

THE SCIENTIFIC REPORT

Exploratory workshop: Clinical Cognitive Sciences; Frontier research

- 1. The scientific content of the event (realized objectives, presented themes, conclusions/results obtained, and the contribution to the development of the future directions in this scientific domain); this report will be made public, in Romanian as well as in English.**

This workshop aimed the reunion of professionals from the Romanian psychologist and psychiatrists that are experienced in the cognitive clinical sciences. The workshop had a main theme cognitive clinical sciences and implications of various studies already known in the literature, as well as the researchers that are already in work, for the diagnosis and the psychological interventions in health and illness.

The choice of this theme and the workshop participants aimed:

- a) The identification, popularization and the support of those methods of evaluation, diagnosis and psychological interventions that are scientifically based, in what efficacy and theory are concerned;
- b) The acquaintance of young professionals with the major themes, perspectives and rigour of the international scientific community.
- c) Utilizing the presence and the expertise of the professionals by developing international research themes based on common abilities and interests and the initiation of common applications in psychotherapy and applied mental health, having as a priority FP7.

In order to reach these objectives, the workshop developed as individual presentations and as round table discussions.

The individual presentations aimed the identification of the main themes and latest research domains in cognitive clinical sciences, as well as their implications for the diagnosis and the psychological interventions in health and illness. Moreover, discussions aimed the situation of research and Romanian practice in cognitive clinical sciences field, as well as the identification of those directions that need further development in order to increase the impact of the cognitive clinical sciences at an international level.

Presented themes

During the opening presentation, “Cognitive clinical sciences: applications of the robotics and of virtual reality in clinical psychology and psychotherapy”, Dr. Daniel David from the Babeş-Bolyai University, Cluj-Napoca briefly presented the cognitive paradigm as well as its implications in the clinical domain. In what the research is concerned, a special focus is put on

the research directions that should be developed in Romania, and especially the research directions that should be developed in Romania in the future in order to align the Romanian cognitive clinical sciences at the international standards.

Dr. Daniel David highlighted the need for advanced research that aims explicitly the ethiopathogenetic mechanisms. Therefore, along with the continuation of the current research, there is also need to: a) develop research in the field of implicit mechanisms involved in psychopathology and health; b) investigate the neurobiological layer associated with various health and illness behaviors. The advance of the knowledge in this domain would allow not only a good understanding of the neurobiological and psychological mechanisms involved in the pathological behavior, and also the development of new intervention techniques that aim specifically the modifications of these mechanisms. In the mentioned field, Dr. Daniel David highlighted the necessity to improve the diagnosis methods adapted for a Romanian population through the active involvement of the Romanian researchers (from Romania and abroad) in the development of a newer version of the international diagnosis manuals, as well as the development of some new diagnosis techniques. Not least, participants highlighted the present need in Romania that these developments are doubled by a development of the research aiming to identify the psychological and neurobiological mechanisms involved in the healthy behavior, as well as the prevention methods.

Two of the presentations included the summary of a few international research directions in the cognitive clinical sciences.

Thus, in the presentation named “Developments in the Cognitive Clinical Sciences” Dr. Puiu Vasilescu from the University of Virginia’s College at Wise, USA, introduced briefly three research models relevant to the clinical domain:

- a. The mathematical model
- b. The biological perspective
- c. The evolutionary cognitive neurosciences

Dr. Vasilescu presented the basic principles associated with research in each of these paradigms, bringing recent data to prove their relevance in the clinical domain.

As a completion of Dr. David and Dr. Valilescu, Dr. Cătălina Kopetz from the Maryland University at College Park, USA, brought into discussion a new perspective relevant to the clinical research based on the development in the social cognition. In her presentation, “Self regulatory mechanisms in the addictive behavior”, Dr. Kopetz discussed a new theoretical model as well as its implications for the empirical investigations of the self regulation mechanisms in the development and the maintaining of the addictive behavior. Special attention was given to the role of the implicit mechanisms in the addictive behavior, as well as their theoretical grounds. Dr. Kopetz highlighted the relevance of this theme for the translational research, strongly promoted by the National Institute of United States, as well as its integrative value. Thus, the implications of the addictive behavior at various levels, for several substances, as well as its relevance for the risk behavior in general, were also discussed.

