

PERSONAL INFORMATION

DIMA GABRIELA



+ 40 745 136103

✉ dima.gabriela@unitbv.ro; ela.dima@yahoo.com

OCCUPATIONAL FIELD

Academic education

WORK EXPERIENCE

Dates	2024 – present
Name and address of employer	ASSOCIATION FOR TRAINING AND RESEARCH IN PSYCHODRAMA AND GROUP PSYCHOTHERAPIES 25 Turnului Street, building 2, 4th floor, office 417
Type of business or sector of activity	Long-term training, psychotherapy
Position held	President / Psychodrama Trainer / Supervisor
Main activities and responsibilities	- Coordination, strategy - Adult training in psychotherapy – psychodrama - Research
Dates	2013 - present
Name and address of employer	TRANSILVANIA UNIVERSITY OF BRAȘOV Faculty of Sociology and Communication, Department of Social Sciences and Communication, Brașov, 500030, 29 Eroilor Blvd.
Type of business or sector of activity	Higher Education
Position held	Professor (since 2025)
Main activities and responsibilities	Teaching and scientific research - Counselling in Social Work - Abuse and Domestic Violence - Psychotherapy - Group Psychotherapies - Ethics and Professional Deontology in Applied Psychology - Models and Strategies for Community Intervention with At-Risk Groups
Dates	2008 –2024
Name and address of employer	ROMANIAN ASSOCIATION OF CLASSICAL PSYCHODRAMA Școala de Înot Street No. 5, C, flat 32, 550005 Sibiu
Type of business or sector of activity	Liberal professions
Position held	Trainer in Classical Psychodrama Psychotherapy
Main activities and responsibilities	- Adult training in Classical Psychodrama Psychotherapy - Supervision

	▪
Dates	2010 - present
Name and address of employer	DIMA GABRIELA – INDIVIDUAL PSYCHOLOGY PRACTICE
Type of business or sector of activity	Liberal professions
Position held	Principal Psychotherapist Principal Clinical Psychologist
Main activities and responsibilities	Psychotherapy, psychological counselling, psychological assessment
Dates	2007 – 2011
Name and address of employer	SOCIETATE CIVILĂ PROFESIONALĂ DIMA DORU, MOARCĂȘ IOANA, DIMA GABRIELA și ASOCIAȚII
Type of business or sector of activity	Liberal professions
Position held	Specialist Psychotherapist Specialist Clinical Psychologist
Main activities and responsibilities	Psychotherapy, psychological counselling, psychological assessment
Dates	2009 – present
Name and address of employer	“SCUT” SOCIAL SERVICES ASSOCIATION BRAȘOV, 16 Tebea Street
Type of business or sector of activity	NGO – social services
Position held	President (voluntary position, 2009–2024) / Secretary of the Board of Directors (since 2024)
Main activities and responsibilities	Coordination of the Board of Directors Ensuring the sustainability of the association
Dates	March 2007 – August 2012
Name and address of employer	SPIRU HARET UNIVERSITY, BRAȘOV, 5 Turnului Street, Brasov
Type of business or sector of activity	Higher Education
Position held	Lecturer
Main activities and responsibilities	▪ Theoretical Foundations of Assessment ▪ Psychodiagnosis I – Psychological Aptitude Assessment ▪ Psychodiagnosis II – Personality Assessment ▪ Psychological and Educational Counselling
Dates	March 2003/2004 - 2007
Name and address of employer	SPIRU HARET UNIVERSITY, BRAȘOV, 5 Turnului Street, Brasov
Type of business or sector of activity	Higher Education
Position held	Assistant Lecturer (tenured)
Main activities and responsibilities	▪ Psychodiagnosis ▪ Psychological and Educational Counselling
Dates	1998 – 2015
Name and address of employer	S.C. DIMA CONSULTING GROUP SRL, 35 Miraslau Street, Brasov
Type of business or sector of activity	Human Resources
Position held	Trainer
Main activities and responsibilities	▪ Development of professional training modules / training

