotherapy*, Vol. 16, nr. 2 (62), 36-43.
- Munteanu A., Costea I. (2013), coord., *Viata, sexualitate, moarte*, 207 pg, Eurobit Publishing House, Timisoara,
- Costea I., (2013) capitolul: Periplul cautoatorului spiritual, sau despre distanta dintre nastere si moarte, in „Viata, sexualitate, moarte”, 207 pg, Eurobit Publishing House, Timisoara,
- Palos, R., Drobot, L., Costea, I., Munteanu, A. (2013). Cognitive and motivational variables that shape academic learning: A preliminary study. *Romanian Journal of Applied Psychology*, 15 (1), 1-8
- Costea I. (2014), Experiential applications for reviving psychological and cultural values for adolescents, *Journal of Experiential Psychotherapy*, Vol. 18, nr. 2 (66)
- Costea I. (2015), (coord), *Talmeș-Balmeș creativ*, 234 pg, Eurobit Publishing House, Timisoara
- Munteanu A., Costea I., (2015),: coord., *Pleading for the great alliance between science and spirituality*, 245 pg, Editura Eurobit,
- Munteanu A., Costea I. (coord.). (2016), *Psihologia transpersonală în mișcare*, 196 pg, Eurobit Publishing House, Timisoara
- Munteanu A., Anghel T., Costea I. (coord.). (2017), *Psihologia transpersonală, o știință pentru timpul nostru*, 170 pg, Editura Eurobit, Timisoara;
- Boncu A., Costea I., Minulescu M., (2017), A meta-analytic study investigating the efficiency of socio-emotional learning programs on the development of children and adolescents, *Romanian Journal of Applied Psychology*, Vol. 19, No. 2, 35-41
- Munteanu A., Anghel T., Costea I. (coord.). (2018), *Spiritualitatea omului contemporan, un imperativ al psihologiei transpersonale*, 165 pg, Eurobit Publishing House, Timisoara;
- Palos, R., Maricuțoiu, L. P., & Costea, I. (2019). Relations between academic performance, student engagement and student burnout: A cross-lagged analysis of a two-wave study. *Studies in Educational Evaluation*, 60, 199-204.
- Costea, I., & Fiț, A. (2021). Percepțiile sociale, distanțarea fizică, depresia și anxietatea la români, în contextul pandemiei de SARS-CoV-2 [Social Perceptions, Physical Distancing, Depression and Anxiety during the SARS-CoV-2 Pandemic: A Romanian Sample]. *Social Work Review/Revista de Asistență Socială*, (1).
- Costea, I., & Dragalina, M. (2024). Emotional Benefits and Differences for Pet Owners and Their Potential in Social Work. *Social Work Review/Revista de Asistență Socială*, (1).
- Anghel, T., Melania, B. L., Costea, I., Albai, O., Marinca, A., Levai, C. M., & Hogeia, L. M. (2025). Review of Psychological Interventions in Oncology: Current Trends and Future Directions. *Medicina*, 61(2), 279.
- Hogeia, L., Tabugan, D. C., Costea, I., Albai, O., Nussbaum, L., Cojocaru, A., ... & Anghel, T. (2025). The therapeutic potential of psychedelics in treating substance use disorders: A review of clinical trials. *Medicina*, 61(2), 278.
- Hogeia, L., Bernad, B., Costea, I., Levai, C. M., Marinca, A., Papava, I., & Anghel, T. (2025, May). The Role of Psychological Interventions in Enhancing Quality of Life for Patients with Cystic Fibrosis—A Systematic Review. In *Healthcare* (Vol. 13, No. 9, p. 1084).
- Munteanu A., Costea I., (2025), *Spiritualitatea, o valoare fundamentală a umanității*, Editura Eurobit, 216 p.
- Munteanu A., Costea I., (2025), *Simbioza dintre iubire și sexualitate, o cale spre transcendență*, Editura Eurobit, 161 p.
- Cojocaru, A., Braha, A., Andreescu, N. I., Șerban, A. F., Levai, C. M., Jugănar, I., Costea I. & Nussbaum, L. A. (2025). Correlation of Neuroimaging Biomarkers and Pharmacogenetic Profiles in Optimizing Personalized Therapy in Children and Adolescents with Psychotic Disorders. *Neurology International*, 17(8), 128.
- Hogeia, L., Bernad, B., Marinca, A., Corsaro, L., Costea, I., Ivanovic, N., & Anghel, T. (2026). Psychological Disorder and Patient Satisfaction in Aesthetic Surgery—A Systematic Review. *Medicina*, 62(2), 389.
- Sarca, M., Cojocaru, A., Dumache, R., Bernad, B. C., Nussbaum, L. A., Costea, I., ... & Hogeia, L. (2026). The Effects of Mindfulness Techniques on Anxiety, Depression, and Stress, with an Emphasis on Gratitude: A Systematic Review and Meta-Analysis. In *Healthcare*, Vol. 14, No. 5, p. 601

