

**INFORMATII
PERSONALE****SELLA ANDRE**

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Sex M | Data nasterii : 04/08/1977 | Nationalitate : Roman, Israeli,
Hungarian

**EXPERIENTA
PROFESIONALA**

2025 – prezent

Asociatia Psihologi pentru Comunitate

2020 – present

Fundatia Casa de Tip Familial Kajanto Maria Alesd

2019 – present

Cabinet Individual de Psihologie
25, Parcul Petofi St. Oradea, Romania

2015 – present

Membru fondator al “Centrul Multimedia Studio Act”
2, Crinului St. Oradea, Romania

2005 – present	Reprezentant MOL Romania Petroleum Products SRL 89, Stefan cel Mare Bl, Oradea, Romania
2004 – present	General Manager al Negroponete SRL 26, Str. Ghe. Doja Oradea, Romania
2003 – 2005	Reprezentant vanzari Tabacaria Ioansilva SRL Km 26, Borsului road, Oradea, Romania
1998 – 2000	Ospatar Jordan River Hotel, Tiberias, Israel 1, Ha-Banim St. Tverya, Israel
1996 – 1997	Referend administrator la Centrul de Transfuzie Sanguina Oradea 30, Louis Pasteur St. Oradea, Romania

EDUCATIE

2024 – 2028	Scoala Doctorala de Sociologie Universitatea din Oradea
2022 – 2023	Master in Administrarea Afacerii UBB Cluj
2019 – 2021	Master in clinica, consiliere si pshioterapie Universitatea din Oradea
2016 – 2019	Facultatea de Psihologie, nivel licenta Universitatea din Oradea
2000 – 2003	Stiinte juridice Universitatea Tibiscus Timisoara
1996	Liceu Colegiul National Emanuil Gojdu, Oradea Constantin Brancusi, Oradea

ABILITATI PERSOANLE

Limba materna

Maghiara

Alte limbi

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
<i>Romana</i>	C2	C2	C2	C2	C2
<i>Engleza</i>	C1	C1	C1	C1	C1
<i>Ebraica</i>	B2	B2	B2	B2	B2
<i>Germana</i>	A1	A1	A1	A1	A1

Abilitati de
comunicare

- Bune abilitati de comunicare, obtinute de-a lungul carierei ca reprezentant vanzari sin manager
- Abilitati diplomatice, obtinute prin experienta de a colabora cu Ambasada Israelului in Romania si Ungaria
- Acceptarea diversitatii si multi-culturalitatii, datorita muncii mele cu actori, muzicieni, student, copii, client cu patologii, manageri, lideri, profesori Scolari si universitari

Abilitati
organizationale /
manageriale

- Leadership (responsabil pentru o echipa de 20 de persoane)
- Abilitati manageriale si de lider, datorita muncii mele ca proprietar de companie timp de 18 ani
- Organizarea evenimentelor, marketing, relatii cu publicul, atragere de fonduri

Abilitati
administrative /
personale

- Abilitati de comunicare, rezolvare de probleme, rabdare, atentie, managementul stresului si a furiei, tolerarea frustrarii, ascultare activa, acceptarea diversitatii, toleranta, rezistenta scazuta la schimbare

Abilitati IT

- Abilitati bune Microsoft Office™ tools
 - SPSS
- Gestbal (program de contabilitate)
 - Platforme marketplace

Alte abilitati

- marathon, ultramarathon, alergare montana
- snowboarding, skateboarding
- tracking, hiking
- tennis
- citit
- dulgherie

Permis de
conducere

- A
- B
- BX

Publicatii

- Trainingul deprinderilor DBT, Manual, editia a doua, Marsha M. Lineham, ISBN 978-973-1816-56-2
- Trainingul deprinderilor DBT, Fise informative si fise de lucru, editia a doua, Marsha M. Lineham, ISBN 978-973-1816-59-3
- Pocket Notebook pentru Generatia Z, Oradea, 2021 ISBN 978-973-0-33781-5

Proiecte

- “HonestPsy” - is a project developed and started this year, together with Professor Dr. Gabriel Roseanu (Professor at the psychology department at the University of Oradea) and consist in free workshops for the community, that include topics of high interest for the people and applied psychology, in various domains of life.
- “Hybride Therapy” - is also a project to start with Mr. Roseanu, regarding a combination of group therapy with individual therapy.

