

# CURRICULUM VITAE

## Personal Information

Name	<b>SONIA CARMEN IGNAT</b>
Address	Bld. Iuliu Maniu, Bl. 22, Ap. 8, Et. 3, Country Arad, Romania
Phone	0722225494, 0357805044
E-mail	soniabudean@yahoo.com
Nationality	romanian
Date of birth	06.03.1981

## Professional Experience

- Dates (from -to)
  - Name and address of employer
  - Type of activity or sector
  - Function or position held
  - Main activities and responsibilities
- 2006 - currently**  
UNIVERSITY „AUREL VLAICU” ARAD, Revolution Avenue, Nr. 77  
310130 Arad, Romania  
Teaching and research - higher education  
University Lecturer, PhD in Psychology  
Holder courses and workshops: fundamentals psychology, child psychology, adolescent psychology and adulthood, family therapy, cognitive and metacognitive psychology, personality psychology, educational psychology, history of psychology, experimental psychology.  
Psychology Internship Coordinator.
- Dates (from -to)
  - Name and address of employer
  - Type of activity or sector
  - Function or position held
  - Main activities and responsibilities
- 2005 - 2006**  
SPECIAL SCHOOL GRADES I-VIII, ARAD, Str. Căpitan Ignat  
Psychological counseling and teaching activities  
Itinerant teacher  
Psycho-diagnosis, evaluation pedagogical, pedagogical intervention

## EDUCATION AND TRAINING

- Dates (from - to)
  - Name and type of organization providing
  - Main activities issues and qualifications acquired
  - Title of qualification awarded
- 2007 – 2012**  
Faculty of Psychology and Educational Sciences, "Babes-Bolyai" University, Cluj-Napoca; Faculty of Psychology, University of Bucharest  
- Research study in Developmental Psychology, Psychology of family and couple relationships  
- PhD in Psychology

- Name and type of organization providing
- Main activities issues and qualifications acquired
- Title of qualification awarded

### **2005 – 2007**

Faculty of Sociology and Psychology specialization Psychology, West University, Timișoara

- abilities and knowledge in the field of Couple and Family Counseling
- Diploma of Masters in Family and Couple Counseling

- Name and type of organization providing
- Main activities issues and qualifications acquired
- Title of qualification awarded

### **2004 – currently**

European Association of Transactional Analysis (EATA) and the Romanian Association of Transactional Analysis (ARAT)

- Specialized knowledge and skills useful in working with the group and individuals in teaching, consulting or counseling
- currently: transactional analyst in training

- Name and type of organization providing
- Main activities issues and qualifications acquired
- Title of qualification awarded

### **2003 - currently**

Society of Experiential Psychotherapy Romania

- Specialized knowledge and skills useful in working with the group and individuals in teaching, consulting or counseling
- currently: experiential psychotherapist in training

- Name and type of organization providing
- Title of qualification awarded

### **2001 - 2005**

Faculty of Sociology and Psychology, specializing in Psychology, West University, Timișoara

- Bachelor of Psychology

## **FOREIGN LANGUAGES**

- ability to read
- ability to write
- ability to speak

### **English**

Very well  
Good  
Good

## **SOCIAL SKILLS AND COMPETENCES ORGANIZATIONAL SKILLS AND COMPETENCES**

- Volunteering in Women's Association of Romania, Timișoara branch
- Deputy editor of Agora Magazine, Magazine and Social Pedagogy, edited by the Faculty of Education and Social Sciences, under the University Aurel Vlaicu Arad
- Erasmus Department Coordinator
- Responsible faculty ALUMNI
- Member board of education plans
- Responsible for preparation time faculty
- Member of the organizing committee of the Annual Scientific Session students
- Member of the faculty admissions committee
- Secretary of the Commission license
- Member of the College of Psychologists

## TECHNICAL SKILLS

User PC  
(Word, SPSS, Excel, Internet)

### **Participation in scientific meetings**

2016

Participant at the International Symposium Innovation Research and Education in the Era, 6th Edition, organized by "Aurel Vlaicu" Arad, December 9 to 12

2016

Participant at the workshop "New developments and trends in clinical psychology", organized by the College of Psychologists Formapsyblue under Romania, Arad, November 07

2016

Participant at the workshop "psychological advice at the organizational level - optimization factor in the personal development of employees" organized by APTMS, Arad, October 07