Belonging to Professional Societies

- (2005-2006) Member in Romanian Transactional Analysis Association (ARAT);
- (2005–present) Member in Romanian Transpersonal Psychology Association (ARPT);
- (2007–present) Secretary of the European Transpersonal Psychology Association (ETPA),
- (2008–present) Member in the Association of Psychologists from Romania (APR).
- (2009-present) Member in DAAAM (Wien) – Danube Adria Association for Automation & Manufacturing (www.daaam.com).
- (2010 – present) Member in Romanian's College of Psychologists – with right to autonomous practice clinical psychology, educational psychology, family, child, couple counselling

Contracts/Projects for Scientific Research

- (2008) – organizational diagnosis responsible - Project „Preparing employees through investing in modern ways of professional training. Developing Human Resources - CEDRU”, Phare Program 2005/017-553.04.02.01.513,
- (2010-2011) – short term expert - POS-DRU Project ID 28335. „Competences of the graduation students and employers' needs”
- (2011-2013) – short term expert - POS-DRU Project ID 58717 – Defining the Psychology qualification and adapting the learning needs to the work market from Romania;
- (2014) – project coordinator – Project LLP – EDUROM – Roma Women Association
- (2014) – psychology researcher – Project LLP – EDUROM – Roma Women Association
- (2014-2015) – *Mentor* – West University of Timisoara - Start a Successful Career Project - POSDRU 161/2.1/G/141573
- (2015) – *Counselor* – West University of Timisoara, Project Developing competences for implementing new businesses - NewBiz POSDRU/176/3.1/S/150300
- (2016) Institutional coordinator RWA (Roma Women Association „for Our Children”) in proiectul *Opportunities and challenges for tertiary education system in promoting evidence-informed good governance society* - Finanțat prin Mecanismul Financiar SEE 2009-2014
- (2018) Career counselor – ROSE Project - SSEI-FEAA - grant nr. 52/SGU/NC/I

Prices, study visits and other professional activities

- Team leader in Youth exchange „Cross border equality”, Tiszabab, Hungary, 2010
- Visiting professor in Erasmus Intensive Program „Philosophy at school – a tool to develop European citizenship”, Leuven-la-Neuve, Belgium, 2011
- Visiting professor in Erasmus Intensive Program „Philosophy at school – a tool to develop European citizenship”, Leuven-la-Neuve, Belgium, 2012.
- Visiting professor in Erasmus Intensive Program, „Memories of the past, hopes for the Future, Valencia, Spain, 2013
- Organization of International Week Program in West University of Timisoara – for Comenius Association, from 2011- 2015
- Co-founder and trainer of the developing emotional intelligence program, creativity and social abilities for children – DaVinci, 2014 – present
- Coordinator of the multicultural and intergenerational project – Summer school „Let's remake the bond between generations!”, 2015
- Bologna Teacher of the Year Prize, by ANOSR - 2015
- Member in the research committee of Journal of Transpersonal Research Journal;
- Initiator of the post graduate program: Prenatal education, early and healthy attachment;
- Invitation from University of Valencia in Erasmus Intensive Program, „Memories of the past, hopes for the Future, workshop „How to face the end of life”, Valencia, Spain, 2013
- UNITA Matching Event UNITO, octombrie 2022
- UNITA Matching Event UNITO, decembrie 2023
- BIP – REAPSES Method in primary school, Zaragoza, 2024
- BIP – Sprint to Wellness, martie-mai 2024
- BIP – Relax to Wellness, Guarda, aprilie 2025