	Staff training (trainer)
Dates	2003 – 2015
Name and address of employer	S.C. PROFILES INTERNATIONAL S.R.L. , 35 Miraslau Street, Brasov
Type of business or sector	Human Resources
Position held	Trainer
Main activities and responsibilities	- Development of Professional Training Modules - Staff Training (Trainer)
Dates	2000 – October 2003
Name and address of employer	GENERAL DIRECTORATE FOR CHILD RIGHTS PROTECTION , 6 Iuliu Maniu Street, Braşov
Type of business or sector of activity	Psychological Assessment and Counselling / Psychotherapy
Position held	Head of the Psychological Counselling Service
Main activities and responsibilities	- Individual and group psychotherapy (children, adolescents) - Family counselling - Vocational counselling - Diagnosis, psychological assessment (children, adults) - Coordination of human resources activities - Methodological coordination of psychologists in residential care centres
Dates	November 1997 – 2000
Name and address of employer	GENERAL DIRECTORATE FOR THE PROTECTION OF CHILDREN'S RIGHTS , 6 Iuliu Maniu Street, Braşov
Type of business or sector of activity	Psychological Assessment and Counselling / Psychotherapy
Position held	Psychologist
Main activities and responsibilities	- Individual and group counselling (children, adolescents) - Family counselling - Vocational counselling - Diagnosis, psychological assessment
Dates	September 1997 – 1998
Name and address of employer	RULMENTUL SCHOOL GROUP, BRAŞOV
Type of business or sector of activity	Education
Position held	Teacher
Main activities and responsibilities	- Psychology - Logic - Philosophy - Civic Education

EDUCATION AND TRAINING

Dates	June 2014
Name and type of educational institution / training provider	4MAT 4Business
Principal subjects studied / skills acquired	Design and implementation of training programmes
Qualification / diploma obtained	Certificate – Advanced Instructional Design
Level in national or international classification	Short-term training programme
Dates	October 2009 – December 2009
Name and type of educational institution / training provider	S.C. DIMA CONSULTING GROUP
Principal subjects studied / skills acquired	Adult Education / Professional Staff Training
Qualification / diploma obtained	TRAINER
Level in national or international classification	Short-term training programme
Dates	2004 – 2009
Name and type of educational institution / training provider	QUEEN'S UNIVERSITY BELFAST, NORTHERN IRELAND / UK SCHOOL OF SOCIOLOGY, SOCIAL POLICY AND SOCIAL WORK
Principal subjects studied / skills acquired	Social Work / Sociology
Qualification / diploma obtained	PhD
Level in national or international classification	Doctoral School
Dates	April – November 2003
Name and type of educational institution / training provider	Department for International Development & National Authority for Child Protection and Adoption & Centre for Enabling Leadership
Principal subjects studied / skills acquired	Performance Management
Qualification / diploma obtained	Certificate
Level in national or international classification	Training programme
Dates	March 2003
Name and type of educational institution / training provider	Romanian Association of Classical Psychodrama and Romanian Federation of Psychotherapy
Principal subjects studied / skills acquired	Music in Group Therapy and Psychodrama
Qualification / diploma obtained	Certificate of Participation
Level in national or international classification	Advanced Training Seminar
Dates	1998 – 2002
Name and type of educational institution / training provider	ROMANIAN INSTITUTE OF PSYCHODRAMA, Bucharest, under the coordination of STUDIO DI PSICODRAMMA – Milan, Italy

Principal subjects studied / skills acquired	Group Psychotherapy – Classical Psychodrama / Training
Qualification / diploma obtained	Diploma in Psychotherapy / Trainer Qualification
Level in national or international classification	Postgraduate studies
Dates	October 2002
Name and type of educational institution / training provider	Holt Romania – Mures centre
Principal subjects studied / skills acquired	Training of Trainers in Parenting Education
Qualification / diploma obtained	Certificate
Level in national or international classification	Training course
Dates	May 2002
Name and type of educational institution / training provider	Romanian Society for Experiential Psychotherapy (SPER) & Francoise Burton
Principal subjects studied / skills acquired	Reichian Analysis
Qualification / diploma obtained	Certificate of participation
Level in national or international classification	Intensive workshop
Dates	February, June, December 2001
Name and type of educational institution / training provider	Romanian Society for Experiential Psychotherapy (SPER)
Principal subjects studied / skills acquired	Somatoanalysis and Reichian Analysis Creative Group Therapies – Dance and Movement Therapy Child Psychopathology and Psychotherapy Family Therapies Art Therapies Trauma Therapy
Qualification / diploma obtained	Certificate of participation
Level in national or international classification	Intensive workshop
Dates	1998 – 2000
Name and type of educational institution / training provider	TRANSILVANIA UNIVERSITY OF BRAȘOV , in collaboration with the UNIVERSITY OF ULSTER, Northern Ireland , TRINITY COLLEGE DUBLIN , Republic of Ireland, and ROC NIJMEGEN , the Netherlands
Principal subjects studied / skills acquired	Social Work and Health Promotion
Qualification / diploma obtained	Diploma
Level in national or international classification	Postgraduate studies
Dates	1992 – 1997
Name and type of educational institution / training provider	UNIVERSITATEA “LUCIAN BLAGA” SIBIU , Facultatea de Științe, Secția Psihologie – Pedagogie
Principal subjects studied / skills acquired	Psychology, Pedagogy
Qualification / diploma obtained	Bachelor’s Degree in Psychopedagogy