Conferinte si seminarii

- 2008 RODEO I - Retail filling operator development and orientation,
 - 2009 RODEO I.1 - Retail filling operator development and orientation,
 - 2010 RODEO I.2 - Retail filling operator development and orientation,
 - 2013 RODEO II - Retail filling operator development and orientation,
- 2014 Smile Program - Leadership for gas station managers and area managers (organised by Procter, an Imparta Company),
 - 2016 Persuasive Techniques - Chamber of Commerce Romania-Israel,
 - 2017 CBT Workshop - Cognosis, Winter school,
 - 2017 Hypnosis Workshop - Cognosis, Winter school,
- 2018 Steps Toward Kindness workshop, Department of Psychology, University of Oradea,
 - 2018 Study of Generations, a Psychological View, Department of Psychology, University of Oradea,
 - 2018 National Conference of CBT, An Integrative and Multimodal Approach, Fifth edition, Prof. Univ. Dr. Daniel David,
 - 2018 CBT Workshop, An Integrative and Multimodal Approach, Technology Based in Depressive and Anxiety Disorders,
 - 2018 Certification in Micro Expression Recognition, Paul Ekman Group LLC,
 - 2018 Certification in Subtle Expression Recognition, Paul Ekman Group LLC,
 - 2018 National Workshops for Personal Development, University of Oradea,
- 2019 One Europe, Unified Labor Market Through Career Counselig, Erasmus+ Jean Monnet Module 575549 - EEP - 2016 - RO - EPPJMO - Module,
 - 2019 Worshop Planing the Future: The Project "Stay passionate courageous, inclusive, sustainable", One Europe, Unified Labor Market Through Career Counselig, Erasmus+ Jean Monnet,
- 2019 Workshop Intercultural Competence 101, One Europe, Unified Labor Market Through Career Counselig, Erasmus+ Jean Monnet,
- 2019 Workshop QRP and the Credibility Crisis in Psychology, One Europe, Unified Labor Market Through Career Counselig, Erasmus+ Jean Monnet,
 - 2019 4th International Congress of Rational Emotive Behavioral Therapy, Cluj-Napoca, Romania
- 2019 Beck Institute online courses: Essentials of CBT: The Beck Approach
 - 2020 Beck Institute online courses: CBT for Depression
 - 2020 Beck Institute online courses: CBT for Anxiety
- 2020 Beck Institute online courses: CBT for Personality Disorders
 - 2020 DBT workshop, Romanian Association for Cognitive and Behavioural Therapies
- 2020 5th Edition: National Congress for CBT

- 2020 The management of private practice in psychology - An interdisciplinary approach. Professor Univ. Dr.Marius Cioara, representative for Romanian Psychologists Association
- 2022 Licensed psychologist in Cognikit, assessment and intervention for children and adolescents
- 2022 Licensed psychologist in TPO, online psychological testing for adults
 - 2022 Workshop : Metode de expunere, Cognitrom Cluj
 - 2022 Workshop : Metode de relaxare, Cognitrom Cluj
 - 2022 Workshop : Functii executive, Cognitrom Cluj
 - 2022 Workshop : Managementul furiei, Asociația pentru Dezvoltarea Serviciilor Sociale și Educaționale CATHARSIS, Bucuresti
- 2023 Formare Metode de Restructurare Cognitiva: Aplicatii si Studii de caz, ACPOR, Asociația de Consiliere si Psihoterapie Online Bucuresti
- 2023 Platforma SOI-FE este un proiect de cercetare-dezvoltare cofinanțat de către Cognitrom și UEFISCDI, prin grantul PN-III-P2-2.1-PTE-2021-0048: „Sistem online integrat de evaluare și optimizare a funcțiilor executive”
- 2023 Conferinta SicSport Miercurea Ciuc, Sport si psihologie sportiva
 - 2024 Workshop Cognitrom Cluj
 - Relația copiilor și adolescenților cu media digitală
 - Autoreglarea prin stabilirea scopurilor
 - Aspecte judiciare ale profesiei de psiholog
 - Cum abordăm adicțiile în cabinet?
 - Anxietatea la vârsta adolescențe
- 2024 Conferinta SicSport Miercurea Ciuc, Sport si psihologie sportive
- 2024 The International Conference : Current challenges in social work and opportunities for development, University of Oradea, Faculty of Social Sciences, Department of Sociology and Social Work

Doctoral School of

Sociology

Afilieri

Voluntariat

- 2016 APA, American Psychological Association, Student Affiliate
- 2019 APA, American Psychological Association, Member
- 2019 Colegiul Psihologilor din Romania, Romanian Psychologist Association
- 2020 Romanian Association for Cognitive and Behavioural Therapies, Member of EABCT
- 2020 Hungarian Association for Cognitive and Behavioural Therapies, VIKOTE, Member of EABCT
- 2020 Beck Institute Philadelphia, USA
- 2022 Member of Psihologie Online Network,, Cognitrom Cluj

- 2015-prezent Voluntar club Sportiv Xterra Oradea (Evenimente sportive)
 - 2022-2023 Psiholog sub tutela UNICEF, Sighetu Marmatiei (Razboi Rusia-Ucraina)
- 2022-2023 Voluntar Federatia Comunitatilor din Romania, Sighetu Marmatiei (Razboi Rusia-Ucraina)
- 2022-2023 Uniunea Ucrainenilor din Romania, Filiala Maramures
 - 2023 Contract de Voluntariat cu DGASPC Bihor incheiat si inregistrat sub nr. 123/20.06.2023
 - 2023 Contract de Voluntariat cu Casa de Tip Familial "Casa Bratca" si "Casa Pimavara" nr. 126/26.06.2023
- 2023 Contract de Voluntariat cu Penitenciarul Oradea, Serviciul de Asistenta Sociala nr. 50225/POBH/12.09.2023
- 2023 Voluntariat UPU Spitalul Clinic de Urgenta Bihor, contract de voluntariat cu Universitatea din Oradea, Facultatea de psihologie
- 2024 Voluntariat Club Sportiv Municipal, CSM Oradea, contract de voluntariat cu Universitatea din Oradea, Facultatea de psihologie