The fourth theme, “The cognitive behavioral therapies in the cultural context of the patients” was presented by Dr. Șerban Ionescu from the University Paris 8, focused on the practical aspect of the cognitive sciences, especially psychotherapy. He presented various recent studies and highlighted the importance of the cultural factor in the development of an efficient psychotherapy, adapted to the cultural characteristics of the patient. This cultural factor refers to the socio-economic status of every cultural group that plays a major role in the decision to go to psychotherapy and to follow a psychotherapeutic program. On the other hand, the cultural factor influences the beliefs and the expectancies of the patient about the state of health and illness, as well as their expectancies about the therapeutic process and its efficacy. Dr. Ionescu also focused on the role of these variables in the therapeutic process in various communities, and the need for research that allows a better understanding of these variables and the integration of this knowledge in the therapeutic process. Consequently, there can be realized a better adaptation of the intervention techniques to the specific of the target population and there can be created new intervention techniques that maximize the effectiveness of the therapeutic process.

Round tables discussions; proposals for collaborations

In order to promote the discussions between participants and to facilitate the initiative to develop ulterior collaborations, the individual presentations were followed by round table discussions. Thus, the participants debated the presented themes and also integrated them with their individual interests.

Prior these discussions, three major lines to be potentially developed into research grants nationally and internationally (CNCSIS, F97, and R03 – Fogarty International) were established:

1. Specifically, considering the international interest for the investigation of the implicit mechanisms and of their role in the development and the maintenance of the pathologic behavior, there will be attempted the development of a research project that will investigate the role of these mechanisms in a problematic behavior for the Romanian society, alcohol consumption. Although specific details of this project will be established later, now there are proposals that refer to: 1) the possibility to investigate the particularities of this risk behavior in children and adolescents and the implications for the future alcohol consumption (by a finance proposal that will be addressed to the National Institute of Health in the United States, through R03 – Fogarty International); 2) the possibility to investigate the implicit mechanisms of the alcohol consumption of the patients diagnosed with alcohol abuse (by a finance proposal that will be addressed to CNCSIS).
2. A second line of research will focus on the development of some theoretical models of the health behavior to guide the empirical research and the development of some prevention programs adapted to the problems and to the specific of the Romanian population.
3. A third proposal refers to the investigation of the cultural factors and to their impact on the efficacy of the intervention techniques on the rrome population. Considering the European interest in a better integration of the rrome population, we anticipate that the proposal will be eligible for financing through FP7.

2. Information about the organization of the event (summary)

The workshop took place under the coordination of the Department of Clinical Psychology and Psychotherapy from the Faculty of Psychology and Educational Sciences and the International Institute for the Advanced Studies of Psychotherapy and applied Mental Health, Babes-Bolyai University with the collaboration of the Romanian Academy, Institute of Philosophy and Psychology “Constantin Rădulescu Motru” – Department of Psychology.

In the development of the workshop we used the locations and equipments that the Department of Clinical Psychology and Psychotherapy and Department of Psychology “Constantin Rădulescu Motru” hav.

During the workshop, the administrative activities and the secretarial assistance was provided by the Department of Clinical Psychology and Psychotherapy (Republicii Street, 37, Cluj-Napoca).

All administrative activities were provided by doctoral students who wanted to get involved in the organization of the workshop, under the coordination of the organizer.

3. The final workshop schedule

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Romanian Academy, Institute of Philosophy and Psychology “Constantin Rădulescu Motru”, Department of Psychology, 13 septembrie Street, Bucharest

Wednesday, September 17th 2008

09.00 – 09.30: *Wellcome* - Prof. Univ. Dr. Daniel David and a representative of the Romanian Academy, Institute of Philosophy and Psychology “Constantin Radulescu Motru” – Department of Psychology

09.30 – 10.00: *Objectives of the workshop* - Prof. Univ. Dr. Daniel David

10.00 – 11.00: *Cognitive clinical sciences: applications of the robotics and of virtual reality in clinical psychology and psychotherapy* - Prof. Univ. Dr. Daniel David

11.00 – 11.15: Break

11.15 – 12.15: *Advances in Clinical Cognitive Science* - Prof. Univ. Dr. I. P. Vasilescu