Level in national or international classification	University level
Dates	1988 – 1992
Name and type of educational institution / training provider	“ANDREI ȘAGUNA” THEORETICAL HIGH SCHOOL, BRAȘOV
Qualification / diploma obtained	Baccalaureate Diploma
Level in national or international classification	Upper secondary education level

PERSONAL SKILLS

Mother tongue(s) Romanian

Other language(s)	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
English	B2	B2	B1	B2	B2
Certificat Toefl					
German	B2	B2	B1	B1	B2

Levels: A1/A2: Basic User – B1/B2: Independent User – C1/C2: Proficient User
Common European Framework of Reference for Languages (CEFR)

Communication skills ▪ Very good communication skills acquired through experience in adult training, team coordination (as president of professional associations), and individual and group psychotherapy (private psychotherapy practice, psychotherapist and trainer).

Organisational / managerial skills ▪ Leadership (currently serving as President of a professional association in the field of psychotherapy training)
▪ Teamwork (developed through working as part of multiple teams throughout my career)

IT skills ▪ Good command of Microsoft Office™ tools, acquired through their use in educational and organisational settings.

Driving licence ▪ Category B

ADDITIONAL INFORMATION

PUBLICATIONS

Books

- Dima, G., Beldianu, I. (ed) (2015) *Domestic Violence: Coordinated Intervention of the Multidisciplinary Team: A Manual for Professionals*. Editura de Vest, Timișoara.
- Dima, G., Bucuță, M.D., Beldianu, I. (2015) *Intervention in Domestic Violence: Training the Multidisciplinary Team: A Guide for Trainers*. Editura de Vest, Timișoara.

- Dima, G. (2012). *Experiences of young people leaving care: A Romanian psycho-social study*. LAP Lambert Academic Publishing, Saarbrücken.

Book chapters

- **Dima, G.,** Tarnovschi, D. (2026). Romania. In T. Refaeli and V. Mann-Feder *Leaving Care around the world: Twenty years of the International Network on Transitions to Adulthood from Care*. Oxford University Press
- Bucuță, M.D., Dima, G., Vulcu, D. (2022) Clinical Psychology and Death Education. In C. Soponaru (Ed.) *Handbook of Clinical Psychology. Vol. 1: Theory, Practice and Specificity*. Polirom Publishing House, Iași.
- Bucuță, M.D., Dima, G. (2022) Qualitative Research in Clinical Psychology. In C. Soponaru (Ed.) *Handbook of Clinical Psychology. Vol. 2: Intervention, Research, Interdisciplinarity and Ethics*. Polirom Publishing House, Iași.
- Dima, G., & Pinkerton, J. (2016). The Role of Informal Leaving Care Peer Support Networks in Romania. In *Young People Transitioning from Out-of-Home Care* (pp. 409-426), Palgrave Macmillan UK.
- Dima, G., Bucuță, M.D. (2016) The method of interpretative phenomenological analysis in psychodrama research. In C. Stadler, M. Wieser, K. Kirk (Eds.) *Psychodrama. Empirical Research and Science 2*, Springer, Wiesbaden.

