

# **CALIN ALEXANDRU HOPSITAR**

## **(BSc, MSc)**

**HCPC Registration No. PYL039614 DBS Registration No. 001743116041**

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### **PROFESSIONAL QUALIFICATIONS & EXPERTISE**

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#### **Professional Qualification**

HCPC Registered Clinical Psychologist

Trained Schema Therapist

Trained Cognitive-Behavioural Therapist

Trained Gottman Method Couples Therapist – Level 3 Training Completed

Level 3 Safeguarding Trained – Adults and Children

Master of Science in Neuroscience – King's College London – Graduated with Distinction.

#### **Areas of Expertise**

Assessment of Adults and Children

- Cognitive Functions
- Personality Traits
- Psychopathology
- Trauma
- Parenting skills
- Relationship Dynamics
- Neurodevelopmental Conditions – ASD

Besides my clinical practice, having worked in various clinical settings, working with a wide range of populations, I undertake instructions as an expert clinical psychologist, in family court cases, in different stages of the litigation process. In this respect, I undertook specific training provided by Bond Solon, both in excellence in report writing, but as well in family law procedure and expert responsibility.

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### **RELEVANT EXPERIENCE**

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Throughout my professional career my main area of expertise has been clinical psychology, using an evidenced-based scientific approach in my practice. My experience as a clinician consists of expertise in assessing cognitive functions, various psychopathological presentations, personality traits and relationships dynamics. As a student I developed an interest in developmental psychology and in the process of development, which further informed my professional formation and my career, as I always guide my diagnosis, formulation and intervention based on the pivotal knowledge that developmental psychology offers. In my assessments, I do not consider only the psychometrics or the answers of the individual, but I am looking as well on other important factors: developmental history, family history, socioeconomic status, cultural background, to generate an informed, robust conclusion of the way that various elements work together for each individual's psychological dimension. I have worked in various clinical settings

within the UK and outside the UK; in in-patient and out-patient CAMHS (Children and Adolescents Mental Health) Units, Adult Acute Mental Health Units and In-patient General Psychiatry departments, coming across a wide variety of clinical presentations, ranging from depression, trauma, complex PTSD, personality disorder, learning difficulties, psychotic and bipolar clinical presentations, to name a few.

**For full details of work history, please refer to the attached Appendix.**

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## **QUALIFICATIONS, TRAINING & RESEARCH**

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### **Qualifications**

- BSc in Psychology, Romania, 2017
- Master's in Clinical Psychology and CBT Therapy, Romania, 2019
- MSc in Neuroscience, Kings College London, 2020
- HCPC Registered Clinical Psychologist

### **Training**

- CBT Therapist
- Gottman Couples Method Trained Therapist
- ADOS-2 Assessment – ASD assessments
- Schema Therapy
- DBT Skills

### **Research**

- Developmental Psychology
- Developmental Neurobiology and Stem Cells
- Clinical psychology

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## **MEMBERSHIPS & PUBLICATIONS**

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### **Professional Memberships**

- Member of the British Psychological Society (AFBPS) Registration number: 485885
- Registered Clinical Psychologist with the Health Care Professions Council

### **Publications & Presentations**

- 18-20th July 2019, **participation and poster presentation** in the **9th World Congress of Behavioural and Cognitive Therapies**, Berlin, Germany
- 21 November 2017: **published article**: Ionescu, T., Marian, A., Moldovan, P., Perde, B., Vescan, R., Hopsitar, C., Rogobete, D., & Suciu, L. (2017). Integration of Processes in the Study of Insight and Innovation. *AVANT*, 8, 147-156. [doi:10.26913/80s02017.0111.0014](https://doi.org/10.26913/80s02017.0111.0014)
- 1<sup>st</sup> of July 2017: The 9<sup>th</sup> International Congress of Cognitive Psychotherapy, poster session number 3: *The effect of emotional regulation strategies on shame, in adolescents, in the context of depressive symptoms: Preliminary Data*. (Călin-Alexandru Hopșitar, Aurora Szentagotai-Tătar, Diana Căndea) **Poster presentation**

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## **OTHER RELEVANT INFORMATION**

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- I hold personal professional liability & indemnity insurance.

## Appendix

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### CHRONOLOGICAL WORK HISTORY

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<p><b>Developmental Psychology Lab. Babes-Bolyai University</b> 2014-2019</p>	<p><b>Research Assistant</b></p>
<p><b>Private Practice in Clinical Psychology and CBT Therapy</b> 2017-2021</p>	<p><b>Clinical Psychologist and CBT Therapist</b></p> <ul style="list-style-type: none"> <li>• Cognitive Functions Assessments</li> <li>• Personality Assessment</li> <li>• Psychopathology Assessment and CBT Intervention</li> <li>• Trauma Focused intervention</li> <li>• Parenting skills programs</li> </ul>
<p><b>Centre for resources and Educational Assistance Arad, Romania</b> 2018-2019</p>	<p><b>School Counsellor</b></p>
<p><b>Priory Hospital North London (CAMHS &amp; Adults Acute Mental Health Services)</b> October 2020- November 2021</p>	<p><b>Clinical Psychologist</b></p> <ul style="list-style-type: none"> <li>• Cognitive Functions</li> <li>• Personality Traits</li> <li>• Psychopathology</li> <li>• Trauma</li> <li>• Parenting skills</li> <li>• Attachment styles</li> </ul>
<p><b>The Chelsea Psychology Clinic (London, UK)– Associate Clinical Psychologist.</b> September 2021 – Present</p>	<p><b>Associate Clinical Psychologist</b></p> <p>Mental Health Assessments Therapy intervention: CBT, DBT, Gottman Couples Method Therapy, Schema Therapy</p>
<p><b>Nightingale Hospital London (Adult Acute Inpatient Mental Health Services – General Psychiatry Department)</b> Nov.2021 – March 2022</p>	<p><b>Clinical Psychologist</b></p> <ul style="list-style-type: none"> <li>• Assessments</li> <li>• Formulation</li> <li>• Intervention</li> <li>• Service Development</li> <li>• DBT Groups Facilitation</li> </ul>
<p><b>Founder 'Your Resilient Mind LTD'</b> March 2022- Present</p>	<p><b>Clinical Psychology Services and Expert Witness Services</b></p>