12.15 – 15.00: Lunch break

15.00 – 17.30: *Round table; panel discussions – cognitive sciences past, present and future. Cognitive clinical sciences and cognitive and behavioral psychotherapies.*

Thursday, September 18th 2008

10.00 – 11.00: *The cognitive behavioral therapies in the cultural context of the patients* - Prof. Univ. Dr. Șerban Ionescu

11.00 – 12.00: *Self regulation in addiction disorders* – cercetator dr. Cătălina Kopetz

12.00 – 15.00: Lunch break

15.00 – 17.30: *Panel discussions: proposals for collaboration*

- 4. The final list with invited key speakers – the scientific title, name and surname, signature, country of origin, their affiliated institution, address, phone number, fax, email, and a short presentation of their professional expertise;**

Professor, phd. Daniel David, România, Babeș-Bolyai University, Republicii street, 37, tel/fax 0262 434 141, danieldavid@psychology.ro.

Daniel David is "Aaron T. Beck" professor at the Department of Clinical Psychology and Psychotherapy, at the Babeș-Bolyai University, Cluj-Napoca, president of the National Board of Psychologists, the Cluj branch, and principal psychologist in clinical psychology, psychological counseling and psychotherapy. He received his license in psychology (in 1996) at the Babeș-Bolyai University and his PhD. (in 1999) at the same university. He attended postuniversity studies (1999-2002) in clinical psychology and psychopathology (including hipnosis and hipnotherapy) at Mount Sinai School of Medicine, New York, USA and a training program (1998-2002) in cognitive and behavioral psychotherapies at Albert Ellis Institute, USA and Academy of Cognitive Therapy, USA where he is now supervisor, the only supervisor certified in Romania by the founders of cognitive and behavioral psychotherapies, Dr. Aaron Beck and Dr. Albert Ellis. Additionally, he attended a training program in dynamic-psychoanalytic therapies and existential therapies at the Tennessee University-Psychological Clinic, USA (1998-1999). He is director of the Romanian Center of Cognitive and Behavioral Psychotherapies, president of the Romanian Association of Cognitive and Behavioral Psychotherapies and of the International Institute for the Advanced Studies of Psychotherapy and Applied Mental Health (<http://www.psychotherapy.ro>). Daniel David is editor of the Journal of Cognitive and Behavioral Psychotherapies, indexed Thompson ISI, PsycInfo, EBSCO, ProQuest and IBSS. He is also member in several international associations, he has a great number of prizes and international research grants (he implemented for the first time in Romania randomized clinical trials and the first post-doctoral program in psychotherapy), he has didactic activities, reasearch and clinical practice in Romania and abroad (ex. Mount Sinai Hospital, SUA). He published 5 books and more than 50 articles, the great majority in high profile journals aborad, becoming the most cited and influent romanian psychologist in the literature.

Professor, phd. Șerban Ionescu, Franța, Paris 8 University, ionescu.mejucose@wanadoo.fr.

Șerban Ionescu, psychiatrist and psychologist, is professor of psychopathology at Paris VIII (Vincennes-Saint-Denis) University, director of Institut d'enseignement a distance și al Centre de recherches Traumatisme, Resilience, Psychotherapies from the same university, emeritus professor of the Trois-Rivieres (Quebec) Universities and correspondent member of the Romanian Academy of Medical Sciences. His research in the field of mental deficiency, de-institutionalization, psychological implications in physical illness and psychopathology lead to several books: La Deficience intellectuelle (2 vol., 1993 și 1995), Psychopathologie de la vie universitaire (1995), Psychopathologies et societate: Traumatisme, evenimente et situations de vie (coord. with Colette Jourdan-Ionescu, 2006), Psychopathologie de l'adulte (2006), Fourteen approaches in psychopathology (1998, 2006) and Defense mechanisms. Theory and clinical aspects (collaboration, 2002, 2007). For his entire activity, prof. Ionescu received many distinctions: Honoris Causa Doctor of Liege University (1999), Honoris Causa Doctor of the West University from Timișoara, Emeritus professor of the Quebec University.

Researcher, phd. Cătălina Kopetz, USA, University of Maryland at College Park, ckopetz@psyc.umd.edu.