2016

Attend the International Conference: "Best Practices in developing key skills in primary and pre-school" Aurel Vlaicu University of Arad, Edition, Arad, June 23 to 24

2016

Participant continuing education course "psycho-diagnosis and psychological evaluation of clinical psychopathology and semiology perspectives", organized under the aegis of Association Formapsyblue College of Psychologists of Romania, Arad, February 26

2016

Participant at the workshop on "Methodological Highlights psychological support road safety" organized by APTMS, Arad, February 27

2016

Participant at the workshop on "Training and developing professional skills", organized by APTMS, Arad, February 26

2015

Vocational counselor in the project "The suitcase, the map and the voyage of the youth worker" (ERASMUS no. 2014-2-R001-KA-205-013607)

2015

Participant at the International Conference "Strategies to Develop ways and university curricula in the area of social work education", "Aurel Vlaicu" Arad, November 10-11

2015

Participant at the workshop "New developments and trends in clinical psychology", organized by the College of Psychologists Formapsyblue and Romania, Arad, March 21 to 22

2015

Participant continuing education course "psycho-individual peculiarities role in determining the performance and professional success", organized by the College of Psychologists APTMS and Romania, Arad, March 14

2015

Participant continuing education course "Psychological Methods of identification and prevention of risk behaviors in traffic ", organized by the College of Psychologists APTMS and Romania, Arad, March 13

2014

Participant International Symposium Innovation Research and Education in the Era, 5th Edition, organized by "Aurel Vlaicu" Arad, 5 to 7 November

2014

Participant at the International Conference "Education in terms of values," sixth edition, organized by the University "1 December 1918" Alba Iulia and Moldova State University, Chisinau, October 10 to 11

2014

Erasmus Intensive Program Participant Project "Play, Toys and Culture" Final Seminar, held at the Institute of Educational Sciences, Marmara University, Istanbul, September 26 to 27

2014

Participant at the International Conference "From Knowledge to intervene in psychology", organized by the College of Psychologists of Romania, Romanian Association for Knowledge and psychological intervention, Venus, June 1

2014

Participant in European conference of social services with the theme "Investing in children and young adults - a challenge for the community", organized by the Council of the City by the Directorate of Development and Community Assistance, Arad, May 27 to 29

2014

Participation as a professor at Erasmus Intensive Programme "Play, Toys and Culture" in the period 31 March to 12 April 2014, the Higher School of Education of Fafe, Fafe - Portugal - 2013-1-PT1-ERA10-16686-FFE04

2014

Invited to National Symposium Theoretical Issues in Assessment and Intervention praxiology Psihoeducatională edition III, advocacy workshop with the title role of non-cognitive factors in learning effectiveness, Arad, March 7

2014

Participant continuing education course on "Psychological Assistance in traffic safety - BENCHMARKING" organized by the Centre for Applied Psychology APTMS Arad, octombrie 12

2014

Participant continuing education course on "Techniques and methods professional performances" organized by the Centre for Applied Psychology APTMS Arad, octombrie 11

2013

Participant continuing education course on "The professional performances" organized by the Centre for Applied Psychology APTMS Arad.

2013

Participating in the training program in Didactics teaching pedagogical disciplines, organized by the Ministry of National Education, Sinaia February

2012

Participant at the International Symposium Innovation Research and Education in the Era, 4th Edition, organized by "Aurel Vlaicu" Arad 17-19 noiembrie

2012

Participant at the International Conference of Psychology, Diversity psychological services - challenges and controversies, organized by the College of Psychologists in Romania, the Association of Psychologists of Romania, Romanian Association of Community Psychology

2012

Participant Summer Academy with the theme New perspectives in teaching. From pupil-centered approach to skills, organized at "1 December 1918" Alba Iulia, August 1 to 9, under the "quality, innovation, communication training system of higher education didacticienilor"

2012

Participant training program for teachers involved in the implementation of the master program "Psihopedagogie EARLY EDUCATION AND SMALL schooling", developed by Transilvania University of Brasov, Faculty of Psychology and Instituto di Scienze della Formazione e Psicologiche dell'Educazione Rome Italy, April 19 to 23 under the "Prospects of training by master specialists in early education and small schooling at a qualitatively higher level" (Performer)

2011

Short term expert in the project Invest in people! - Financed from the European Social Fund through the Sectoral Operational Programme Human Resources Development 2007-2013; "Prospects of the master formării year early education specialists and small schooling at a higher quality level (Performer)"

