



Cristina BUJA

Bucharest, Romania

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[LinkedIn Profile](#)

WHY ME?

I am a psychologist and I work with my clients to help them get to know each other, to make pace in them and to really improve their quality of life. I am here for you too, to work together with attention, patience, empathy and gentleness, in a safe and confidential space.

EXPERIENCE

Oct 2011 **Psychologist** ● **Psychotherapist**

Present

- **Individual psychotherapy – trauma, EMDR, IoPT**
- **Personal and emotional development**
- **Parental counsellor**
- **Parent education programs**

Sept 2018 **Trainer** ● **Methodology writer**

Present

Romanian NGOs

Training for educational staff to work with children in order to help them develop their emotional intelligence.

Volunteer management

Projects writing

Methodology for developing social and emotional skills of children

Methodology regarding intergenerational best-practices

Jan 2018 **Programs manager**

Sept 2022

The Margareta of Romania Royal Foundation, Bucharest

Managed a team of 10 employees. Ensure implementation of operational programs. Monitoring and evaluating activities. Develop general strategies.

Writing funding proposals. Making narrative and financial reports for all operational programs. Ensuring relationships with state authorities, NGOs, and other institutions with which there are collaborations or partnerships.

Oct 2018 **Parental education specialist**

Apr 2021

The Margareta of Romania Royal Foundation, Bucharest

Developing and applying counseling and parenting education program to reduce the risk of school dropout and the harmonious development of students and preschoolers in 3 educational institutions in Bucharest.

Sept 2011 **Psychologist – “Generations Community Center”**

Nov 2012

The Margareta of Romania Royal Foundation, Bucharest

Individual and group counseling for 50 children and 20 young people (over 350 hours of counseling). Parental counseling and group support. Educational and vocational guidance and counseling (min. 40 sessions/yearly).

EDUCATION

2025	EMDR training - EMDR psychotherapist EMDR Association Romania
2023 – 2025	Identity-oriented Psychotrauma Therapy (IoPT) Institute for the study and treatment of trauma
2019 – 2021	Integrative psychotherapy of trauma Institute for the study and treatment of trauma
2009 – 2012	Master's Degree - Individual, couple, family and group assessment, counselling and psychotherapy Faculty of Psychology & Educational Sciences, University of Bucharest
2006 – 2009	Bachelor's degree in Psychology
2004 – 2009	Bachelor's degree in Social Assistance

MEMBERSHIP

2020	Medal Custodian of the Romanian Crown - Royal House Of Romania
2011	College of Psychologists from Romania
2023	Institute for the Study and Treatment of Trauma

COURSES

Project Manager Diploma - authorized by CNFPA
Trainer Diploma - authorized by ANC
Driving license (2007)

PROFESSIONAL SKILLS

Languages - English, French
PC skills - Microsoft Office, WordPress, Content Writing, Social Media

BOOKS WRITTEN

- ☞ [Fram începe scoala!](#)
- ☞ [Fram si Bumbic cel cu două case.](#)

PERSONAL WEBSITE

www.cristinabuja.ro

- Writing 1000+ articles about child and adult psychology, parental education, family and childcare.
- Unique visitors – 38.000 average / month
- Facebook: 31.500+ followers
- Instagram: 1900+ followers