Catalina Kopetz got her B.A. from “Babes-Bolyai” University (UBB) in Cluj-Napoca, Romania with a major in psychology. After graduation, she started her academic career as a research assistant at UBB. She pursued a master degree in experimental psychology at Universite de Savoie, France and a doctoral degree in social psychology at University of Maryland, College Park, USA from where she graduated in 2007. Since then she has been working as a Faculty Research Associate at the Center for Addiction, Personality and Emotion Research (CAPER) at University of Maryland. Catalina Kopetz' research interests have centered on self-regulation phenomena from the perspective of motivation as cognition. She is particularly interested in how the dynamic relation between goals and their associated means of attainment within a particular goal-system, as well as between different goal-systems set in place in specific circumstances may influence one's course of action. One intriguing aspect of self-regulation is that people are often unaware of the real motives driving their behavior. Her research seeks to understand the unconscious aspect of self-regulation in terms of goal-means and inter-goal associations and to explore its implications for both normal (e. g. self-regulation of dieting behavior) and abnormal behavior (e. g. risk taking and addiction).

Professor, phd. I. P. Vasilescu, USA, University of Virginia's College at Wise, ipv@wise.virginia.edu.

5. The final list of participants – the scientific title, name and surname, signature, country of origin, their affiliated institution, address, phone number, fax, email.

Professor, phd. DAVID Daniel, Romania, Babeș-Bolyai University, Republicii street, 37, tel/fax 0262 434 141, danieldavid@psychology.ro.

Professor, phd. IONESCU Șerban, France, Paris 8 University, ionescu.mejucose@wanadoo.fr.

Professor, phd HOLDEVICI Irina, Romania, Bucharest University, Faculty of Psychology and Sciences of Education, Department of Psychology.

Researcher, phd. KOPETZ Cătălina, SUA, University of Maryland at College Park, ckopetz@psyc.umd.edu.

Professor, phd MINULESCU Mihaela, Romania, National School of Political and Administrative Studies, Faculty of Communication and Public Relations, Psychology, mminulescu@rdslink.ro.

Assistant professor MOLDOVAN Ramona, Romania, Babeş-Bolyai University, Republicii street, 37, tel/fax 0262 434 141, ramonamoldovan@psychology.ro.

Department director NICOLA Grigore, Romania, Romanian Academy, Institute of Philosophy and Psychology “Constantin Rădulescu Motru”, Department of Psychology

Psychologist PETER Dan, SUA, Long Island University, pdan1@nyc.rr.com.

Senior assistant professor phd. RUSU Alina, Romania, Babeş-Bolyai University, Republicii street, 37, tel/fax 0262 434 141, alinarusu@psychology.ro.

Senior assistant professor phd. SAVA Florin, România, Universitatea de Vest, afsava@socio.uvt.ro

Academician SURDU Alexandru, Romania, Romanian Academy, Institute of Philosophy and Psychology “Constantin Rădulescu Motru”, Department of Psychology

Psiholog STEGLI Carmen, Franța, carmenstegli@servoprocess.com.

Senior assistant professor phd. SZENTAGOTAI Aurora, Romania, Babeş-Bolyai University, Republicii street, 37, tel/fax 0262 434 141, auraszentagotai@psychology.ro.

Conf. Univ. Dr. TRIP Simona, România, Universitatea din Oradea, spopa@uoradea.ro

Director adjunct VASILE Mihai, Romania, Romanian Academy, Institute of Philosophy and Psychology “Constantin Rădulescu Motru”, Department of Psychology

Professor, phd VASILESCU I. P., SUA, University of Virginia’s College at Wise, ipv@wise.virginia.edu.

Psiholog WEINTRAUB Zisu, Israel, Department of Behavioral Sciences, Ministry of Security, zissu@zahav.net.il.

6. Statistical information about the participants (age structure, geographical distribution, etc);

The following participants attended the workshop:

Geographic distribution:

1 psychologist from Israel

2 psychologists from France

3 psychologists from USA

6 psychologists from Romania (1 psychologist from Oradea, 1 psychologist from Timișoara, 2 psychologists from București, 3 psychologists from Cluj-Napoca)

3 representatives from the Romanian Academy

Age distribution:

Under 30 years: 1 participant

Between 30 and 40 years: 6 participants

Between 40 and 50 years: 4 participants

Between 50 and 60 years: 4 participants

Project director,
Prof. Univ. dr. Daniel David