

# Personal and Professional Development of Future Melotherapists

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## **Abstract**

**Introduction:** *Personal and professional development is a process of recursive integration that involves openness to experience, responsibility to clients and to oneself, and critical analysis of personal life experience (Cross, Papadopoulos, 2001).*

**Objectives:** *This research pursues to promote a training focused on personal and professional development of future melotherapists. It aims at training complementary skills for the future career of master degree students. Thirty master degree students were involved in this program, during an academic year.*

**Methods:** *The structuring of the topics and the implementation of the training were based on prior analysis of the activities required by the melotherapist profession and on the identification of difficulties and sources of stress. To this end, we used the focus group, document analysis and work products analysis. The effects arising from the participation in this training were recorded through personal journals completed by each participant at the end of each module.*

**Results:** *The analysis shows that journals and portfolios support the need for future melotherapists to undergo training focused on personal and professional development. Among the effects seen in the participants, we noticed confidence in one's own professional skills, objectivity and emotional detachment from the clients' problems, finding resources and strategies to cope with burn-out and to achieve balance between personal and professional life.*

**Conclusions:** *The results show that attending such a program is both effective and necessary for melotherapists. The program might be extended, adapted and validated in a larger group of participants working in the field of melotherapy and future research can focus on developing a tool for objective assessment of participants' progress.*

**Keywords:** *personal optimization, professional empowerment, personal journal*

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## **Contact Sports and the Desire to Be Loved – Experiential Intervention in High Performance Sport**

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### ***Abstract***

*In the general perception, practitioners of contact sports must be tough; they must assume the risk resulting from physical confrontation and they must possess a significant dose of aggression and a good control of emotions, as if without these coordinates they could not cope with the specific demands imposed by such a sport and nothing could help them compensate for their lack. But few ask themselves which are the reasons for choosing one of these sports and being persistent in its practicing. The answer will always involve a mix of existential contexts, emotional features and individual needs. So, contact sport is often a solution for insecure persons, who are eager for affirmation and recognition, as well as for those who hide behind the illusion of power because they cannot accept their vulnerability and for those who are angry with themselves or others and have not been yet introduced to forgiveness.*

*This paper aims to illustrate such a case, in which boxing is a symbolic way to obtain power and self-confirmation. This was a child's answer to his acute need to be heard, admired, accepted and loved.*

***Keywords: boxing, emotional vulnerability, forgiveness***

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# The Identification of the Subjective Psychological Mechanisms of Anxiety through Experiential Psychotherapeutic Approach

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## **Abstract**

**Introduction:** The current paper is a qualitative study because the aim was to consider individual cases with the purpose of understanding and explaining the manner in which anxiety occurs and develops in the clients' life script, as well as identifying the concrete means of individualizing the experiential psychotherapeutic process, which opens the possibility of reaching more than the anxiety symptoms.

**Objectives:** The general objective of this study was to elaborate an integrative psychotherapy model, of experiential type, to provide individualized psychological assistance to adults affected by anxiety disorders. The objectives pertaining to practical application aimed to identify the subjective psychological mechanisms of anxiety, to individualize the integrative psychotherapeutic process, of experiential type and to exploit the obtained results by elaborating certain conclusions on practical application.

**Method:** The study was carried out on an extensive group of subjects including 500 people, aged 23 to 60, 320 were females and 180 males, which resulted from the psychotherapy sessions conducted in the personal counseling and psychotherapy practice. The following methods of qualitative research were used: the case study, the clinical interview, the systematic observation, experiential techniques with diagnostic value: Gestalt methods, creative support techniques, genogram.

**Results:** The identification of the subjective psychological mechanisms of anxiety leads to the efficient modulation of the psychotherapeutic process on three levels: symptoms, existential and trans-generational level, to a remission in the anxiety-depressive symptomatology, to the re-signification and restructuring of the client's life plan.

