



Francesca Raileanu

Nationality: Romanian **Date of birth:** 21/06/1996

Phone number: (+40) 742461189

Email address: raileanu.francesca@gmail.com

Home: Aleea Dreptatii 2, 060899 Bucharest (Romania)

ABOUT ME

Clinical psychologist and researcher with a passion for improving people's wellbeing by using psychology principles, research and design methods.

WORK EXPERIENCE

Clinical psychologist

Psyched Consulting [09/2023 – Current]

City: Bucharest | Country: Romania

I work independently as a licensed clinical psychologist and CBT psychotherapist. I help clients with their mental health concerns and collaborate with NGOs for trainings, workshops and personal development programs. Some of my collaborations include, but are not limited to, facilitating a series of resilience and emotion regulation workshops for Ukrainian refugees for Terre des Hommes and leading an impact study for Aspire Teachers.

Lecturer

Hyperion University [01/09/2024 – Current]

City: Bucharest | Country: Romania

Designed course materials and taught Psychology in English to first year Bachelor Degree students

Mental health coach

Caring Universities, Vrije Universiteit [01/2021 – 10/2021]

City: Amsterdam | Country: Netherlands

I coached students with depression, anxiety, or procrastination difficulties. I used motivational interviewing techniques and worked on building a strong therapeutic alliance by using active listening and mirroring techniques. I helped students identify automatic thoughts and implement emotion regulation strategies.

Head of education

Upgrade Education [07/2021 – 09/2022]

City: Bucharest | Country: Romania

I was responsible for leading content development, monitoring feedback, implementing solutions, identifying stakeholder needs, creating new products, improving educational programs, hiring and managing team members.

Project manager

Aspire Teachers [10/2022 – 09/2023]

City: Bucharest | Country: Romania

I coordinated two educational projects, helped teachers develop resources, and managed an impact study.

Research assistant

ZeroPhobia Lab, Vrije Universiteit [02/2020 – 09/2021]

City: Amsterdam | Country: Netherlands

I collected and managed data for a randomized controlled trial on the efficacy of Virtual Reality Exposure Therapy (VRET) and Internet-Based Cognitive Behavioral Therapy on aviophobia symptoms. For my independent research project I conducted research on safety behaviors employed during flying and their relationship to flight anxiety severity. I also completed a systematic review and meta-analysis looking at the efficacy of VRET and level of presence on treatment outcome.

Research assistant

Team Riper, Vrije Universiteit [09/2020 – 09/2021]

City: Amsterdam | Country: Netherlands

I worked on a scoping review on the use of text, vocal and facial recognition algorithms to predict mental health outcomes such as depressive episodes, panic attacks, suicide attempts, etc. I worked as a mentor and member of the organization team for a hackathon focused on digital solutions for youth suicide prevention, an initiative started by the Center for Artificial Intelligence and Health.

Research assistant

Center for Addiction Medicine, Massachusetts General Hospital [09/2018 – 06/2019]

City: Boston | Country: United States

My responsibilities included collecting and processing physiological samples, running MRI and fNIRS scans, assessing vital signs, administering and scoring questionnaires such as the MINI and the AUDIT, recruiting participants and monitoring their symptoms. One of the trials I worked on looked at the effect of medical marijuana on mental health, while the other used fNIRS technology to detect cognitive impairment in marijuana users.

Research assistant

Tufts Applied Cognition Lab, Tufts University [06/2017 – 06/2019]

City: Boston | Country: United States

At TACL I developed my analytical skills and broadened my understanding of empirical research. By conducting independent research, I learned how to design a protocol, analyze data, present graphs, and write manuscripts. I completed my Senior Thesis on the impact of executive function load on postural control.

Research assistant

Emotion Brain and Behavior Lab, Tufts University [09/2016 – 06/2017]

City: Boston | Country: United States

I collected and organized subject data, conducted literature searches, managed regulatory binders, and processed signals in MATLAB. I also performed electrocardiograms, electromyographs, and electrodermal tests.

