

# CRISTINA NEDELCU

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11235 Bellflower Road  
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## EDUCATION

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|--------------|--|------|
| <b>Ph.D.</b> | <b>Case Western Reserve University</b><br>Jack, Joseph and Morton Mandel School of Applied Social Sciences<br><i>Dissertation Title: The Impact of Time Spent in Institutional Care and Pre-Adoptive Stress on Romanian Adoptees' Adult Transitions: Perspectives of Adoptees and Adoptive Parents</i><br>Committee Members: Victor Groza, Ph.D. (Chair), Meeyoung oh Min, Ph.D., Elizabeth Tracy, Ph.D., Denise Bothe, MD | 2019 |
| <b>MSSA</b>  | <b>Case Western Reserve University</b><br>Mandel School of Applied Social Sciences<br>Concentration: Adult Mental Health   | 2002 |
| <b>MD</b>    | <b>Carol Davila University of Medicine</b><br>Bucharest, Romania<br>General Medicine   | 1991 |
| <b>BA</b>    | <b>St. Sava National College of Science</b><br>Bucharest, Romania  | 1985 |

## RESEARCH INTEREST

Research is focused on youth transitioning into adulthood, particularly high risk groups, such as youth who grew up in foster care, minority groups, immigrant youth, adoptees. Future directions of research include investigating resilience factors related to positive life outcomes and testing the effectiveness of interventions for these populations.

## TEACHING INTEREST

Experienced in teaching in a variety of social work practice, theory and research areas and in different formats: on campus, intensive programs and virtual.

## VIRTUAL COURSE DEVELOPMENT INTEREST

Experienced in the development of virtual courses in a variety of social work practice, research and policy areas.

## LICENSURE

**Licensed Independent Social Worker with Training Supervision Designation (LISW-S)** 2008-present  
State of Ohio (License Number I.0010159-SUPV)

**Licensed Independent Social Worker (LISW)** 2004-2008  
State of Ohio (License Number I.0010159)

**Licensed Social Worker (LSW)** 2002-2004  
State of Ohio (License Number S.0029992)

## ACADEMIC ADMINISTRATION APPOINTMENTS

**Director of Online Education and Digital Learning** July 2021-May 2022  
Case Western Reserve University/MSASS

## ACADEMIC APPOINTMENTS

**Lecturer** 2015-present  
Case Western Reserve University/MSASS

**Visiting Instructor** 2013-2015  
Case Western Reserve University/MSASS

## PEER REVIEWED JOURNAL PUBLICATIONS

**Groza, V., Breen Wood, Z., Muntean, A., Rosenberg, K., & Nedelcu, C.** (2017). Post Master Certificate Program to Promote Successful Domestic Adoptions. *Today's Children-Tomorrow's Parents*.

**Groza, V., Nedelcu, C. & Proctor, C.** (2017). Early Adult Health Outcomes for Romanian Adoptees. *Today's Children-Tomorrow's Parents*.

Munson, M., Lee, B., Miller, D. & **Nedelcu, C** (2014). Emerging adulthood: Developmental stage or developmental privilege. *Journal of Adolescent Research*.

Groza, V., Kalyanvala, R , Boyer, S. & **Nedelcu, C.** (2003). Indian Families Adopting Indian Children: The Adoption Process, Birth Family Issues and Post-Placement Services. *International Journal of Child & Family Welfare*, 6 (1-2):4-17.

## BOOK CHAPTERS

Groza, V. & **Nedelcu, C.** (2014). Child Welfare in Romania: Contexts and Processes, chapter in book: *Inter-country Adoptions*, Ashgate Press, UK.

Groza, V. & **Nedelcu, C.** (2006). Romanian Adoption, in K. Stolley and V. Bullough (Eds.), *Historical and Cross-Cultural Encyclopedia of Adoption*. CT: Greenwood Publishing Group.

