



**Personal Information**



Name and surname	<b>SORINA DANIELA DUMITRACHE</b>
<b>Work experience</b>	
Period	<b>2016 – present</b>
Position held	<b>University Lecturer</b>
Main activities and responsibilities	Activities for the following subjects: Self-knowledge, Personal and Professional Optimization of Social Workers, Social work for people who suffered from traumas, losses, grief, Introduction in Psychotherapy, Couples Psychology and Sexuality, Psychopathology of sexual behaviour.
Employer's name and address	<b>University of Bucharest</b> , Faculty of Sociology and Social Work 9 Schitu Măgureanu, district 5, Bucharest;
Period	<b>2017 – present</b>
Position held	<b>Assoc. University Lecturer</b>
Main activities and responsibilities	Activities for the following subjects: Self-reflection in Social Work through experiential techniques and cinema-therapy
Employer's name and address	<b>University Of Applied Sciences</b> , Darmstadt, Germania
Period	<b>2012 – 2016</b>
Position held	<b>University Teaching Assistant</b>
Main activities and responsibilities	Seminar activities for the following subjects: Counselling in social work, Social work for people who suffered from traumas, losses, grief
Employer's name and address	<b>University of Bucharest</b> , Faculty of Sociology and Social Work 9 Schitu Măgureanu, district 5, Bucharest;
Period	<b>2011 – present</b>
Position held	<b>Psychotherapist, psychological counsellor, clinical psychologist</b>
Main activities and responsibilities	Psychotherapy, psychological counselling and clinical psychology
Employer's name and address	<b>Psychological Private Practice - Sorina Daniela Dumitrache</b>
Period	<b>2010 – 2011</b>
Position held	<b>University Teaching Assistant PhD student</b>
Main activities and responsibilities	Seminar Activities for the following subjects: Personality Psychology, Experimental Psychology

Employer's name and address	<b>"Titu Maiorescu" University, Faculty of Psychology</b> 187 Calea Văcărești, district 4, Bucharest
<b>Education and training</b>	
Period	2010-2014
Qualification or degree awarded	<b>PhD in psychology</b>
Name and type of educational institution/training provider	University of Bucharest, Faculty of Psychology and Education Sciences, Field: Psychology, Minister of Education and Scientific Research
Period	2008-2010
Qualification or degree awarded	<b>Master's degree</b>
Name and type of educational institution/training provider	University of Bucharest, Faculty of Psychology and Education Sciences, <b>Training Of Trainers Master's degree</b>
Period	2004 – 2008
Qualification or degree awarded	<b>bachelor's degree</b>
Name and type of educational institution/training provider	University of Bucharest, Faculty of Psychology and Education Sciences Pedagogy Department.
<b>Certified Ongoing Training Certificates</b>	
Period	2019-2020
Qualification or degree awarded	<b>Eye Movement Desensitization and Reprocessing (EMDR)</b>
Name and type of educational institution/training provider	ARSIT Timișoara, EMDR Romanian Society
Period	2019-2020
Qualification or degree awarded	<b>EFT - Emotionally focused couples therapy</b>
Name and type of educational institution/training provider	EFT Romania, ICEEFCT, Psychologists' College of Romania
Period	2016 –2017
Qualification or degree awarded	<b>Body psychotherapy – advanced studies for psychotherapists</b>
Name and type of educational institution/training provider	Romanian Society of Experiential Psychotherapy (S.P.E.R. Institute) Psychologists' College of Romania
Period	2012-2014
Qualification or degree awarded	<b>Cinematery online training</b>
Name and type of educational institution/training provider	Zur Institute, Sonoma, California

Period	Since 2009				
Qualification or degree awarded	<b>Psychotherapist certificate, Psychological counsellor, Clinical psychologist certificate</b> (Licence granted by the Psychologists' College of Romania )				
Name and type of educational institution/training provider	Romanian Society of Experiential Psychotherapy (S.P.E.R. Institute) Psychologists' College of Romania				
<b>Personal aptitudes and competences</b>					
Foreign languages					
Self-assessment	<b>Comprehension</b>		<b>Speaking</b>		<b>Writing</b>
<i>European level (*)</i>	Listening	Reading	Participation in conversation	Oral speech	Written expression
<b>English</b>	C2	C2	B1	B1	B1
<b>French</b>	B1	C2	B1	B2	B1
<b>Spanish</b>	B2	B2	B2	B2	B2
	(*) <a href="#"><u>Common European Framework of Reference for Languages</u></a>				
<b>Additional Information</b>					
<b>Annexes</b>	Annex 1 – List of published articles and papers Annex 2 – Member in organising committees, other scientific boards and organisations				

