



Gianina - Mălina Lăzărescu

Nationality: Romanian **Date of birth:** 16/08/1997 **Place of birth:** Arad

Gender: Female **Phone number:** (+40) 256592320

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Work: Bulevardul Vasile Pârvan, nr. 4, 300223 Timisoara (Romania)

WORK EXPERIENCE

West University of Timisoara – Timisoara, Romania

Assistant lecturer

[21/02/2025 – Current]

PediHelp Pediatric Clinic – Timisoara, Romania

Psychotherapist – Systemic Family and Couple Therapy

[16/10/2023 – Current]

Private Psychology Practice “Lăzărescu Gianina-Mălina” – Timisoara, Romania

Psychotherapist (Under Supervision) – Systemic Family and Couple Therapy

[16/10/2023 – Current]

Private Psychology Practice “Lăzărescu Gianina-Mălina” – Timisoara, Romania

Clinical Psychologist – Independent Practitioner

[30/08/2023 – Current]

West University of Timisoara – Timisoara, Romania

Teaching experience gained during doctoral studies

[01/10/2022 – 21/02/2025]

- Teaching seminar classes within the Department of Psychology (undergraduate and master’s levels)

PediHelp Pediatric Clinic – Timisoara, Romania

Clinical psychologist

[01/09/2022 – Current]

Smart Cultural Association – Timisoara, Romania

Educational Coordinator

[01/09/2023 – 01/09/2024]

CJRAE Timiș – Timisoara, Romania

Teacher in psychoeducational counseling centers and offices

[01/09/2022 – 01/09/2023]

Smart Cultural Association – Sânnandrei

Educational coordinator

[01/03/2021 – 31/08/2022]

 **Private Psychology Practice “Lăzărescu Gianina-Mălina”** – Timisoara, Romania

Clinical Psychologist (Under Supervision)

[17/07/2020 – 30/08/2023]

 **Smart Cultural Association** – Timisoara, Romania

Kindergarten Teacher

[07/10/2019 – 31/08/2022]

Implemented targeted exercises and activities designed to address speech and language disorders and to support the development of children’s motor and social skills.

 **West University of Timisoara** – Timișoara, Romania

Volunteer

[13/05/2019 – 12/07/2019]

Administering job satisfaction questionnaires to employees at Continental Tires (Future Skills Project)
Preparing charts based on the centralized data collected

 **C.R.A.E Speranța** – Timisoara, Romania

Volunteer

[01/11/2017 – 01/06/2018]

Supporting children with disabilities in completing homework and developing basic academic skills, such as reading and counting.

 **Serviciul de Ajutor Maltez (Malteser Aid Service)** – Timisoara, Romania

Volunteer

[09/11/2017 – 15/02/2018]

Interacting with older adults to enhance their quality of life through supportive conversations, walks, recreational activities, and games.

Conducting interviews focused on their difficulties, needs, and psychological well-being.

 **Asociația ProPsiho (ProPsiho Association)** – Timisoara, Romania

Volunteer

[22/03/2017 – 22/03/2018]

Reviewing the relevant literature

Developing and distributing questionnaires regarding Romanians’ perceptions of psychological services

Compiling and centralizing the collected data

EDUCATION AND TRAINING

PhD Candidate in Psychology

West University of Timisoara [11/10/2021 – 27/10/2025]

City: Timisoara | **Country:** Romania | **Field(s) of study:** Clinical Psychology | **Final grade:** PhD in Psychology – Excellent distinction | **Thesis:** The Role of Sociocultural Pressure and Body Objectification in the Desire to Undergo Cosmetic Surgery

Training in Family and Couple Therapy

Timișoara Association for Family and Couple Therapy (ATFCT) [17/10/2020 – Current]

City: Timișoara | Country: Romania

Graduate of the Postgraduate Program “Teaching & Learning Brand”

West University of Timișoara, Department of Teacher Training [2021 – 2022]

City: Timișoara | Country: Romania

Graduate of the Psycho-Pedagogical Training Program – Level II

West University of Timișoara, Department of Teacher Training [01/10/2019 – 16/07/2021]

City: Timișoara | Country: Romania

Master’s Degree in Clinical Psychology and Psychotherapy

West University of Timișoara, Faculty of Sociology and Psychology [01/10/2019 – 15/07/2021]

City: Timișoara, | Country: Romania | Final grade: 9,85 | Thesis: 10

Child Psychopathology

Couple Psychotherapy – Systemic Family Therapy Approach

Individual Psychotherapy – Systemic Family Therapy Approach

Family Psychotherapy – Systemic Family Therapy Approach

Clinical Psychology

Practical training in Speech Therapy

Andreea Năstase Private Psychology Practice [14/12/2020 – 21/04/2021]

City: Bucharest | Country: Romania

Graduate of the Psycho-Pedagogical Training Program – Level I

West University of Timișoara, Department of Teacher Training [03/10/2016 – 01/06/2019]

City: Timișoara | Country: Romania

Bachelor’s Degree in Psychology

West University of Timișoara, Faculty of Sociology and Psychology, Psychology [03/10/2016 – 01/06/2019]

City: Timișoara | Country: Romania | Final grade: 9,89 | Thesis: 9,62

Main subjects studied: Clinical Psychology, Family Psychology, Psychosexology, Child Assessment, Personality and Intelligence Assessment, Psychopathology, Developmental Psychology.