EDUCATION AND TRAINING

PhD

Universitat Autònoma de Barcelona [01/02/2025 – Current]

City: Barcelona | Country: Spain | Website: <https://www.uab.cat/>

Cognitive Behavioral Therapy Training

Association of Cognitive Behavioral Therapy and Rehabilitation [11/2021 – 06/2024]

City: Bucharest | Country: Romania | Website: <https://asociatiatccpr.com/despre-atccpr/>

Master of Science in Clinical and Developmental Psychopathology

Vrije Universiteit [09/2019 – 07/2021]

City: Amsterdam | Country: Netherlands | Website: <https://vu.nl/en>

Bachelor of Science in Clinical Psychology

Tufts University [09/2015 – 06/2019]

City: Boston | Country: United States | Website: <https://www.tufts.edu/>

Personal & Professional Development Training (Changemaker 5.0)

Egyesek Youth Association (Erasmus+) [04/04/2024 – 14/04/2024]

City: Holloko | Country: Hungary | Website: <https://egyesek.hu/tabor-kereso>

Leadership & Entrepreneurship Training (EntrepreneurSelf)

Euromuevete (Erasmus+) [23/10/2024 – 30/10/2024]

City: Malaga | Country: Spain | Website: <https://euromuevete.org/>

PROJECTS

[10/2022 – 07/2024]

Impact study

I designed and managed an impact study that measured the effects of an educational intervention created by Aspire Teachers, an educational NGO. I coordinated each stage of the process, from study design to result dissemination and I am currently working on publishing the results.

Link: <https://www.aspireteachers.ro/>

[03/2024 – Current]

Psychology seminars

I collaborate with an educational institution called "Fundatia Calea Victoriei". I hold lectures and workshops on psychology and mental health topics.

Link: <https://www.fundatiacaleavictoriei.ro/>

[09/2023 – Current]

Dridu Smiles

I designed an intervention for middle school students from a local school in Dridu, a town in rural Romania. Each month I have personal development classes with the students during which we focus on socio-emotional development, discrimination, bullying, etc.

[10/2023 – 12/2023]

Resilience seminars

I collaborated with Terre des Hommes and facilitated a series of seminars for Ukrainian refugees focused on resilience, processing trauma, and mental health.

Link: <https://www.tdh.org/fr>

[01/01/2024 – 30/06/2024]

Counselling

Offered counselling sessions for middle school students from vulnerable groups. This project was initiated by Agentia Impreuna

Link: <https://www.agentiainpreuna.ro/despre-noi/>

[01/07/2023 – 01/09/2024]

Sensory Labyrinth Theatre

Organised and took part in multiple sensory labyrinth theatre experiences. The last session we held was part of the Dor de Doina second edition, a cultural event meant to connect youth to Romanian culture, nature, and traditions.

Link: <https://www.fruivita.ro/dor-de-doina/>

PUBLICATIONS

[2022]

The specificity of cognitive-motor dual-task interference on balance in young and older adults

Frontiers in Aging Neuroscience

CONFERENCES AND SEMINARS

[04/2018 – 04/2018] Boston

Human Factors and Ergonomics Society, New England Chapter

I presented my independent project: "Characterizing Mobility Impairments for Younger and Older Adults while Multitasking"

[03/2018 – 03/2018] Boston

Annual Meeting of the Cognitive Neuroscience Society

Poster presentation: "Dissociating components of multitasking using HD-tDCS"

HONOURS AND AWARDS

[04/2018] Tufts University

Leonard Carmichael Prize Scholarship for outstanding academic achievement

[03/2018] Tufts University

Undergraduate Research Fund for original research

[01/09/2015] Neubauer Scholars Program (Tufts University)

Neubauer Scholarship for intellectual leadership

LANGUAGE SKILLS

Mother tongue(s): Romanian

Other language(s):

English

LISTENING C2 READING C2 WRITING C2

SPOKEN PRODUCTION C2 SPOKEN INTERACTION C2

Spanish

LISTENING B1 READING B1 WRITING A2

SPOKEN PRODUCTION A2 SPOKEN INTERACTION A2

French

LISTENING B2 READING B2 WRITING B2

SPOKEN PRODUCTION B2 SPOKEN INTERACTION B2

Catalan

LISTENING A1 READING A1 WRITING A1

SPOKEN PRODUCTION A1 SPOKEN INTERACTION A1

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