## ANNEX 1

### LIST OF PUBLISHED PAPERS AND ARTICLES

#### 1.1. AUTHOR'S BOOKS

1. *Introduction in Psychotherapy*. 2019. (unpublished - Faculty of Sociology and Social Work, University of Bucharest).
2. *Aici și acum. Dezvoltare personală: scenă și culise (Here and now. Personal Development: scene and backstage)*, SPER Publishing House, 2017, 104 pg., ISBN 978-606-8429-54-0.
3. *Umbre și lumini - Dezvoltare personală de la A la Zen (Shadow and lights. Personal Development from A to Zen)*, SPER Publishing House, 2016, 103 pg., ISBN 978-606-8429-54-0.
4. *Cinmaterapia de la evadare la ancorare în cotidian (Cinematrapy - from escaping to anchoring in daily life)*, SPER Publishing House, 2015, 235 pages, ISBN 978-606-8429-42-7.
5. *Către tine... exerciții de meditație creativă, dezvoltare personală și well-being Audiobook (Towards yourself... exercises of creative meditation, personal development and well-being)*, read by Iolanda Mitrofan, SPER Publishing House, 2015, ISBN 978-606-8429-45-8.
6. *Către tine... 13 exerciții de autocunoaștere, dezvoltare personală și well-being (Towards yourself... 13 exercises of self-knowledge, personal development and well-being)*, SPER Publishing House, 2014, 100 pages, ISBN 978-606-8429-37-3.
7. *Tulburările de personalitate - în clinică și cotidian - (Personality disorders - in clinical field and everyday life)* SPER Publishing House, 2013, 224 pages, ISBN 978-606-8429-22-9.

## 1.2. CO-AUTHOR'S BOOKS:

1. *Parafiliile – extremele comportamentului sexual uman, (Paraphilias – the extremes of human sexual behaviour)*, SPER Publishing House, 2010, 156 pages, ISBN 978-973-8383-69-2.
2. *Compendiu de fobii (Compendium of phobias)*, SPER Publishing House, 2010, 2012, 224 pages, ISBN 978-973-8383-66-1.

## 1.3. COORDINATION OF COLLECTIVE VOLUMES:

1. *Corp, traumă, vindecare. Diagnoză și intervenție psihoterapeutică (Body, trauma, healing. Diagnosis and psychotherapeutic intervention)*, SPER Publishing House, 2020, 412 pages, ISBN 978-606-8429-84-7.
2. *Din culisele psihoterapiei experiențiale unificatoare –studii de caz și cercetări aplicative (The Unifying Experiential Psychotherapy behind the scenes. Case studies and applicative research)*, SPER Publishing House, 2012, 300 pages, ISBN 978-606-8429-11-3. (coord.).
3. *Conference Volume Coordinator - International Conference of Experiential Psychotherapy and Unifying Personal Development: Therapeutic Partnership, Unification and Interdisciplinarity*, Third Edition, February 18-19, 2012, Bucharest, ISBN 978-973-8383-96-8.

## 1.4. COORDINATION OF JOURNALS:

1. **Founder and chief-editor of ArtTE - Journal of creative-expressive therapies and unifying personal development.** The journal is edited under the aegis of SPER Publishing House and of the Romanian Society of Experiential Psychotherapy (SPER Institute); ISSN 2393 – 3305; ISSN-L 2392 – 9286; e ISSN 2392 – 9286. [www.artte.ro](http://www.artte.ro) 2014 - 2020 (no. 1-10)
- **Associate editor of Journal of Experiential Psychotherapy**, ISSN 1453-634X, e- ISSN 2359 – 7607, ISSN-L 1453 – 634X. Editura SPER CONS EDIT (editură recunoscută CNC SIS). (B+, BDI). (2013-2017). ([www.jep.ro](http://www.jep.ro))
- Revista de Asistență Socială/Social Work Review: 3 / 2018, (**editors:** Sorina Dumitrache, Mirela Anghel).