**Conclusions:** Following the established objectives and hypotheses, the first category of conclusions refers to approaching the adult's anxiety by means of integrative and individualized psychotherapeutic process of experiential type. A second category of conclusions refers to the symbolism of the anxiety occurrence and manifestation, as well as to its subjective mechanisms projected through symptoms.

**Keywords:** integration, individualization, re-signification, personal development

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## **Art-therapeutic Intervention in Sensory Integration for Autism Spectrum Disorders. A Preliminary Study**

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### **Abstract**

*Important researches with a strong methodology and a large number of participants showed the prevalence of the ASD sensory dysfunctions. The present study points out the effects of art therapy with autistic children on the sensory integration of the fine motor area. 5 children aged 5 to 6, diagnosed with high functioning autism and Asperger syndrome were included in a sensory-based art therapy program designed to enhance fine manual abilities and decrease tactile sensitivity in order to increase the children's participation in kindergarten activities. A 20 fine motor and tactile task questionnaire was administered to eight children. Five children who scored less than 20 (completed less than half of the tasks) were included in the group. The participants have attended sensory-based art therapy classes for one hour a week during a period of 12 weeks. The intervention aimed to enhance fine manual abilities by means of drawing, painting, cutting out and carving. During the 12-week program, children proved increased fine manual abilities as it resulted from the post-testing section - participants were given the pre-testing measurement tool. The differences were notable in some activities and reduced in others. The study suggests that creative-based interventions combined with cognitive-based desensitization represent a way of reducing sensory processing deficits, by conceiving attractive tasks and by dividing apparently simple demands in „smaller” activities.*

**Keywords:** *occupational therapy, Asperger syndrome, sensory processing disorders*

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## Forays into the Psychological Profile of the Spiritual Seeker

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### **Abstract**

**Purpose:** The purpose of this study was to examine spirituality as a meaningful construct in modern life and to study the interests of the spiritual seekers.

At the same time, the general objective is to study the categories of spiritual seekers, the relation between spirituality and personal development, as well as to sketch a short personality profile.

**Methods:** A total of 100 subjects were tested with the Spiritual Interest Questionnaire, consisting in 3 distinctive parts.

**Results:** After discussing the results obtained in this pilot study, it can be concluded that modern people are very interested in the spirituality topic. In order to have a better view of this phenomenon, some kind of classification is needed in a world where spiritual activities are increasing and new methods of Self-exploration are emerging.

**Conclusions:** Considering that after all, spirituality can be defined as the desire to create a significant relationship with the Divine, having a path and the interest in seeking is a present need in every person, although in a different percentage. This supports the inclusion of these concepts in our efforts to help promote a healthy spirituality and in the expansion of our investigations beyond spiritual identification.

**Keywords:** spirituality, stages of faith, classification, spiritual seeker

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## **The Influence of Cognitive Schemas upon Anxiety, Personality Traits and Behavior**

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### ***Abstract***

***Introduction:*** *The theoretical part of the work presents general aspects concerning cognitive schemas, anxiety as a state of mind and anxiety as a feature. We have also referred to personality traits in this study.*

***Method:*** *The present work deals with different aspects or dimensions of maladaptive cognitive schemas involved in anxiety based on the idea that they play a major role in triggering and accentuating psychological disorders. In the second part, I have included the research methodology and sought to highlight the possible connections between variables. The study has two hypotheses that will be brought into discussion along the argued or affirmed research, according to the case.*

***Results:*** *In order to confirm the proposed hypotheses I will compare two samples of subjects: the patients with anxiety diagnosis and the control sample.*

***Keywords:*** *cognitive schema, personality traits, anxiety, psychological disorders*

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## **Social Phobia – As Seen in the Light of Positive Psychotherapy**

