

Ioana Preda

Certified Psychotherapist (CTA-P) • Provisional Supervisor and Trainer (PTSTA-P)

Bucharest, Romania | +40 739 475 582 | ioanapreda.ro@gmail.com | www.trupsisuflet.eu/en

PROFESSIONAL PROFILE

Psychotherapist, Supervisor and Trainer with **18 years of clinical experience** across private practice, specialist mental health services and the **NHS in the UK**. Experienced in the assessment and treatment of adults presenting with mood, anxiety and personality disorders, as well as complex developmental and sexual trauma.

My clinical practice is grounded in a relational and psychodynamic approach, informed by evidence-based practice and centred on the therapeutic relationship. I work with both brief and long-term psychotherapy, in individual and group settings, combining clinical autonomy with close collaboration with psychiatrists, psychologists and other healthcare professionals.

Alongside clinical practice, I provide **clinical supervision and professional support** to psychotherapists and contribute to their training and professional development.

CORE CLINICAL EXPERIENCE

Mood & Anxiety Disorders • Personality Disorders • Complex & Developmental Trauma

Sexual Trauma • Attachment & Relational Difficulties • Grief & Loss

PROFESSIONAL EXPERIENCE

Psychotherapist and Supervisor

Private Practice | Bucharest, Romania *May 2019 – Present*

- Provides psychotherapy to adult clients experiencing affective, anxiety and personality disorders, as well as developmental and sexual trauma. Works inclusively with neurodivergent and queer clients.
- Provides clinical supervision and professional support to psychotherapists and counsellors, fostering reflective practice, clinical thinking and the development of an ethical, relational and client-centred therapeutic approach.

Psychotherapist

Hope Psychiatry and Psychotherapy Clinic | Bucharest, Romania *May 2019 – June 2020*

- Provided psychotherapy to clients diagnosed with affective, anxiety and personality disorders.

Counsellor

Central and North-West London NHS Trust | London, UK *Nov 2015 – September 2018*

- Provided short-term psychodynamic counselling for clients diagnosed with depression and generalised anxiety disorder, complex needs and histories including grief and complex trauma.
- Co-facilitated therapeutic groups within the service (e.g. Long-Term Conditions).
- Liaised with Secondary Care and General Practitioners regarding risk management.
- Offered peer supervision and duty advice.
- Attended regular clinical and managerial supervision.

Psychotherapist

NHS Queensway Clinic | Milton Keynes, UK *April 2014 – December 2014*

- Co-facilitated a therapeutic community for clients diagnosed with personality disorders.
- Offered group and individual psychotherapy, integrating relational, psychodynamic and evidence-based approaches to develop individualised therapeutic interventions.
- Offered training and consultations to other staff members.
- Participated in monthly team supervision and weekly peer supervision.

Self-employed Psychotherapist

City Road Therapy Practice | London, UK *Oct 2013 – Jan 2019*

- Provided long-term treatment to adult clients presenting with depression, anxiety, emotional and sexual trauma, attachment disorders, relational and work-related stress.

Psychotherapist

G. Bondoc Private Psychiatry and Psychotherapy Clinic | Bucharest, Romania *Sep 2008 – Aug 2013*

- Provided psychotherapy to outpatient clients diagnosed with mood, anxiety and eating disorders.
- Conducted risk assessments for patients presenting challenging or harmful behaviours.
- Liaised with psychiatrists and clinical psychologists to provide integrated treatments.
- Attended fortnightly clinical supervision and offered peer supervision whenever necessary.

VOLUNTARY CLINICAL EXPERIENCE

Women's Counsellor

Lewisham Refugee and Migrant Network | London, UK *Oct 2013 – May 2014*

- Counselling and support for refugee and asylum-seeking women affected by gender-based violence, including safeguarding and access to services.

Women's Psychotherapist

Centre for Partnership and Equality | Bucharest, Romania *Feb 2010 – July 2010*

- Facilitated a support group for breast cancer survivors.

QUALIFICATIONS & PROFESSIONAL DEVELOPMENT

- Provisional Teaching and Supervising Transactional Analyst (PTSTA) | 2026
- AEDP Therapist Level 2 (Accelerated Experiential Dynamic Psychotherapy) London, UK | 2023
- Certified Transactional Analyst in Psychotherapy (CTA-P) | Oslo, Norway 2013
- FreD Trainer Diploma, Early Intervention for Young Drug Users | Vienna, Austria 2010
- Bachelor of Science (BSc) Psychology | Bucharest, Romania 2008
- High School Diploma, Music (Violin) | Bucharest, Romania 2004

PROFESSIONAL MEMBERSHIPS

- European Association for Transactional Analysis (EATA)
- Romanian Association for Transactional Analysis (ARAT)

ADDITIONAL CLINICAL TRAINING

Mindfulness-Based Stress Reduction (MBSR) · Brainspotting · Sandplay Therapy

LANGUAGES

English (native) · French (conversational)