## 1.5. ARTICLES IN COLLECTIVE VOLUMES:

1. *Corpul ca partener, dincolo de anatomie și imagine corporală (The body as a partner, beyond anatomy and body image), p.19-26 in Corp, traumă, vindecare. Diagnoză și intervenție psihoterapeutică (Body, trauma, healing. Diagnosis and psychotherapeutic intervention)*, SPER Publishing House, 2020, 412 pg., ISBN 978-606-8429-84-7.
2. *Când corpul „nu mai vrea să audă”. Dialog psiho-corporal. Studiu de caz (When the body "no longer wants to hear." Psycho-corporal dialogue. Case Study)*, p. 14-196, in *Corp, traumă, vindecare. Diagnoză și intervenție psihoterapeutică (Body, trauma, healing. Diagnosis and psychotherapeutic intervention)*, SPER Publishing House, 2020, 412 pg., ISBN 978-606-8429-84-7.
3. *Cinematrapia - Secvențele unui grup de dezvoltare personală centrată pe film (Cinematrapia – Sequences of a personal development group centred on movies)*, in *The Unifying Experiential Psychotherapy behind the scenes. Case studies and applicative research* - (coord. Sorina Daniela Dumitrache, Iolanda Mitrofan) SPER Publishing House, 2012, ISBN 978-606-8429-11-3. (pages 71-83).
4. *Fobiile sexuale (Sexual Phobias)*, in the volume of the National Conference of Sexuality Psychology, the Institute of Sexuality Psychology and Psychotherapy, Cluj Napoca, April 4, 2012.
5. *Exhibiționismul – comportament sexual deviant (Exhibitionism – deviant sexual behaviour)* - International Conference of Experiential Psychotherapy and Unifying Personal Development: Therapeutic Partnership, Unification and Interdisciplinarity, Third Edition, February 18-19, 2012, Bucharest, conference volume ISBN 978-973-8383-96-8.

6. **Hipoxifilia - Între pedeapsă și gratificare. O parafilie de mare risc pentru viața individului (Hypoxiphilia – Between punishment and gratification. A high-risk paraphilia for the individual's life)** in the volume of the National Conference of Sexuality Psychology, the Institute of Sexuality Psychology and Psychotherapy, Cluj Napoca, December 9, 2011, ISBN 978-973-0-11871-1.