2011

Member of the project co-financed from the European Social Fund through the Sectoral Operational Programme Human Resources Development 2007-2013 - Invest in people!, "They must have a chance! - Support program for social and professional integration of people with autistic spectrum disorders "

2011

Participating in the training continues profesională "Therapeutic interventions in the recovery of people with autism spectrum disorder. Fundamentals (practical therapeutic applications) ", organized by the College of Psychologists of Romania, Association of Cognitive and Behavioral Romania, Romanian Angel Appeal Foundation and the Ministry of Labour, Family and Social Protection - Child Protection Department, during 24-29.09.2011 at Cluj-Napoca

2010

Short term expert in the project Euro-Chantiers: "Creating educational programs for development" pilot edition 2010

2009

Participant at the International Conference "Education and creativity for a knowledge-based society ", third edition, Maiorescu University, Bucharest, November 19 to 20, with " psychological differences between adolescents from families and institutionalized "

2008

Participant at the National Conference of Industrial and Organizational Psychology, Cluj-Napoca, April 10 to 13

2008

Member of the PHARE 2005 program of economic and social cohesion, RO2005 / 017553.04.01.02.04.02, Developing continuous training for staff in

secondary education.

2006

Participant at the International Symposium Innovation Research and Education in the Era, 1th Edition, organized by "Aurel Vlaicu" Arad 17-19 noiembrie

2006

Participant to the training of staff in the PHARE / 2003 / 005-551.01.02 / AR - "Equal opportunities in education in schools Arad"

### **Publications**

2016

High School Students and Decisions values in future career, Ignat Sonia, dughit Tiberius, Camelia Bran Agora Psycho-Pragmatics, Vol. X ,, no. 1 1842-6840 Agora (online) ISSN2247 / 2401

2016

Statistical methods in analyzing educational phenomena, Ignat Sonia, Anton Ilica Publishing printing press, Arad, ISBN 978-606-8422-68-8

2015

Child psychology, Ignat Sonia, George Schwartz, Moldovan Olga, Gabriela Kelemen, Eikon Publisher, Cluj-Napoca, ISBN 978-606-675-057-2

2015

Influence of Family Education on the Mental Development of the Child, Ignat Sonia in Education Plus / Plus Education Journal, vol. 13, no. 2 ISSN: 1842-077X, E-ISSN (online) 2068-1151, pp 236-243

2015

Education quality policy, Ignat Sonia Agora Psycho-Pragmatics, vol. IX, no. 2 1842-6840 Agora (online) ISSN2247 / 2401

2015

Applicator conceptual Screening Model with Fuzzy Logic in Industrial Organizational Contexts, Ignat Sonia Dana Timar in Balas-Do - Social and Behavioral Sciences, pp. 257-263

2014

Assessment and development of intercultural competence to foreign students / ERASMUS in Strategies of Developing youth cultural competences in a global society, Alina Roman, Gabriela Kelemen, (eds.), Publisher Eikon, Cluj-Napoca, ISBN 978-606-711-181 -1

2014

Features of Personality Structure and the Teenage Attitude Towards Society, Ignat Sonia, Anca Vlad Plus in Education Journal, Vol. 11, No 2 (2014), University "Aurel Vlaicu" Arad, ISSN: 1842-077X, E-ISSN: 2068 -1151 (as B + indexed Ulrich's, IndexCopernicus, DOAJ, EBSCO)

2014

The impact of the school on social development in the volume International Conference "Education in terms of values," sixth edition, organized by the University "1 December 1918" Alba Iulia and Moldova State University, Chisinau, October 10 to 11, Eikon Publishing ISBN 978-973-757-730-6, ISBN 978-606-711-134-7, p. 116-122

2014

Integrated curriculum and pedagogical aspects of education policies, Sonia Ignat (eds.), Ed Teacher modern, Chisinau, Moldova, ISBN 978-9975-9949-6-

5

2014

General Psychology, Sonia Ignat, Olga D. Moldovan-Balas Dana Timar, Eikon Publisher, Cluj-Napoca, ISBN 978-606-711-003-6

2014

The quality of the couple to the young: the attachment to love in applied psychology articles, Anghel Ilie Grădinaru (eds.), University Press, ISBN 978-606-28-0032-1, p. 7-19