### **PEER REVIEWED CONFERENCE PRESENTATIONS**

Munson, M. R., Edguer, M. N., Brown, S., Tracy, E. M., **Nedelcu, C.** & Spencer, R. (2011, January). Exploring Relationships between Young Adults with Mental Illnesses and Those that Support Them. Paper presented at the 15<sup>th</sup> annual Society of Social Work and Research Conference, Tampa, FL.

**Nedelcu, C.** & Brichacek, T. (2009, September). The Child Centered Recruitment Program in Cuyahoga County. Paper presented at the Annual Conference of the Indiana Association of Children and Family Services IARCCA, Indianapolis, IN

**Nedelcu, C.** & Brichacek, T. (2009, October). The Child Centered Recruitment Program in Cuyahoga County. Paper presented at the 55<sup>th</sup> Annual Program Meeting of the Council on Social Work Education Annual, San Antonio, TX.

Workman-Crenshaw, L & **Nedelcu, C.** (2008). Maximizing the Educational Experience by Combining Practice Instruction with Field Placement. Paper presented at the 54<sup>th</sup> Annual Program Meeting of the Council on Social Work Education Annual, Philadelphia, PA.

### **SELECT OTHER PRESENTATIONS**

**Nedelcu, C.** (2016, June). Parenting with Emotional Intelligence: Strategies for Confident Parents. Paper presented at North Central Ohio Regional Training Center, Ohio Child Welfare Training Program Annual Conference, Cleveland, OH

**Nedelcu, C.** (2016, June). Working with Traumatized Adolescents, Trauma, Anxiety, and PTSD, paper presented at the North Central Ohio Regional Training Center, Ohio Child Welfare Training Program Annual Conference, Cleveland, OH

**Nedelcu, C.** (2013, June). Child Centered Recruitment. Post-Masters Certificate Program in Adoption Mental Health: The West University of Timisoara, Cleveland, OH via Adobe Connect

**Nedelcu, C.** (2012, October). Collaborative solutions with self-harming adolescents- training workshop at the North Central Regional Training Center, Ohio Child Welfare Training Program, Cleveland, OH

## RESEARCH EXPERIENCE

### Graduate Research Assistant

2013-2017

Romanian Adoption Study. Supervisor Victor Groza, Ph. D., Principal Investigator  
Data collection and management-quantitative interviews with Romanian adoptees and adoptive parents regarding the impact of pre-adoptive stress and length of time spent in institutional care on adult attachment and adult transitions. Created SPSS database. Organized, updated and maintained relevant article library/bibliography. Literature searches and summaries of literature regarding Romanian adoptees' development; service use; transitions, comorbidity; health status and mental health status.

### Doctoral Fellow

2011-2012

Project Newborn: Next Steps. Funded by NIDA (grant number RO1 07957).  
Supervisor: Sonia Minnes, Ph. D., Principal Investigator  
Data collection-quantitative interviews with mothers in longitudinal study of cocaine exposed infants (at fifteen-year-old follow-up point). Coded qualitative play tapes. Participated in research team meetings.

### Doctoral Fellow

2010

Making the Transition: Supportive Relationships, Illness Identity and Service Use among Transitioning System Youth with Mood Disorders, Supervisor: Michelle Munson, Ph. D., Principal Investigator  
Data collection and management-quantitative and qualitative interviews with young adults with mood disorders transitioning from adolescence to adulthood. Qualitative coding of interviews using ATLAS.ti. Literature searches and summaries of literature regarding young adults with mood disorders; service use; transitions, comorbidity; mental health status, literacy.

### Graduate Research Assistant

2004

The Adoption of Indian Children by Norwegian Parents. Supervisor: Victor Groza, Ph.D., Principal Investigator  
Data collection and management: quantitative and qualitative interviews with Norwegian adoptive parents who adopted children from India regarding children's adjustment in the adoptive home, family adaptability and cohesion, parenting style, children's health status. Content analyses and coding of qualitative interviews. Literature searches and summaries of literature regarding international adoptions, adoption outcomes, adoptees' development, adoptees' health status and mental health status, use of services by adoptive families.



