



**Curriculum
vitae
Europass**



**Personal
Information**

Name / Surname ILIES VALERICA
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Nationality Romanian
Date of birth 05.03.1978
Sex feminin

**Occupation /
Field**

Physician – S.C. VALMEDICA COMPLEMENTARY MEDICINE S.R.L - IAȘI
Massage therapist trainer at Valmedica Complementary Medicine, Iași
Lecturer in acupuncture – Grigore T. Popa University of Medicine and Pharmacy, Iași
President of the Romanian Society of Traditional Chinese Medicine

Education and Training

- 1996 – Graduate of Petru Rareș Theoretical High School, Piatra Neamț – Physics–Chemistry profile.
- 2003 – Graduate of the Faculty of General Medicine, 'Gr. T. Popa' University of Medicine and Pharmacy Iași. Thesis: Psychosomatic correlations in arterial hypertension.
- 2004–2006 – Resident physician in Family Medicine.
- April 2004 – Family Planning course – Romanian Center for Social Intervention and Psychotherapy.
- 2004 – Master's degree in Psychosocial Intervention and Psychotherapy – Alexandru Ioan Cuza University Iași.
- October 2004 – Travel Medicine Conference – awarded paper 'Diabetes Insipidus versus Potomania'.
- 2005 – Seminar in Systemic Therapy – Family and Couple Psychotherapy Association Iași.
- June 2005 – Course: Introduction to Family and Couple Therapy.
- February 2006 – Advanced Course I – Family and Couple Psychotherapy Association Iași.
- December 2005 – Massage Technician qualification – Adult Qualification Center Iași.
- January 2006 – Massage Lecturer – Adult Qualification Center Iași.
- 2006 – Specialist physician in Family Medicine.
- 2007 – Trainer course – Adult Qualification Center Iași.
- 2007 – Continuing Medical Education: Ayurvedic cardiovascular management – National Center for Health Training Bucharest.
- 2008 – Certification in Acupuncture – National Center for Health Training Bucharest.
- 2008 – Advanced training in Traditional Chinese Medicine – Shanxi, Taiyuan, China.
- 2011 – Chi Nei Tsang instructor (therapeutic abdominal massage).
- 2011 – Advanced training in Traditional Chinese Medicine – Shanxi, Taiyuan, China.
- 2013 – Nutrition technician course – ANATECOR Arad.
- 2014 – Certification in Apitherapy, Phytotherapy and Aromatherapy – National Center for Health Training Bucharest.
- 2018 – Paper presentation at the National Congress of Acupuncture – SRMTC Arad.
- 2019 – Taiming Hand Acupuncture course – Shanxi, Taiyuan, China.
- 2024 – Paper presentation at the National Congress of Acupuncture – SRMTC Iași.
- 2024 – Advanced training in Traditional Chinese Medicine – Shanxi, Taiyuan, China.
- 2025 – Paper presentation at the ICMART World Congress of Acupuncture – Antibes, France.
- 2025 – PhD candidate – UMF Grigore T. Popa Iași.

Personal skills and competences

- communication skills
- team spirit
- perseverance
- dynamism
- fairness
- seriousness
- creativity and strategic thinking
- available for extended working hours • communication skills
- team spirit
- perseverance
- dynamism
- fairness
- seriousness
- creativity and strategic thinking
- available for extended working hours

Native language(s)

Romanian

Foreign language(s) known

Self-assessment
European level ()*

Language

Language

	English		Advanced				
	French		Advanced				

Social skills and abilities

- communication skills
- team spirit
- perseverance
- dynamism
- fairness
- seriousness
- creativity and strategic thinking

Organizational skills and abilities

- entrepreneurial spirit

Technical skills and abilities

Computer skills and abilities	<ul style="list-style-type: none"> ● computer skills (Windows, Microsoft Word, Microsoft Excel, Microsoft PowerPoint)
Artistic skills and abilities	<ul style="list-style-type: none"> ● 2003 – contributor to the book "Next Generation", with the publication of six bilingual Romanian-English articles, edited by Associate Professor Vasile Mihăescu, Fides Publishing House ● 2004 – specialist page in the magazine "Totul despre sex" (All About Sex) ● 2006 – contributor to the book "Applied Sexual Psychology," with the publication of a bilingual Romanian-English article, edited by Associate Professor Vasile Mihăescu, Fides Publishing House ● since 2010 – specialized articles in the Ziarul de Iasi newspaper ● 2017 – publication of the book Practical Guide to Massage for Yourself, Junimea Publishing House, Iași ● 2021 – publication of the book Masajul energetic pentru tine (Energetic Massage for You), Venus Publishing House, Iași ● 2025 – publication of the book Introducere în Medicina Tradițională Chineză (Introduction to Traditional Chinese Medicine), vol. 2, UMF Gr. T. Popa Publishing House, Iași (course material for the optional course in Traditional Chinese Medicine and for acupuncture skills)
Other skills and abilities	<ul style="list-style-type: none"> ● Since 2004 – numerous appearances on television shows
Driver's license(s)	<ul style="list-style-type: none"> ● 1996 - Category B
Additional information	<ul style="list-style-type: none"> ● 2011 – Tai Chi – Qi Gong instructor
Appendices	<ul style="list-style-type: none"> ● 2005 to present – sole administrator of S.C. Valmedica Medicina Complementara S.R.L., Iași