2014

Social factors creativity in creativity - psychological and pedagogical perspectives, Kelemen, G., panic, T. (eds.), University Aurel Vlaicu, Arad (e-book) ISBN 978-973-752-655-7

2014

The role of non-cognitive factors in learning effectiveness, the volume of National Symposium Theoretical Issues in Assessment and Intervention praxiology Psihoeducațională Publishing Forecast School, Arad, ISBN 978-973-1793-37-5 - CD

2014

Psycho-Interference Program for Children with Anxiety of Separation, Education Plus Magazine, vol. 10, No 1 (2014), University "Aurel Vlaicu" Arad, ISSN: 1842-077X, E-ISSN: 2068-1151 (cat B + Ulrich's indexed, IndexCopernicus, DOAJ, EBSCO, Cabell Publishing Directory of Research Journal Indexing, CEEOL, NURC classificationB + category, WorlCat.org, CrossReff)

2014

The effects of abuse upon the childs behavior, Agora magazine, Psycho - Pragmatics (Semestrial Magazine, Social Welfare and Special Education), Volume VIII, Nr. 1 ISSN 1842-6840, Agora (online) ISSN 2247- 2401, p. 69-80 (B + indexed Ulrich's, IndexCopernicus, DOAJ, EBSCO)

2013

Attachment and its influences on the quality of couple relationships in adolescence, Sonia Ignat, University "Aurel Vlaicu" Arad, ISBN 978-973-752-663-2

**2012**

**Monoparenting and Its influences on the child's behavior**, Education Plus Magazine, Volume VIII, no. 2/2012, University Aurel Vlaicu Arad, ISSN: 1842-077X, E-ISSN: 2068-1151 (as B +, indexed by Ulrich's, Index Copernicus, DOAJ, EBSCO)

**2011**

**Psychological studies on romantic relationships**, Education Plus Magazine, Volume VII, no. 2/2011, University Aurel Vlaicu Arad, ISSN: 1842-077X, E-ISSN: 2068-1151

**2010**

**Fundamentals Psychology II. Incentive mechanisms, energy, regulatory and integrative** Olga D. Moldovan, Sonia Ignat Timar Dana Balas, University Aurel Vlaicu Arad, ISBN 978-973-752-354-9, Volume II ISBN 978-973-752 - 445-4

**2009**

**Fundamentals Psychology I. Mechanisms informational-operational**, Olga D. Moldovan, Sonia Ignat Timar Dana Balas, University Aurel Vlaicu Arad,

ISBN 978-973-752-354-9, Vol ISBN 978-973-752 - 355-6

**2009**

**Psychological differences between adolescents from families and those institutionalized** in volume International Conference Education and creativity for a knowledge-based society, Third Edition, Bucharest, November 19 to 20

**2009**

**Psychological schools in Romania**, Journal Agora Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year III, no. 12, University Aurel Vlaicu Arad, p 58-65

**2008**

**Parent-child relationships and romantic relationships**, Journal Agora Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year II, Nr. 9, University Aurel Vlaicu Arad

**2008**

**Couple relationships in terms of personality**, magazine Agora Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year II, Nr. 7, University Aurel Vlaicu Arad

**2008**

**Projective personality assessment through tests**, Journal Agora Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year II, Nr. 6, University Aurel Vlaicu Arad

**2008**

**Family types**, Journal Agora Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year II, no. 5, University Aurel Vlaicu Arad

**2007**

**Serious mental disorders and recognizing reality** Agora Magazine, Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year I, no. 4, University Aurel Vlaicu Arad

**2007**

**Mental retardation - Down Syndrome**, Journal Agora Psycho - Pragmatics (quarterly magazine, Social and Special Education), Year I, no. 1, University Aurel Vlaicu Arad

**2007**

**Romanian psychology beginnings**, Education Plus Magazine (quarterly Reports of scientific research and teaching), no. 6, University Aurel Vlaicu Arad

**2006**

**Attachment, stages of attachment and behavioral factors** in Moldovan Olga (eds.) - are special psycho conceptual, University Aurel Vlaicu Arad

**2006**

**Study on the Quality of Romantic Relationships During Adolescence**, Research and Education in Innovation Era year, Section I, Tradition and Modernity in Humanistic Sciences, Aurel Vlaicu University of Arad, Romania

**2005**

**Curiosity - Brides mail order or through the internet**, Petroman Paul (eds.) - The family between reality and dream - elements of Family Psychology, Eurobit Publishing, Timișoara