#### 1.6. ARTICLES IN SPECIALIZED JOURNALS:

1. **The Vicarious Trauma. Between Self-Neglect and Self-Care of those who Take Care of Others.** *Revista de Asistență Socială/ Social Work Review*, XV, 2/2017, 1-11.
2. **Men's sexual life and repeated exposure to pornography. A new issue?** (co-author Cotigă, A.), *Journal Of Experiential Psychotherapy*, Vol. 18, no. 4, (72) December 2015, p. 18-24, Bucharest, ISSN 1453-634X, SPER Cons Edit Publishing House.
3. **The Role of Unifying-Experiential Cinematherapy (U.E.CT.) in Developing Creativity and Reducing Depressive Symptoms in Young People**, *Global Journal for Research Analysis (GJRA)*, Volume: IV, Issue: IX, September - 2015, pages 286-290, ISSN: 2277 - 8160, Journal DOI : 10.15373/22778160.
4. **The Aggressiveness Level Diminution after Participating in the Cinematherapy–Centred Personal Development Program** (co-author), *PARIPEX - Indian Journal Of Research (PIJR)*, Volume IV, Issue VI, June, 2015, pages 151-157, ISSN: 2250-1991, Journal DOI : 10.15373/22501991.
5. **The Effects Of Cinematherapy: Anxiety Diminution, Self-Esteem Development** (co-author), *Indian Journal of Applied Research (IJAR)*, Volume V, Issue VII, July 2015, pages 164-168, ISSN 2249-555X, Journal DOI: 10.15373/2249555X.
6. **"Dansul Alchimic al Realității" – exercițiu de meditație creativă" (The Alchemic Dance of Reality – exercise of creative meditation)**, *ArtTE, journal of creative-expressive therapies and unifying personal development*, Vol. 2, no. 3, 2015, pages 47-48, ISSN 2393 – 3305, ISSN-L 2392 – 9286, e ISSN 2392 – 9286, SPER Publishing House.
7. **Cinematerapia. Filmul ca ecran de proiecție și stimul pentru „re-construcția” umană (Cinematherapy. The movie as a projection screen and a stimulus for human “re-construction”)** *ArtTE, journal of creative-expressive therapies and unifying personal development* Vol.1, no.1, 2014, pages 7-14, ISSN 2393 – 3305, ISSN-L 2392 – 9286, e ISSN 2392 – 9286, SPER Publishing House.
8. **The effects of a cinema-therapy group on diminishing anxiety in young people**, (**Procedia - Social and Behavioral Sciences**, (ISSN: 1877-0428), Volume 127, (22 April 2014), Pages 717-721, The International Conference – Psychology And The Realities Of The Contemporary World – 4<sup>th</sup> Edition - Psiworld 2013, by ELSEVIER. indexed ScienceDirect, Scopus, Thomson Reuters Conference Proceedings Citation Index (ISI Web of Science).
9. **Interconnections between Assertiveness and Empathy in Couple Relationships - experiential applications** (co-author), *Journal Of Experiential Psychotherapy*, Vol. 15, no. 3, (59) September 2012, pages 11-23, Bucharest, ISSN 1453-634X, SPER CONS EDIT Publishing House.
10. **Fobiile sexuale - subtipuri ale aversiunii sexuale (Sexual phobias – subtypes of sexual aversion)**, (co-author), *Journal of Personal Development, University Education for the 3<sup>rd</sup> Millennium*, no. 4, 2012, ISSN 2065-1635, University of Bucharest Publishing House.
11. **Self-Image and Depressive Tendencies among adolescent Facebook users** (co-author), *Journal of Psychology, Romanian Academy Publishing House*, ISSN: 0034-8759, no. 4/2012.
12. **Being Manipulated in the Group Of Friends - Predisposition And Psychological Implications**, (co-author), **Procedia - Social and Behavioral Sciences**, (ISSN: 1877-0428), Volume 33, Pages 1-1086 (2012), Pages 35-39, Psiworld 2011, by ELSEVIER. indexed ScienceDirect, Scopus, Thomson Reuters Conference Proceedings Citation Index (ISI Web of Science).
13. **The Effect of Unifying Creative Meditation Technique and the Dark-Ambient Music on the Level of Aggressiveness, the Kinaesthetic, Cognitive And Physiological Functioning** (co-author Gâtej, E.R.), *Journal Of Experiential Psychotherapy*, Vol. 14, no. 4, (56) December 2011, p. 50-54, Bucharest, ISSN 1453-634X, SPER CONS EDIT Publishing House.

14. *New directions in cinema-education and cinematherapy. Experiential and unifying cinematherapy. Cinema-centred group of personal development*, Journal Of Experiential Psychotherapy, Vol. 15, no. 3, (55) September 2011, pages 32-36, Bucharest. **ISSN 1453-634X**, SPER CONS EDIT Publishing House.
15. *Cinemaeducația - Filmul Ca Formă A Psihopedagogiei Artei (Cinema-education – The Movie as a Form of Psychopedagogy of Art)*, Journal of School Psychology, Volume 4, no. 7/2011, pages 100-103, **ISSN: 1844 – 1815**, University of Oradea Publishing House.
16. *The Bloody Scream - Borderline Personality Disorder, Self-Injuring and Suicidal Behaviours*, Romanian Journal of Experiential Psychotherapy, Vol. 15, no. 2, (54) June 2011, pages 17-22, Bucharest. **ISSN 1453-634X**, SPER CONS EDIT Publishing House.
17. *Psychological stances and characteristics of paranoid personality disorder. Case study: the fanatic psychopath and his influence on vulnerable personalities. The People’s Temple Sect - Jim Jones or the Cyanide Messiah*, Journal of Experiential Psychotherapy, Vol. 15, no. 1, (53) March 2011, p. 33-40, Bucharest, **ISSN 1453-634X**, SPER CONS EDIT Publishing House.
18. *Hibristofilia Sau Despre Complexul Frumoasa Și Bestia (Hybristophilia or on the Beauty and the Beast Complex)*, Journal of Personal Development, University Education for the 3<sup>rd</sup> Millennium, no. 3, 2011, pages 29-37, **ISSN 2065-1635**, University of Bucharest Publishing House.