High School Graduate

Pâncota Theoretical High School [10/09/2012 – 01/06/2016]

City: Arad | Country: Romania | Field(s) of study: Philology | Final grade: 10 | Thesis: Baccalaureate Diploma – Final Grade: 9.90

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING C2 READING C2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

French

LISTENING A2 READING A2 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

SKILLS

IBM SPSS Statistics - advanced level / JAMOVI Statistics - advanced level / PROCESS Statistics - intermediate level / R Statistics - beginner level / Microsoft Office - advanced level / Basic knowledge of Google Forms, Google Meet, Google Slides, and Zoom / Basic knowledge of educational digital tools such as Mentimeter, Kahoot!, Edmodo, and Socrative

DRIVING LICENCE

Driving Licence: B

RECOMMENDATIONS

References available upon request.

HONOURS AND AWARDS

Publications. Vintilă, M., & Lazarescu, G. (2026). Body image in Eastern Europe and Central Asia. In *Handbook of Diversity in Body Image* (pp. 95-109). Academic Press.

Lăzărescu, G., & Vintilă, M. (2025). The relationship between objectification and the desire to undergo cosmetic surgery: the mediating role of intuitive eating and body image flexibility. *Frontiers in Nutrition, 12*, 1537433.

Kalaitzaki, A., Goodwin, R., Kurapov, A., Vintila, M., **Lazarescu, G.**, Lytvyn, S., ... & Zhamuldinov, V. N. (2024). The mental health toll of the Russian-Ukraine war across 11 countries: Cross-sectional data on war-related stressors, PTSD and CPTSD symptoms. *Psychiatry Research, 342*, 116248

Swami, V., Todd, J., **Lazarescu, G.**, Bucur, V., & Vintilă, M. (2024). Translation and validation of a Romanian version of the Breast Appreciation Scale (BrAS). *Body Image, 49*, 101720.

Lăzărescu, G. M., & Vintilă, M. (2023). The relationship between personality traits and willingness to undergo cosmetic surgery in the non-clinical population—a systematic review and meta-analysis. *Frontiers in Psychology, 14*, 1241952.

Lazarescu, G., Maïano, C., Vintilă, M., Goian, C., & Swami, V. (2023). Psychometric properties of a Romanian translation of the Acceptance of Cosmetic Surgery Scale (ACSS): An examination using bifactor exploratory structural equation modelling. *Body image, 45*, 273-283.

Vintilă, M., **Lăzărescu, G. M.**, Kalaitzaki, A., Tudorel, O. I., & Goian, C. (2023). Fake news during the war in Ukraine: coping strategies and fear of war in the general population of Romania and in aid workers. *Frontiers in psychology, 14*, 1151794.

Lăzărescu, G. M., & Vintilă, M. (2023). Attitudes towards Cosmetic Surgeries, Likelihood of Having Cosmetic Surgery and Favourite Sources of Information for Young Adults. *Social Work Review/Revista de Asistentă Socială, (1)*.

Lăzărescu, G. M., Tudorel, O. I., & Vintilă, M. (2022). Parents of Children with Special Needs Adapting to the Pandemic Context. *Social Work Review/Revista de Asistentă Socială, (1)*.

LĂZĂRESCU, G. M., & VINTILĂ, M. (2022). Cosmetic surgery. A right to health or a luxury?. *Hum. Rts. Q, 37*, 107.

Lazarescu, G. M., & Vintila, M. (2021). The Necessity of Couple Education regarding the Impact of Online Infidelity on Romantic Relationships. *Bulletin of the Transilvania University of Braşov. Series VII: Social Sciences• Law, 307-316*.

Lazarescu, G., & Vintila, M. (2020). Psychological and Legislative Aspects on Alzheimer Patients in Romania. *Drepturile Omului, 72*.

Lăzărescu, G. M. (2020). EXCESSIVE INTERNET USE AND PARENT-CHILD RELATIONSHIP. *Agora Psycho-Pragmatica, 14(1)*

Awards. Third prize in the “Young Researchers Award” competition, Faculty of Sociology and Psychology, October 2023

Valedictorian upon high school graduation (final average grade: 10.00, grades V-XII)

Honourable mention at the National Olympiad in Logic, Argumentation and Communication, April 18-22, 2016, “Spiru Haret” Dobrogean College, Tulcea (score: 9.10)

First prize at the County Olympiad in Logic, Argumentation and Communication, 2015 (score: 10.00) and 2016 (score: 9.15)

COMMUNICATION AND INTERPERSONAL COMPETENCIES

Communication and Interpersonal competencies

Excellent interpersonal communication skills, cultivated through university teaching, clinical activity, and psychotherapeutic practice.

Ability to adjust communication style effectively according to the audience and context, in work with students, children, parents, colleagues, and clients.

Advanced oral communication and presentation abilities, strengthened through teaching responsibilities and participation in national and international conferences.

Strong collaboration, coordination, and teamwork skills, developed across educational, academic, and volunteer environments.

Proficient written communication skills, reflected in the preparation of scientific papers, educational resources, and professional documents.

Empathic and constructive interpersonal approach, supported by experience working with children, families, students, and psychological service beneficiaries.

ORGANISATIONAL AND MANAGERIAL SKILLS

Organisational and Managerial Skills

Excellent organisational and planning skills, cultivated through the coordination of educational, academic, and cultural activities, as well as through responsibilities undertaken in university and clinical environments.

Strong coordination and team management abilities, developed through the role of educational coordinator and participation in university projects.

Proven ability to manage multiple responsibilities simultaneously, supported by the combination of teaching, clinical, psychotherapeutic, and research work.

Well-developed leadership skills and strong sense of responsibility, demonstrated through organising activities, delivering seminars, and engaging in a variety of professional and academic settings.

Effective problem-solving and decision-making skills, strengthened through work with children, students, families, and beneficiaries in psychological practice.

Ability to perform efficiently under pressure, while meeting deadlines and maintaining high standards of work in dynamic environments.