## **Graduate Research Assistant**

**2002**

Indian Adoptive Families Adopting Indian Children. Supervisor: Victor Groza, Ph.D.,  
Principal Investigator

Data collection and management: quantitative and qualitative interviews with Indian adoptive parents regarding children's adjustment in the adoptive home, family adaptability and cohesion, parenting style, children's health status. Content analyses and coding of qualitative interviews. Literature searches and summaries of literature regarding international adoptions, adoption outcomes, adoptees' development, adoptees' health status and mental health status, use of services by adoptive families.

## **TEACHING EXPERIENCE**

### **Master Level Courses**

#### ***Evaluating Programs and Practice***

Virtual

**MSASS**

2024, 2023, 2022, 2021

#### ***Theories and Practice Approaches to Social Work Practice***

On campus, full-time

**MSASS**

2021, 2020, 2019, 2017, 2016, 2015, 2014, 2013, 2011, 2010

On campus, intensive weekend program  
Virtual

2014, 2012, 2011, 2023, 2022, 2021, 2020, 2018, 2019, 2017, 2016, 2014, 2013, 2012, 2011

#### ***Practice Evaluation***

On campus, full-time

**MSASS**

2020, 2019, 2018, 2017, 2015, 2014, 2013

On campus, intensive weekend program  
Virtual

2015, 2014, 2013, 2020, 2019, 2018, 2016, 2014

#### ***Family Systems Interventions***

On campus, full-time

**MSASS**

Virtual

2020, 2019, 2013, 2024, 2023, 2022, 2021, 2020



**Undergraduate Level Courses**

***Child Welfare Practice***

On campus, full-time

***Cleveland State University***

2013

**Teaching Mentorships**

***Theories of Oppression and Discrimination***

On campus, intensive weekend program

***MSASS***

2013

***Human Development II, Adult***

On campus, intensive weekend program

***MSASS***

2010

***Human Development I, Child and Adolescent***

On campus, intensive weekend program

***MSASS***

2009

**VIRTUAL COURSE DEVELOPMENT EXPERIENCE**

Family Theory and Practice	2021
Family Systems Interventions	2020, 2016
Mental Health Policy and Service delivery	2020, 2015
Practice Evaluation	2020, 2014
Collaboration and Strategic Partnership	2020, 2013
Cognitive Behavioral Interventions	2020 2013
Evidence Informed Practice	2020
Child and Family Policy and Service Delivery	2015

**DIRECT PRACTICE SOCIAL WORK EXPERIENCE**

**Senior Manager of Training and Professional Development** 2006-2013

Cuyahoga County Division of Children and Family Services, Cleveland, Ohio

Supervisor: Mark McMillian

Promoted best child welfare practices through comprehensive training in skill development, strategy partnerships, and effective advocacy; managed the training program and addressed all levels of learning for staff; targeted the highest priority learning needs and evaluated critical training outcomes; maximized resources and conducted cost/benefit analysis; embraced evidence based methodologies in all training deliverables; supervised field education for social work interns both undergrad and graduate students; managed the university partnership program.

**Private Practice Therapist** 2006-2013

Advanced Pediatrics Beachwood Ohio

Part time private practice clinical work, conducted individual and group counseling with self-harming adolescents and their families; performed psycho-social assessments, diagnosed and designed intervention plans, facilitated therapeutic groups for self-harming adolescents and young adult clients, prepared and

submitted insurance billing, and performed other administrative functions needed for maintaining work in a private practice setting

**Clinical Social Worker**

2003-2007

Advanced Pediatrics Beachwood Ohio

Supervisor: Samuel Selekman

Part-time private practice clinical work, conducted individual, couple and family counseling; performed intake assessments, conducted psycho-social assessments, designed intervention plans, participated in clinical teams involving other agencies for clients who were multi-systems involved, completed substance abuse and sexual abuse assessments and intervention plans.

