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Luana-Maria Alexa

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WORK EXPERIENCE

POSTDOCTORAL RESEARCHER – WEST UNIVERSITY OF TIMISOARA – 2026 – Current

- Conducting scientific research activities in the field of psychology.
- Collecting, processing, and analyzing data using appropriate research methodologies.
- Developing, writing, and publishing scientific articles in specialized academic journals.
- Participating in research projects and disseminating scientific findings at national and international conferences.

PSYCHOTHERAPIST – PRIVATE PRACTICE – 2023 – Current

- Assessing the emotional, cognitive, and relational difficulties of adults, couples, and families.
- Developing systemic case conceptualizations.
- Planning and implementing individualized psychotherapeutic interventions tailored to clients' needs.
- Monitoring therapeutic progress and evaluating intervention outcomes in relation to established treatment goals.

CLINICAL PSYCHOLOGIST – WEST UNIVERSITY OF TIMISOARA – 2021 – 2025

- Clinical assessments of students accessing the Career Counseling and Guidance Center.
- Developing psychological case formulations and providing recommendations for appropriate psychological interventions.
- Providing primary psychological counseling and supporting students in managing identified difficulties.
- Monitoring students' psychological progress and preparing psychological assessment reports.

CAREER COUNSELOR – WEST UNIVERSITY OF TIMISOARA – 2019 – 2021

- Identifying students' career interests, aptitudes, and skills.
- Facilitating self-awareness and the clarification of educational and career goals.
- Providing individual career counseling on career development, exploring professional opportunities, and decision-making.
- Supporting the development of students' employability skills and designing strategies for successful labor market integration.

EDUCATION AND TRAINING

2021 – 2026

PH.D. IN PSYCHOLOGY West University of Timisoara

Thesis A Deeper Understanding of Internalized Stigma in Mental Illness: New Theoretical Insights and Empirical Evidence

2020 – 2024

TRAINING IN SYSTEMIC COUPLE AND FAMILY PSYCHOTHERAPY Association for Family and Couple Therapy, Timisoara

2023 – 2023

TRAINER Sellification Timișoara

2019 – 2021

MASTER'S DEGREE IN CLINICAL PSYCHOLOGY AND PSYCHOTHERAPY West University of Timisoara

2016 – 2019
PSYCHOPEDAGOGICAL TRAINING West University of Timisoara

2016 – 2019
BACHELOR'S DEGREE IN PSYCHOLOGY (VALEDICTORIAN) West University of Timisoara

2019 – CURRENT
ACCREDITED TRAINING COURSES Romanian College of Psychologists

Psychosomatics
Psychological trauma: Assessment and Intervention
Emotional Dependency: Psychotherapeutic Intervention
Anxiety Therapy: Effective Intervention
Becoming a Woman: How Our Relationship with Our Parents Shapes the Development of Femininity
Experiencing Narcissism: Between Inner Emptiness and the Fascination of Grandiosity
Systemic Therapy for Families with Children
Unmasking and Integrating the Shadow: Fundamental Components of the Systemic Psychotherapy Process
Group Work: Between Psychodynamic and Cognitive-Behavioral Approaches

LANGUAGE SKILLS

Mother tongue(s): **ROMANIAN**

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C1	C1	B2	B2	C1

CONFERENCES AND SEMINARS

01/07/2025 – 04/07/2025 Cyprus
19th European Congress of Psychology (ECP): "Transforming Psychological Science: the 2030 agenda"

06/06/2025 – 08/06/2025 Republic of Moldova
16th National Conference of the Romanian Association of Psychologists (APR): "Romanian Psychology in the European Context: Traditions and Perspectives"

30/06/2023 – 04/07/2023 Poland
19th General Meeting of the European Association of Social Psychology (EASP)

07/09/2022 – 10/09/2022 Spain
52nd European Association for Behavioural and Cognitive Therapies (EABCT): "Re-Thinking CBT: providing strategies for a new way of living"

04/07/2022 – 08/07/2022 Italy
Summer School "SmartPsychology: Methods and Practices in Ambulatory Assessment and Intervention"

18/06/2022 – 19/07/2022 Italy
Study Mobility at the University of Milano-Bicocca

11/11/2021 – 14/11/2021 Romania
14th National Conference of the Romanian Association of Psychologists (APR): "Psychology and Technology: Connected to the Future"

22/11/2019 – 24/11/2019 Romania
13th National Conference of the Romanian Association of Psychologists (APR): "Unity in Diversity"

PUBLICATIONS

Improving students' self-esteem with an online group intervention based on the Fennell Model: an open-label, uncontrolled feasibility trial

Alexa, L. M. & Rusu, A (2026)
Journal of Evidence-Based Psychotherapies, 26(1), 163-190. https://doi.org/10.24193/jebp.2026.1.8

Mapping Generation Z's stereotypes on mental disorders: Insights from psychological network analysis

Alexa, L. M., Rusu, A, & Marian, Ș. (2026)
Collabra: Psychology, 12(1), 155848. https://doi.org/10.1525/collabra.155848

Measuring Self-Stigma Among Romanian Psychiatric Patients: Cultural Adaptation and Further Psychometric Insights for the Self-Stigma of Mental Illness Scale and the Paradox of Self-Stigma Scale

Alexa, L. M., Rusu, A., Richetin, J., Latu, I. M., Ciumăgeanu, M. D., Radu, A. M., Dindelegan, C. M., & Băcilă, C. I. (2025)
Evaluation & the Health Professions, 0(0), 1-10. https://doi.org/10.1177/01632787251384305