



Cristian-Vasile Căndea

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ABOUT ME

Psychotherapist specialized in CBT and crisis intervention who provides personalized support for clients of all ages, and a creative and empathetic professional who produces educational videos on psychology and philosophy to make complex ideas accessible and engaging.

WORK EXPERIENCE

 **FREELANCE** – REMOTE

PSYCHOTHERAPIST – 18/09/2025 – CURRENT

- Providing CBT to clients of all ages through personalized treatment plans and evidence-based techniques, including cognitive restructuring, behavioral activation, exposure interventions, relapse-prevention strategies and more.
- Researching psychological, neuroscientific, and philosophical topics and creating accessible educational materials and digital content for social media (YouTube, Facebook, Instagram, TikTok) using professional Adobe tools.

 **4SITE ROMÂNIA** – CLUJ-NAPOCA, ROMANIA

RECRUITER – 06/05/2024 – 16/01/2025

- Conducting initial interviews, requesting references, and preparing interview reports.
- Maintaining communication with candidates from sourcing to onboarding and updating their information in recruitment systems (Zoho Recruit, Bullhorn).
- Reaching out to candidates for referrals and posting/updating job ads on platforms like OLX and Publi24.
- Creating engaging social media content with Canva and responding to candidate inquiries across platforms.
- Sourcing candidates through social media (Facebook, LinkedIn) and running job promotion campaigns via SMS and e-mail.

VOLUNTEERING

18/10/2025 – CURRENT Remote

Crisis Counselor at depreHUB

- Providing emotional support and crisis intervention for individuals experiencing suicidal ideation, severe depression, panic attacks, domestic violence, trauma, or other acute psychological difficulties.
- Applying crisis de-escalation strategies and principles of clinical psychology to promote immediate emotional stabilization.
- Conducting brief risk assessments, evaluating presenting symptoms, and identifying protective factors, coping capacities, and immediate safety needs.
- Facilitating access to specialized mental health services by providing clear recommendations and referrals.

- Conducting market analysis to assess candidate availability in specific regions and searching for potential candidates on LinkedIn and eJobs.
- Evaluating CVs, performing phone screenings, and participating in online interviews while taking notes and preparing client reports in Romanian and English.
- Updating the internal database (HubSpot).
- Delivering a presentation on burnout syndrome to colleagues.
- Interviewing candidates for the internship program and developing a tailored interview template.

● EDUCATION AND TRAINING

10/2021 – 06/2023 Cluj-Napoca, Romania

MASTER'S DEGREE, PUBLIC AND CLINICAL HEALTH PSYCHOLOGY Babeş-Bolyai University

Field of study Psychology

10/2023 – CURRENT Cluj-Napoca, Romania

BACHELOR'S DEGREE, PHILOSOPHY Babeş-Bolyai University

Field of study Arts and humanities

10/2018 – 06/2021 Cluj-Napoca, Romania

BACHELOR'S DEGREE, PSYCHOPEDAGOGY Babeş-Bolyai University

Field of study Education science , Psychology

● SKILLS

Technical & Creative Skills

Adobe Creative Suite | SPSS Statistics | Microsoft Office | Scriptwriting | Photography | Filming

Soft Skills

Active listening | Time management | Emotional intelligence

● LANGUAGE SKILLS

Mother tongue(s): ROMANIAN

Other language(s):

	UNDERSTANDING		SPEAKING		WRITING
	Listening	Reading	Spoken production	Spoken interaction	
ENGLISH	C2	C2	C1	C1	C1

Levels: A1 and A2: Basic user; B1 and B2: Independent user; C1 and C2: Proficient user

● DRIVING LICENCE

Driving Licence: B