**Social Service Supervisor**

2000-2006

Adoptions and Permanency Planning Department

Cuyahoga County Department of Children and Family Services,  
Cleveland, Ohio

Supervisor: Mary Mitchell

Lead innovative child welfare projects, including the implementation of the Foster to Adopt Unit and Child Centered Recruitment Unit to address the need for permanency planning for older youth in care; supervised diverse social workers who assessed prospective adoptive families and children who are available for adoption; conducted on-going practice evaluation and performance reviews; provided on-going training and instruction to adoption staff through group and individual meetings; oversaw adoption services to children in care, foster families and prospective adoptive families.

**Social Work Intern**

2001-2002

Free Clinic of Greater Cleveland

Supervisor: Donna Korn, LISW

Conducted psycho-social assessments; developed treatment plans and made referrals to agencies in the community; facilitated co-dependency, anger management and stress management groups; participated in the Teen Mental Health Screening Program; designed to combat depression in teens through early intervention.

**Social Worker 3**

1994-2000

Adoptions and Permanency Planning Department

Cuyahoga County Department of Children and Family Services

Cleveland, Ohio

Supervisor: Michele Melnick

Provided case management services to children and families in crisis; assessed diverse family and child needs in order to make referrals to appropriate community resources; utilized strong documentation and communication skills to implement case plan objectives; engaged with outside community personnel: network service providers, court and law enforcement officials, probation officers, mental health and board of developmental disabilities, in an effort to create professional teams instrumental in serving the best interest of children in custody.



**Director of Domestic Adoption Project,  
Assistant Director of Training and Development**

1991-1994

Holt International Children Services, Bucharest, Romania  
Supervisor: David Crawley

Conceptualized and implemented domestic and international adoption programs to address the needs of institutionalized Romanian children; developed policies and procedures for child assessments, adoptive home studies, placement and post-placement services; designed child-specific recruitment program; organized and implemented training programs to promote public education in normal child development and child-welfare. Acted as liaison between Romanian governmental agencies and private US non-profit organizations.

**COMMUNITY SERVICE**

**Volunteer**

2018-present

Cleveland Council of World Affairs  
Cleveland Ohio

**Volunteer**

2018-present

Bridge Healthcare and Epic Healthcare  
Beachwood, Ohio  
Healthcare initiative for vulnerable immigrant populations

**Volunteer**

2016-present

Hospice of Western Reserve  
Cleveland, Ohio  
*Hopeful Heart: Bereavement Support Group, Circle of Hope Series*

**Volunteer**

2016-present

Ohio Democratic Party Immigrant Communities Outreach Program  
Shaker Heights, Ohio

**Volunteer**

2016-present

Cuyahoga County Division of Children and Family Services  
Cleveland, Ohio  
Assisted with training of new managers of training and professional development

**Volunteer**

2014-2016

**Translator and Presenter**

Jack, Joseph and Morton Mandel School of Applied Social Sciences  
Cleveland, Ohio  
Post-Masters Certificate Program in Adoption Mental Health





with the West University of Timisoara, Romania

**Volunteer** 2013

Cuyahoga County Division of Children and Family Services  
Cleveland, Ohio  
Provided field education to students enrolled in the Intensive  
Weekend program while the agency transitioned into new  
management

**Volunteer** 2008-2013

Cuyahoga County Division of Children and Family Services  
Cleveland, Ohio  
Created and facilitated support group for adolescents in care

