

PERSONAL
INFORMATION

Karol-Julien WILD



Sex Male | Date of birth | Nationality Romanian

POSITION
STUDIES APPLIED FOR

University Lector

WORK EXPERIENCE

09.2008 - present

Psychotherapist - CoachWild & Associates - Private Practice (Arad, Romania, www.wildassociates.ro)

- Psychotherapy
- Executive Coaching
- Workshops, on themes like: Emotional Regulation Efficacy

Business or sector Mental Health12.02.2026 - present
10.2013 - 08.2021**University Assistant**"Vasile Goldis" Western University of Arad, Psychology Department (Arad, Romania, www.uwv.ro)

- I held the following seminars:
- Psychometrics and Psychological Assessment
- Fundamentals in Psychology
- Psychiatric interviewing and assessment
- Psychotherapy
- Introduction in Research Methodology
- Communication and the Client -Therapist Relation

Business or sector Education

04.2009 - 06.2016

Senior ConsultantCCS Corporate Consulting Services (Luxemburg, Bucharest, Romania, <https://ccsint.com/>)

- Psychological Interventions in Crisis Situation
- Anger Management Workshops
- Creativity Training Workshops
- Counselling & Coaching

Business or sector Consulting & Mental Health

02.2004 - 08.2008

Psychotherapist under supervision

International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health (Cluj Napoca, Romania, www.psychotherapy.ro)

- Psychotherapy

Business or sector Mental Health

EDUCATION AND TRAINING

10.2017 - 09.2024

PhD in Psychology

Babes-Bolyai University, Doctoral School of Applied Cognitive Psychology (Cluj-Napoca, Romania, <https://psychology.psiedu.ubbcluj.ro/en/>)

- Thesis is entitled: Cost of Emotional Regulation on Life Quality
- Magna cum Laude

10.2008 - 07.2010

Master (MA)

Babes-Bolyai University, Department of Psychology (Cluj-Napoca, Romania, <https://psychology.psiedu.ubbcluj.ro/en/>)

- Master in Psychological Techniques for Behaviour Control and Human Potential Development
- My Dissertation was entitled: Efficacy of an Acceptance and Commitment Training Program on Anger and Job life Satisfaction

02.2004 - 08.2008

Formal Training in Cognitive - Behaviour Psychotherapy (REBT)

International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health (Cluj Napoca, Romania, www.psychotherapy.ro) & Albert Ellis Institute (New York, USA, <https://albertellis.org/>)

- As a result of the formal training I was certified as Cognitive-Behaviour Psychotherapist by the Romanian Psychological Board. No.01808, <https://copsi.ro>

10.1999 - 07.2003

Bachelor (BA)

Babes-Bolyai University, Department of Psychology (Cluj-Napoca, Romania, <https://psychology.psiedu.ubbcluj.ro/en/>)

- License as Psychologist
- My Licences was entitled: Religious Orientations and Mental Health

PERSONAL SKILLS

Mother tongue(s)

Romanien

Other language(s)

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken interaction	Spoken production	
German	C2	C2	C2	C2	C1/C2

Deutsches Sprachdiplom - Zweite Stufe (C1) , ausgegeben vom Ständige Konferenz der Kultusministerium der Länder in der Bundesrepublik Deutschland, 1997					
English	B2	B3	A2/B1	A2/B1	A2

Levels: A1/A2: Basic user - B1/B2: Independent user - C1/C2 Proficient user
[Common European Framework of Reference for Languages](#)

Digital competence JAMOVI, R, SPSS, Office Suite, Content Creation apps as well on Mac as also on PC

Research Methodology Intrests

- interested in Bayesian statistics and theory (beginner)
- interested in Experience Sampling Methods research and other ecological methods

Driving licence B

ADDITIONAL INFORMATION

Management Projects

- Project Manager of the Human Resources Development Project "Human Resource - Resource that represents us" PHARE 2005, budget 35.000 EUR.

Research Projects

- 2014 -2015 Development of human resources - doctoral and postdoctoral students - for research excellence in the fields of health and biotechnologies(DPD) POSDRU/ 159/1.5/S/141531
- 2011 - 2012 Member in the research group affiliated to: (a) the International Coaching Institute of the Department of Clinical Psychology and Psychotherapy, (b) Babes-Bolyai University, Cluj-Napoca, and (c) the Virtual Reality Platform.The project targets topics that are part of the international research mainstream in the study of: The effectiveness of coaching techniques applied in business, for increasing professional performance and employee well-being.

Presentations / Conferences

- Karol-Julien WILD, Chiralina LIMOTA, Oana DAVID (2014) The efficiency of an "ACT" Stress Management Program on Anger and Job Satisfaction. : 1st International Congress of Cognitive Behavioral Coaching - ICCBC 2014, June. 2014, Cluj-Napoca
- Karol-Julien WILD, Chiralina LIMOTA, Delia PODEA (2014) Managing the double Agenda in Executive Coaching, 1st International Congress of Cognitive Behavioral Coaching - ICCBC 2014, iun.2014, Cluj-Napoca

References

- Professor dr. Adrian N. Opre, PhD. - Dean of the Department of Psychology at Babes Bolyai University and the scientific coordinator of my doctoral thesis. Email: adrianopre@psychology.ro, Phone: +40 744 555 158
- dr. Bianca Macavei, PhD. - psychotherapy supervisor during my formal training in psychotherapy. Email. biancamacavei@gmail.com, Phone: +40 744 362 123