



TIMEA ANTAL

Licensed Clinical Psychologist & Psychotherapist

+971 563 019 164

timeaantal03@yahoo.com

www.timeaantal.com

EDUCATION

**Master of Science /
Clinical Psychology,
Psychological
Counseling and
Psychotherapy**

Lucian Blaga University

2020 - 2022

**Bachelor of Science /
Psychology**

Babeş-Bolyai University

2016 - 2020

EXPERTISE

- Psychological Assessment
- Diagnostic Interviewing
- Trauma-Informed Care
- Cognitive Behavioral Therapy (CBT)
- Attachment-Based Therapy
- Emotional Regulation Support
- Psychoeducation
- Client-Centered Approach
- Multidisciplinary Collaboration
- Report Writing & Documentation

LANGUAGE

- Hungarian: Native proficiency
- English: Fluent
- Romanian: Fluent

PROFESSIONAL SUMMARY

Licensed Clinical Psychologist and Psychotherapist, with a compassionate, trauma-informed approach and a strong foundation in psychological assessment, emotional regulation, and therapeutic work with children, adolescents, and adults. Skilled in building safe, trusting therapeutic relationships and working collaboratively within multidisciplinary teams.

Currently seeking a meaningful opportunity in a clinic setting where I can support others in their healing journey, continue growing professionally, and contribute with care.

WORK EXPERIENCE

THE NEW ENGLAND CENTER FOR CHILDREN

ABA Therapist

09.2022 - Present

- Conduct individualized therapy sessions for children with ASD, focusing on emotional regulation, communication, and adaptive skills
- Collaborate with multidisciplinary teams, including occupational therapists and educators, to develop integrated treatment plans
- Participate in clinical observations, collect behavioral data, and document therapeutic progress and outcomes
- Provide regular feedback to parents and caregivers, offering psychoeducation and home strategies
- Apply trauma-informed principles to foster emotional safety, trust, and consistency in therapeutic settings

American Wellness Center

Psychology Intern

01.2023 - 03.2023

- Observed clinical interviews and case formulations led by an American Board-Certified Psychiatrist, with focus on DSM-5 criteria
- Gained insight into differential diagnosis, common comorbidities, and how practitioners approach treatment planning in real-world settings
- Participated in discussions of complex case studies involving mood disorders, anxiety, trauma, and personality dynamics
- Learned how multidisciplinary teams collaborate in hospital settings, integrating psychological, psychiatric, and medical care
- Became familiar with clinical tools, patient monitoring procedures, and key elements of ethical, patient-centered intervention

CERTIFICATIONS

Licensed Clinical Psychologist

Community Development Authority, Dubai

July 2025

Certified Dialectical Behavior Therapy Professional (CDBT)

PESI USA

April 2024

Internal Family Systems (IFS) in Clinical Practice

Openminds Centre For Psychiatry, Counselling and Neuroscience

March 2024

Acceptance and Commitment Therapy for Depression

Openminds Centre For Psychiatry, Counselling and Neuroscience

January 2024

Psychological First AID

Johns Hopkins University

July 2022

HUNGARIAN MALTESE CHARITY SERVICE

Psychologist

09.2022 – Present

- Delivered psychological support to children, adolescents, and adults from a marginalized minority community, with a focus on emotional wellbeing, communication skills, and stress-related concerns
- Conducted one-on-one sessions under supervision, applying developmentally appropriate strategies and psychoeducation
- Adapted interventions to diverse cultural backgrounds, demonstrating sensitivity to contextual and systemic challenges
- Contributed to case discussions, treatment planning, and follow-up evaluations within the clinical team
- Developed foundational experience in therapeutic rapport-building, early case formulation, and age-specific intervention planning

REFERENCES

Professional references can be provided upon request.