Articles published in peer-reviewed journals

- Dima, G., & Șimon, M. C. (2024). Resilient social workers' perspective on their professional work during the COVID-19 pandemic. An interpretative phenomenological analysis. *European Journal of Social Work*, 1–14. <https://doi.org/10.1080/13691457.2024.2417661>
- Dima, G., Meseșan Schmitz, L., Șimon, M.-C. (2021) Job Stress and Burnout among Social Workers in the VUCA World of COVID-19 Pandemic. *Sustainability* 13, 7109. <https://doi.org/10.3390/su13137109>
- Dima, G., Bucuță, M.D. (2020) Introducing psychodrama into programmes preparing young people transitioning from residential care. *Zeitschrift für Psychodrama und Soziometrie* 19, p. 47-62. DOI: 10.1007/s11620-020-00562-0.
- Bucuță, M.D., Dima, G., Testoni, I. (2018) [When you Thought that There is No One and Nothing”: The Value of Psychodrama in Working with Abused Women](#). *Frontiers in Psychology*, special issues The State of the Art in Creative Arts Therapies.
- Dima, G., Bucuță, M.D. (2015) The Process of Transition from Public Care to Independent Living: A Resilience-Based Approach. *Review of Research and Social Intervention*, vol. 50, p. 53-65.
- Dima, G. (2014) "Where to Go?" Young People's Early Destinations When Leaving Care. *Bulletin of the Transilvania University of Brasov, Series VII: Social Sciences and Law* 2, p. 125-136.
- Anghel, R., Herzog, M., Dima, G. (2013) The challenges of reforming child protection in Eastern Europe: The cases of Hungary and Romania. *Psychosocial Intervention (Intervencion Psicosocial)*. Vol.22 (3), p.239-249.
- Dima, G. (2013) Employment of young people leaving care: Outcomes and counselling programs. *Social Work Review* nr. 1.
- Testoni, I., Wieser, M., Moita, G., Dima, G. (Ed.) (2012) *Gender-based violence and family violence: The state of the art in research and intervention*. International Journal of Family Studies. Vol. 17 (1). Padova University Press, Padova.
- Bucuță, M., Dima, G., Zoltani, K., Antal, D.D. (2012) The phenomenon of domestic violence in Romania: A prevention and intervention. *International Journal of Family Studies*. Vol. 17 (1), Padova University Press, Padova, p. 153-168.
- Bucuță, M., Dima, G., Zoltani, K., Antal, D.D., Pătrașcu, C. (2012) Towards empowerment of women victims of gender violence: a psycho-social intervention model in Romania. *International Journal of Family Studies*. Vol. 17 (2), Padova University Press, Padova, p. 271-292.
- Dima, G., Bucuță, M.D. (2012) The experience of therapeutic change for psychologists preparing to become psychotherapists. *Procedia - Social and Behavioral Sciences*. Proceedings of 2nd the International Conference "Psychology and the Realities of the Contemporary World"- PSIWORLD 2011, vol.33, p.672-676 .
- Dima, G., Skehill, C. (2011) Making sense of leaving care: The contribution of Bridges model of transition to understanding the psycho-social process. *Children and Youth Services Review*, vol. 33 (12) p. 2532-2539.

Papers published in conference proceedings

- Dima, G., McGregor, C. (2014) The construction of a stigmatized 'care identity': the case of young people leaving public care in Romania. In M. Milcu, R.E. Wubbolding, I. Testoni *Modern research in health, education and social sciences*. Editura Universitară, București, p. 81 – 93.

- Dima, G., Bucuță, M.D. (2014) The experience of social support of women victims of domestic violence: an interpretative phenomenological approach. In M. Milcu *Individuals, social and work groups, organizations: modern researches in applied psychology*. Editura Universitară, București, p. 207 – 224.
- Bucuță, M.D., Dima, G. (2014) The experience of domestic violence: an interpretative phenomenological analysis. In M. Milcu *Individuals, social and work groups, organizations: modern researches in applied psychology*. Editura Universitară, București, p. 25 – 36.
- Dima, G. (2012) The Psychosocial Experience of Young People's Transition from Residential Care to Independent Living. În Clinciu, A.I., Pavalache-Ilie, M. *Proceedings of the National Conference of Psychology*, 6th edition. Transilvania University of Brașov Publishing House, p.241-247.
- Caraș, A. G., Dima, G. (2012) The Perspective of Death and the Reconstruction of the Personal Value Scale. În Clinciu, A.I., Pavalache-Ilie, M. *Proceedings of the National Conference of Psychology*, 6th edition. Transilvania University of Brașov Publishing House, p.11-17.