**Volunteer** 2012

Ohio Democratic Party Immigrant Communities Outreach  
Program  
Beachwood, Ohio

**Adjunct Instructor Representative, MSASS Adjunct  
Instructor Committee** 2010-2012

Mandel School of Applied Social Sciences  
Cleveland, Ohio

**Doctoral Student Representative, Doctoral Program  
Executive Committee** 2008-2009

Mandel School of Applied Social Sciences  
Cleveland, Ohio

**Translator** 2006-2019

Cleveland Council of World Affairs  
Cleveland Ohio

## PROFESSIONAL DEVELOPMENT TRAINING

**CBT for Personality Disorders** 2024  
Virtual class through Psychotherapy.net

**Legal & Ethical Issues for Mental Health Professionals** 2024  
Virtual class through Psychotherapy.net

**Exposure Therapy for Phobias** 2024  
Virtual class through Psychotherapy.net

<b>Grief Therapy: Realigning Relationships with the Deceased</b> Virtual class through Psychotherapy.net	2023
<b>Resolving Trauma in Psychotherapy: A Somatic Approach</b> Virtual class through Psychotherapy.net	2023
<b>Assessment &amp; Psychological Treatment of Bipolar Disorder:</b> virtual class through Psychotherapy.net	2022
<b>Opiates: Treating Chronic Pain or Fueling Addiction - 2nd Edition with Steve Chapman:</b> virtual class through Heisel & Associates	2022
<b>Assessment and Engagement in Family Therapy:</b> virtual class through Psychotherapy.net	2022
<b>Empathy and Cultural Humility - Part 1: African Americans, Latinx Americans, and Asian Americans:</b> virtual class through Heisel & Associates	2022
<b>Bessel van der Kolk on Understanding Trauma:</b> virtual class through Psychotherapy.net	2022
<b>Domestic Violence: The Impact on Children:</b> virtual class through Psychotherapy.net	2021
<b>The Legacy of Unresolved Loss: A Family Systems Approach:</b> virtual class through Psychotherapy.net	2021
<b>Experiential Techniques for Deepening Inner Exploration: Part 1:</b> virtual class through Psychotherapy.net: virtual class through Psychotherapy.net	2021
<b>Cognitive Therapy for Weight Loss: A Coaching Session:</b> virtual class through Psychotherapy.net: virtual class through Psychotherapy.net	2021
<b>Families and Mental Illness: Speaking from Experience:</b> virtual class through Psychotherapy.net: virtual class through Psychotherapy.net	2021
<b>Interpersonal Neurobiology:</b> virtual class through	2021

Psychotherapy.net: virtual class through Psychotherapy.net	
<b>Clinical Supervision: We Are More Than Bosses, We Are Leaders:</b> virtual class through Heisel and Associates	2020
<b>Addiction: A Primer for Helping Professionals:</b> virtual class through Heisel and Associates	2020
<b>Counseling Women Who Abuse Substances:</b> virtual class through Heisel and Associates	2020
<b>Healing After an Affair: Using Best Practice Marital Treatments:</b> virtual class through Heisel and Associates	2020
<b>Ethical Slippery Slopes: From Good Intentions to Blurred Boundaries:</b> virtual class through Heisel and Associates	2020
<b>Marital and Diverse Interventions for High Conflict Couples:</b> virtual class through Heisel and Associates	2020
<b>Tele-Therapy Basics:</b> virtual class through Heisel and Associates	2020
<b>Thinking Ethically about Social Media:</b> virtual class through Heisel and Associates	2018
<b>Competent and Effective Clinical Supervisions:</b> virtual class through Heisel and Associates	2018
<b>Considerations for the Provision of E-Therapy:</b> virtual class through Ce4Less.com	2016

## PROFESSIONAL AFFILIATIONS

Council of Social Work Education  
National Association of Social Workers  
Certified trainer through the Ohio Child Welfare Training Program  
Certified adoption assessor

## LANGUAGES

Romanian  
French  
German  
Italian

## REFERENCES

Victor Groza, Ph.D.  
Grace F. Brody Professor of Parent-  
Child Studies  
Jack Joseph and Morton Mandel  
School of Applied Social Sciences  
11235 Belleflower Rd.  
Cleveland, Ohio 44016  
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Sharon Milligan, Ph.D.  
Associate Professor of Social Work  
And Associate Dean of Academic  
Affairs and Student Services  
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Associate Professor and Director of  
the Leadership Fellows Program  
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Nancy Wadsworth, Ph.D.  
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Jack Joseph and Morton Mandel  
School of Applied Social Sciences