### 1.7. PAPERS PRESENTED AT CONFERENCES OR SCIENTIFIC MANIFESTATIONS:

- "Enhancing Social Work Students' Reflection and Self-Knowledge through Art-Based Therapy and Experiential Methods", EASSW Madrid 2019 “**Meanings of Quality of Social Work Education in a Changing Europe**” MADRID, SPAIN — 4-7 JUNE 2019, **Universidad Complutense De Madrid**.
- **The Effects of a Personal Development Course on Social Work Students** Conferința **Social Work International Conference (SWIC)**, "**The Challenges of Glocal Social Work Education, Practice and Research**", **Bucharest, November 8th – 9th, 2018**, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR)
- **The effects of a self-knowledge laboratory, unifying personal development and professional optimization for future social workers**, The Conference of Experiential Psychotherapy and Unifying Personal Development -, The 8th Edition, November, 4-5, 2018, Bucharest, The Romanian Society of Experiential Psychotherapy (S.P.E.R. Institute) in partnership with The University of Bucharest – Personal Development, Experiential Counseling and Psychotherapy Centre and The Faculty of Psychology and Education Sciences.
- **Working with transgender people - A trans-positive approach: challenges, strategies, resources** (Prelegere 1h30min) “**Hope and Resilience**” **International Conference for Psychologists and other Health Professionals, Somerset West, Western Cape South Africa, 24 - 26 October 2018**, Milton H Erickson Institute Of Stellenbosch.
- **The Importance of Self-reflection in Social Work** Conferința **Social Work International Conference (SWIC)**, "**Social Work Responses to the New Realities of a Turbulent World**" November 2-3, 2017, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR).
- **Being transgender in Romania – between discrimination and social acceptance**, Conferința **Social Work International Conference (SWIC)**, "Envisioning Sustainable Social Work: Empowering Communities And Individuals" November 3-4, 2016, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR).
- **The healing power of art. The movie as a projection screen and a stimulus for human “re-construction”**, **Healing Architecture International Conference**, 12-13 June 2014, Bucharest, ”Ion Mincu” University of Architecture and Urbanism, organizers: ”Ion Mincu” University of Architecture and Urbanism in partnership with the Romanian Society of Experiential Psychotherapy – SPER Institute.
- **The effects of a cinema-therapy group on diminishing anxiety in young people**, The International Conference ”Psychology and the realities of the contemporary world”, **PSIWORLD, 4<sup>th</sup> Edition, Bucharest, 18-20 October**

2013, Romanian Society of Applied Experimental Psychology, University of Bucharest, Faculty of Psychology and Education Sciences.

- **Sexual Phobias**, the National Conference of Sexuality Psychology, the Institute of Sexuality Psychology and Psychotherapy, Cluj Napoca, Cluj Arena, April 4, 2012.
- **Hypoxiphilia – Between punishment and gratification. A high-risk paraphilia for the individual's life**, the National Conference of Sexuality Psychology, the Institute of Sexuality Psychology and Psychotherapy, Cluj Napoca, December 9, 2011.
- **The fanatic psychopath. Psychosocial influences**, the International Conference “Education and Creativity for a Society Based on Knowledge”, 5<sup>th</sup> Edition, Bucharest, 11-12 November 2011, “Titu Maiorescu” University under the aegis of the Romanian Scientists’ Academy, psychology section, topic: psychology and society.
- **Being Manipulated in the Group of Friends - Predisposition and Psychological Implications**, The International Conference “Psychology and the realities of the contemporary world”, PSIWORLD, 2<sup>nd</sup> Edition, Bucharest, 27-30 October 2011, Romanian Society of Applied Experimental Psychology, University of Bucharest, Faculty of Psychology and Education Sciences.
- **Efectul stimulilor auditivi asupra nivelului de integrare kinestezic, cognitiv și fiziologic (The effect of auditive stimuli on the level of kinaesthetic, cognitive and physiological integration)** – National Conference of Applied Experimental Psychology, 13-15 May 2011, Romanian Society of Applied Experimental Psychology and the University of Bucharest, Faculty of Psychology and Education Sciences.