Papers presented at international conferences in Romania and abroad

- Dima, G., Șimon, M.C. (2024) Exploring burnout and resilience processes of Romanian social workers during the COVID 19 pandemic. **International Colloquium of Social Sciences and Communication ACUM**, Brașov, 25 - 26 November
- Dima, G., Șimon, M.C. (2022) Job stress, burnout and resilience among social workers during the COVID-19 Pandemic. **Social Work International Conference (SWIC) 6th Edition Riding the Shock Wave: Social Work challenges during and after COVID-19**, 3-4 November, online.
- Dima, G., Bucuță, M.D., Testoni, I. (2020) Changing the role of victim of intimate partner violence through psychodrama techniques. **4TH Eastern European Conference of Mental Health: IN AND OUT OF YOUR MIND**, November 19–22, virtual.
- Bucuță, M.D., Dima, G., Testoni, I. (2019) The value of psychodrama in working with abused women. *From Resilience to wellbeing – promoting health through psychodrama and action methods*. University of Padova
- Dima G. (2019) Trauma and Post-Traumatic Growth. **ANCORE International Psychodrama Conference**, online
- Dima, G. (2014) Experiences and Resilience Characteristics of Romanian Care Leavers: A Longitudinal Case Study Approach. **13th EUSARF Conference - Making the Difference**. Copenhagen, 3-5 September 2014.
- Bucuță, M.D., Dima, G., Zoltani, K., Antal, D.D., Pătrașcu, C. (2013) Towards empowerment of women victims of gender violence: a psycho-social intervention model in Romania. *International Conference Ending gender violence: Empirical research in psychodrama, psychodynamic group therapy and group processes*. Padova, 21 - 23 February 2013.
- Testoni, I., Guglielmin, M.S., Salvestrin, G., Tarashoeva, G., Moita, G., Wieser, M., **Dima, G.** (2011) Psychodrama research in the field of women suffering from violence: a Daphne project. *The International Association of Group Psychotherapy & Group Processes (IAGP) - 4th Regional and Mediterranean Conference*, 7 - 10 September, Porto.
- Dima, G., Bucuță, M.D. (2010) The Use of Interpretative Phenomenological Analysis (IPA) in Psychodrama Research. Presented at 1st International Summer School for Psychotherapy and Counseling Research **Methodological Diversity in Psychotherapy and Counseling Research: Qualitative-Quantitative Approaches**, 24-26 September, Lisbon.
- Dima, G., Bucuță, M., Wieser, M., Tarashoeva, G., Cassel, M., Guglielmin, M.S., Testoni, I. (2010) The effectiveness of psychodrama in treating anxiety disorders: A research design. Presented at 1st International Summer School for Psychotherapy and Counseling Research **Methodological Diversity in Psychotherapy and Counseling Research: Qualitative-Quantitative Approaches**, 24-26 September, Lisbon.
- Dima, G. (2010) A new framework of understanding care leavers' transition to independent living. *11th International Biennial EUSARF Conference*, 22-25 September, Groningen
- Dima, G. (2009) A mixed methods study on the experiences of young people leaving care in Romania. **Annual IPA Conference**. Stranmillis University College, 3 - 4 September, Belfast / UK
- Dima, G., Anghel, R. (2009) Child Care and Leaving Care in Romania. Presented at the **1 International Conference: International perspectives in child welfare. Challenges and implementing advances**. Universidad de Oviedo, Facultad de Psicología & Instituto Asturiano de Atención Social a la Infancia, las Familias y la Adolescencia del Principality of Asturias, 23 - 24 September, Oviedo / Spain.
- Dima, G., Skehill, C. (2008) Improving transitions to adulthood of young people leaving care in Romania. **8th International looking after children conference „Care Matters: Transforming Lives - Improving Outcomes”**, Oxford.

Projects

- 2020 – 2021 **member, representant național Eurochild/UNICEF - DataCare Project** <https://www.eurochild.org/initiative/datacare/> - studiu asupra legislației naționale, politicilor publice și datelor statistice privind sistemul de protecție a copilului din România.
- 2020 – 2023 **consultant** voluntar; elaborarea și implementare proiectului **“OUR HOME”** for young people preparing to leave or who had left the child protection system; partnership with St. Haralambie Association for Persons with Physical Disabilities and SCUT Brașov Social Services Association; funded by the European Social Fund – Human Resources Development Operational Programme 2014–2020. POCU/738/4/20/135445
- 2019 – 2022 external consultant – IPA expert user **Death Education for Palliative Psychology (DE4PP)**, international project – Italy, Israel, Romania, Austria, Poland, Erasmus+ , *Project 2019-1-IT02-KA203-063243*
- 2015 – 2016 **project manager, CONNECT: Building the Network of Trauma Counselling Specialists. RO20 Programme “Domestic Violence and Gender-Based Violence”**
- 2013 – 2015 **member** of the project team / psychodramatist: **“Psychodrama and creative education in prison”**, international project – Romania, Italy, France, United Kingdom, Lithuania - / GRU-13-P-LP-85-SB-RO / Grundvig - *Lifelong Learning Programm*
- 2010 – 2013 **member** of the project team **VIA - Vocation, Interests, Self-Knowledge and Development: The Path to Professional Success** POSDRU/90/2.1/S/63742, funded by the European Social Fund – Sectoral Operational Programme Human Resources Development.
- 2010-2012 **member** of the project team / psychodramatist: **EMPOWER - Empowerment of Women Environment Research**. Funded by Daphne Programme III. International project – Italy, Romania, Albania, Bulgaria, Austria, Portugal – coordinated by the University of Padova, Italy JUST/2010/DAP3/AG/1348.

Research networks

2015 – present: Psychological Research Centre of Lucian Blaga University of Sibiu – member

2008 – present: *International Research Network on Transitions to Adulthood from Care (INTRAC)* – member

2005 – present: *European Federation of Psychodrama Training Organisations (FEPTO)* / Research Committee – participant

Prof. Gabriela DIMA



Date: 01.09.2026