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### **Abstract**

*The excessive apprehension before a negative assessment adds to the extension of anxiety in a series of social contexts. Phobia is the most frequent form of anxiety and it is ranked in the U.S. as the third psychiatric disorder. After an overview of the effects this disorder causes socially and the human reaction to it, we have decided to tackle this subject. This paper intends to differentiate the non-conflicting behavioral parts or positive parts from the real symptom, in this way offering the patient and his environment the basis to better cope with the problems. In order to proceed with the psychotherapeutic intervention in this case, we aim to cover the five steps of Positive Psychotherapy like/ such as: observation, inventory (micro and macro-trauma, the separation of capacities and the conflicts involved, the WIPPF and other methods), situational encouragement, verbalization and expansion of goals regarding the reactions of the patient in various social circumstances. According to the theory presented in this study, anxiety is a predetermined classic answer involving the association of unpleasant stimuli to other areas of life at a conscious level (at work, among friends, on the street or at home). Anxious individuals are very suspicious; they cannot trust people as much as to have also positive relations, long-lasting ones and they get to live in a painful solitude. One of the correlative-causative factors could be the psychosocial one that plays a crucial role in the onset of an illness (life-events, micro-traumas, basic conflict) but also in its spread.*

**Keywords: conduct, psychosocial, affection, conflict, capacities**

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# Clinical Interventions Used in Diminishing Pain Among Patients with Rheumatic Diseases: Hypnosis and Mindfulness

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## Abstract

**Introduction:** The concept and applicability of mindfulness techniques have gained in the past years a continuously growing exposure both in the clinical and psychotherapeutic domains. The use of mindfulness and hypnotherapeutic techniques often accompany the clinical pharmaceutical treatment of several medical conditions.

**Objective:** The present study examines the effects of applying mindfulness treatment versus hypnotherapeutic treatment in an experimental group (N=52) compared to a control group, which did not receive any kind of intervention (N=26).

**Methods:** We used the following instruments: Brief Symptom Inventory (BSI), The Subjective Unit of Disturbance (SUD - Wolpe, 1969) and Beck Depression Inventory (Beck et al., 1961).

**Results:** The obtained results indicate an improvement in the state of patients suffering from rheumatic conditions, who benefited from the application of mindfulness techniques and procedures specific to hypnosis. In the experimental group we registered significantly lower values of pain indicators and psychological distress indicators caused by the rheumatic condition. Also, the level of depressive symptoms has become lower in the group that received clinical treatment.

**Conclusions:** The registered data suggest that, compared to the group which did not receive any treatment, namely the control group, mindfulness techniques and hypnotherapeutic techniques decrease the level of pain reported by the patients, diminish the level of depressive symptoms and reduce the level of psychological distress. The findings in the present study are consistent with the results from other studies, which support the efficiency of hypnotherapeutic and mindfulness techniques in diminishing pain among patients with rheumatic conditions.

**Keywords:** hypnotherapy, mindfulness, psychological distress, depression

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## **Ethical Aspects in Family Therapy**

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### **Abstract**

*The ethical conduct not only of the profession but also of the evaluation of the professional process is an important aspect of the psychiatrist and the psychotherapist’s activity. The ethical issues in psychotherapy practice are not easy to solve because the dilemmas faced by the family therapist are various and complex. It must pursue solutions to specific ethical problems that inevitably arise in practice. The loyalty to the code of ethics stipulated by EFTA, the responsibility for maintaining professional competences, the collaboration with other colleagues, the deep understanding of the human nature and morality helps the family therapist practice the ethics judgment. The paper presents the ethical issues of the family therapist activity that can be solved by following concepts, theories and techniques from different approaches. The application of the ethical decisions model developed by Kitchener can resolve conflicts in ethical and therapeutic dilemmas. Clinical decisions promote the welfare and the interests of the family and its individual members.*

*Family psychotherapy teaches us to be responsible for the others because we are bound together by our relationships and the change begins with us. The family therapist supports each person to become responsible for his/her ethical behavior. In this way the society protects its moral values.*

**Keywords:** *ethics, family psychotherapy, code of ethics*



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