## ANNEX 2

### Member in organising committees, other scientific boards and organisations

#### 2.1. MEMBER IN THE SCIENTIFIC BOARDS OF SOME JOURNALS:

- Member in the editorial board of the **International Journal of Law and Society (IJLS)** 2020 – (<http://www.ijlawsociety.org>)
- Member in the editorial board of the Journal of Experiential Psychotherapy, ISSN 1453-634X, e- ISSN 2359 – 7607, ISSN-L 1453 – 634X. SPER CONS EDIT Publishing House (CNCSIS acknowledged publishing house). (B+, BDI). (2011-present). ([www.jep.ro](http://www.jep.ro))
- Chief editor and founding member of **ArtTE – Journal of creative-expressive therapies and unifying personal development**, ISSN 2393 – 3305, ISSN-L 2392 – 9286, e ISSN 2392 – 9286, SPER CONS EDIT Publishing House (CNCSIS acknowledged publishing house). (2014-2020) ([www.artte.ro](http://www.artte.ro)).
- Deputy editor of the Journal of Experiential Psychotherapy, ISSN 1453-634X, e- ISSN 2359 – 7607, ISSN-L 1453 – 634X. SPER CONS EDIT Publishing House (CNCSIS acknowledged publishing house). (B+, BDI). (2013-2017). ([www.jep.ro](http://www.jep.ro))
- Member in the editorial board of the **Journal of Personal Development, university education for the 3<sup>rd</sup> millennium**, ISSN 2065-1635, , University of Bucharest Publishing House (CNCSIS acknowledged publishing house). (2011-2017).
- Chief-editor of **The International Conference of Experiential Psychotherapy and Unifying Personal Development**, (Abstract volume), ISSN 2286 – 3737, ISSN-L 2286 – 3737. (2013, 2014).

#### 2.2. MEMBER IN SCIENTIFIC AND ORGANIZING COMMITTEES OF NATIONAL OR INTERNATIONAL CONFERENCES:

- Member in the organizing committee of **The 10th edition of The European Conference for Social Work Research (ECSWR 2020-2021) will be held in Bucharest, Romania.**
- Member in the scientific and organizing committee of **Social Work International Conference (SWIC), 4th Edition, "The Place and Role of Social Work in the 2020s and Beyond", Bucharest, November 7th – 8th, 2019**, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR)

- Member in the scientific and organizing committee of **Social Work International Conference (SWIC), "The Challenges of Glocal Social Work Education, Practice and Research", Bucharest, November 8th – 9th, 2018**, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR)
- Member in the scientific and organizing committee of **Social Work International Conference (SWIC), "Social Work Responses to the New Realities of a Turbulent Worlds", Bucharest, November 2nd – 3rd, 2017**, November 2-3, 2017, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR).
- Member in the scientific and organizing committee of **Social Work International Conference (SWIC), "Envisioning Sustainable Social Work: Empowering Communities And Individuals" November 3-4 , 2016**, Department of Social Work, Faculty of Sociology and Social Work, University of Bucharest in collaboration with the Association of Schools of Social Work in Romania (ASSWR).
- Member in the scientific and organizing committee of **The National/International Conference of Experiential Psychotherapy and Unifying Personal Development 2010-2019**.

#### **2.4. MEMBER IN VARIOUS NATIONAL OR INTERNATIONAL ASSOCIATIONS:**

- **Romanian Psychologists' College (CPR)** (2011-present)
- **Romanian Society of Experiential Psychotherapy (S.P.E.R. Institute)** (2011-present)
- **ICEEFT - The International Centre For Excellence In Emotionally Focused Therapy** (2019-present)
- **Romanian Society of EMDR** (2020 - present)