



## Europass Curriculum Vitae

### Personal information

First name(s) / Surname(s) **Neli Balode**  
Name and address of employer Free International University of Moldova, Department of Psychology and Educational Sciences and Social Work,  
52 Vlaicu Parcalab, MD 2012, Chisinau, Republic of Moldova  
E-mail nelly.balode@gmail.com

### Current employment/ Occupational field

Free International University of Moldova  
PhD, Associate professor,  
Director of Master Degree Program “Educational Management”  
International Relations Coordinator at the Faculty of Social and Educational Sciences

### Work experience

Dates Since September 2010  
Occupation or position held Lecturer at Free International University of Moldova  
Main activities and responsibilities - Teaching students the following courses:  
“Human Motivation and Affectivity” “Psychology of Occupational Health”,  
“Ethical conduct in the work place”, “Cognitive-Behavioral Therapy”.  
- Research work in occupational health  
Since September 2019 – 2025 - Head of Psychology and Educational Sciences Department.

### Education and training

Dates 07 November, 2019.  
Title of qualification awarded PhD in Social Psychology.  
Principal subject/occupational skills covered Researcher in Social Psychology  
Name and type of organisation providing education and training  
Dates June-July, 2019  
Title of qualification awarded CBT psychotherapist  
Principal subject/occupational skills covered Essentials of CBT (on-line training course)  
Name and type of organisation providing education and training Beck Institute of Cognitive-Behavioural Therapy, Pennsylvania, USA  
Dates July-October, 2020  
Title of qualification awarded CBT psychotherapist

Principal subject/occupational skills covered	CBT in Anxiety
Name and type of organisation providing education and training	Beck Institute of Cognitive-Behavioural Therapy, Pennsylvania, USA
Dates	June-October, 2022
Title of qualification awarded	CBT psychotherapist
Principal subject/occupational skills covered	CBT in Depression
Name and type of organisation providing education and training	Beck Institute of Cognitive-Behavioural Therapy, Pennsylvania, USA
Dates	October, 2025 – February, 2026 Fulbright Foreign Student Program, U.S. Department of State and International Institute of Education
Title of qualification awarded	Research fellow
Principal subject/occupational skills covered	Psychology of Aesthetic Experience, Art and Art Therapy
Name and type of organisation providing education and training	Florida State University, Department of Art Education, Tallahassee
Level in national or international classification	ISCED 6
Dates	January-June, 2014 Carnegie Research Fellowship Program of the National Council for Eurasian and East European Research (NCEEER) in conjunction with the American Councils for International Education.
Title of qualification awarded	Research fellow
Principal subject/occupational skills covered	Teacher's burnout
Name and type of organisation providing education and training	City University of New York, York College, Department of Social Sciences, New York
Level in national or international classification	ISCED 6
Dates	Erasmus Mundus PhD program, September, 2012 – February, 2013
Title of qualification awarded	Post-graduate student
Principal subjects/occupational skills covered	Educational psychology, Teacher burnout
Name and type of organisation providing education and training	University of Pecs, Hungary

Level in national or international classification	ISCED 6
Dates	2010 - 2014
Title of qualification awarded	Post-graduate student
Principal subjects/occupational skills covered	“Psychosocial factors of teacher burnout”, Empirical research that directly contributes to improvement of teachers’ professional performance and the quality of education.
Name and type of organisation providing education and training	Free International University of Moldova, Chisinau, Republic of Moldova
Level in national or international classification	ISCED 6
Dates	2008 - 2010
Title of qualification awarded	Master degree in Social Sciences
Principal subjects/occupational skills covered	Psycho-diagnostics in Psychological Counselling, Psychological Services in Educational Institutions.
Name and type of organisation providing education and training	Free International University of Moldova, Chisinau, Republic of Moldova
Level in national or international classification	ISCED 5
<b>Personal skills and competences</b>	
Mother tongue(s)	Romanian
Other language(s)	<b>English, Russian</b>
<b>Awards and Distinctions</b>	
Dates	April 2021 The National contest “The thesis of excellence of 2020”. Diploma II grade. The PhD thesis of excellence “Psycho-social factors of teacher burnout”. The premium “Nicolae Bucun” for the thesis of excellence and promotion of the culture of quality.

**Academic Mobility for  
academic staff**

April 2025  
Staff Mobility for training, Erasmus+ Higher Education Program,  
EU. Receiving institution, University of Cadiz, Spain

May 2024  
International Erasmus+ KA107 teaching week. Organizing Institution,  
Mykolas Romeris University, Vilnius, Lithuania.

February, 2023  
Staff mobility for teaching. Erasmus+ Higher Education Program,  
EU. Receiving institution, University of Cadiz, Spain

October, 2022  
International Erasmus+ KA107 teaching week. Organizing Institution,  
Mykolas Romeris University, Vilnius, Lithuania.

April, 2022.  
Staff mobility for teaching. Erasmus+ Higher Education Program,  
EU. Receiving institution, University of Cadiz, Spain

April, 2019  
Staff mobility for teaching. Erasmus+ Higher Education Program,  
EU. Receiving institution, Afyon Kocatepe University

March, 2017.  
International Erasmus+ KA107 teaching week. Organizing Institution,  
Mykolas Romeris University, Vilnius, Lithuania.

Main publications appeared in the last 5 years:

**Scientific articles**

1. Balode, N. (2025). Aesthetic Emotions as Expression of Experiencing the Beauty. In: Mayer, CH., Vanderheiden, E. (eds) *International Handbook of Emotions*. p. 225-241. Springer, Cham. [https://doi.org/10.1007/978-3-031-86449-0\\_16](https://doi.org/10.1007/978-3-031-86449-0_16)
2. Soroka, I., Balode, N., & Kutas, M. (2024). Colours in clothes and psychological functioning: the impact on emotions and self-esteem. *Sapienza: International Journal of Interdisciplinary Studies*, 5(4), e24071. <https://doi.org/10.51798/sijis.v5i4.850>
3. Balode N., Grigoriu E. Stări psihoemoționale asociate situației pandemice (Psycho-Emotional states under pandemics). În: *EcoSoEn. Științe economice, Sociale și Inginerești*. ULIM, Nr.1-2, 2022. p. 134-142. ISSN 2587-344X. <https://doi.org/10.54481/ecosoen.2022.1-2.15>
4. Balode N. Modelul cognitiv al anxietății. Conceptualizare de caz (Cognitive model of anxiety. Case conceptualization). În: *EcoSoEn. Științe economice, Sociale și Inginerești*. ULIM, Nr.1-2, 2021. p. 208-213. ISSN 2587-344X
5. Balode N., Senatorova D. The feeling of loneliness and perceived wellbeing in contemporary youth. În: *EcoSoEn. Științe economice, Sociale și Inginerești*. ULIM, Nr.1-2, 2020. p. 241-247. ISSN 2587-344X
6. Balode N. Modalități de sporire a rezilienței la burnout a cadrului didactic școlar (Enhancing teacher's resilience to burnout). În: *Psihologie, Psihopedagogie Specială și Asistență Socială*, 2019, 2(55), p. 61-70. ISSN 1857-0224.

**Scientific-Didactic publications and manuals:**

1. *Terapia Cognitiv Comportamentală*. Ghid terapeutic. (Cognitive Behavioural Therapy. Guide for therapists). TherapeuticCurs universitar. Chișinău: Editura Arc, 2022. 62 p. ISBN 978-9975-0-0660-6.
2. *Psihologia Sănătății Ocupaționale (Psychology of Occupational Health)*. Curs universitar. Chișinău: Tipografia Print-Caro, 2023. 64 p. ISBN 978-9975-165-85-3.