



THE FACULTY OF LETTERS

THE FACULTY OF ARTS



**The International Workshop
(IN)VISIBLE BUT INVINCIBLE**



*Tracing Silences, Breaking Frames:
Disability, Representation, and the Power of the Unseen*

the third edition of
NOT DIS-ABLED. JUST DIFFERENTLY-ABLED.

Galați, 25-27 November 2025



CONFERENCE SCHEDULE

Tuesday, the 25th of November

9.30 - 10.00, Multimedia Room	<i>Registration and welcome coffee</i>
10.00 - 11.00, Senate Room	<i>Opening Addresses</i> <i>Vernissage Opening: Making Visibility an Art</i>
11.00 - 12.00, Multimedia Room	<i>Session One. Translating Disability Through Media & Language</i>
12.00 - 12.10, Multimedia Room	Coffee break
12.10 - 13.10, Multimedia Room	<i>Session Two. Inner Worlds & Invisible Selves</i>
13.10 - 13.40, Multimedia Room	Lunch break
13.40 - 14.40, Multimedia Room	<i>Plenary</i>
14.40 - 15.00, Multimedia Room	Coffee break
15.00 - 16.00, Multimedia Room	<i>Lived Path Voices: Invited Speaker</i>
16.00 - 17.45, Multimedia Room	Film Screening <i>I am Sam</i> (1h 40')
17.45 - 18.30, Multimedia Room	<i>Workshop</i>
18.30 - 18.45, Multimedia Room	Coffee break
18.45 - 19.30, Multimedia Room	<i>Session Three. Multilingual Student & Faculty Session (French & English Papers)</i>



Wednesday, the 26th of November

9.30 - 11.00, Multimedia Room	<i>Neurofeedback Workshop</i>
11.00 - 11.15, Multimedia Room	Coffee break
11.15 - 11.45, Microsoft Teams	<i>Plenary</i>
11.45 - 12.30, Microsoft Teams	<i>Invited Dialogues: The Art of Moving Forward</i>
12.30 - 13.00, Multimedia Room	<i>Plenary</i>
13.00 - 13.30, Multimedia Room	<i>Plenary</i>
13.30 - 14.00, Multimedia Room	Lunch break
14.00 - 15.20, Multimedia Room	<i>Session Four: Art, Expression & Cultural Mediations of Disability</i>
15.20 - 16.00, Multimedia Room	<i>Workshop</i>
16.00 - 16.15, Multimedia Room	Coffee break
16.15 - 17.00, Microsoft Teams	<i>Neurodiversity Workshop</i>



Thursday, the 27th of November

9.30 - 10.00, Microsoft Teams	<i>A Voice from the Field - Guest Talk</i>
10.00 - 11.30, Multimedia Room	<i>Session Five. Inclusion, Therapy, Education & Social Communication</i>
11.30 - 12.30, Microsoft Teams	<i>Plenary</i>
13.30 - 14.30, Multimedia Room	<i>Plenary</i>
14.30 - 15.00, Multimedia Room	Lunch break
15.00 - 15.30, Microsoft Teams	<i>Workshop</i>
15.30 - 15.45, Multimedia Room	Coffee break
15.45 - 16.45, Multimedia Room	<i>Plenary</i>
16.45 - 18.45, Multimedia Room	<i>Workshop and Afterthoughts</i>



PLENARIES

Tuesday, the 25th of November

- ✓ Senior Lect. Cecilia CURIS, PhD, *From Invisible to Invincible - Strength in Weakness. An Approach Using Narrative Techniques and Psychodrama*

Wednesday, the 26th of November

- ✓ Prof. Dr. Habil Carmen ANDREI, *ADHD-ul sau când dizabilitatea dă putere. Considerații despre femei tinere și adulte neurodivergente [ADHD, or When Disability Becomes Strength: Reflections on Neurodivergent Young and Adult Women]*
- ✓ Prof. Dr. Habil Anamaria CIUBARĂ, *Mind, Self, and Society: Rethinking Psychiatric Disability and the Power of Being Seen*
- ✓ Clin. Psych., Psych. Couns., Psychoth. Mioara GRIGORAȘ, *Călătorie către S(T)INE în dizabilitățile invizibile: între vulnerabilitate, plasticitate și parteneriatul psiholog-psihiatru [Journey Toward (your)SELF: Invisible Disabilities Between Vulnerability, Plasticity, and the Psychologist–Psychiatrist Partnership]*

Thursday, the 27th of November

- ✓ Marta RUDNICKA, *Barriers and Breakthroughs - Challenges, Strategies, and Good Practices in Teaching English to Students with Hearing Impairment*
- ✓ Senior Lect. Sandrina MINDU, PhD, *Imaturitatea psihologică la vârsta adultă – o dizabilitate? [Psychological Immaturity in Adulthood – A Disability?]*
- ✓ Diana NEDELCU, MD, *De la tăceri biologice la reziliență: neuroimunitate, neuroplasticitate și integrare socială [From Biological Silences to Resilience: Neuroimmunity, Neuroplasticity, and Social Integration]*



WORKSHOPS

Tuesday, the 25th of November

- ✓ Senior Lect. Lidia Mihaela NECULA, PhD, Dr. Ana-Maria MOGA, *Love, Actually... Is a Superpower: What Sam Teaches Us about Love, Loyalty, and Challenging the System*

Wednesday, the 26th of November

- ✓ Mariana RUSU, *Neuroștiințe, spiritualitate, dizabilități* [Neurosciences, Spirituality, Disabilities]
- ✓ Silvia GERARDINI¹, Veronica RAGUSA¹, Christian POZZI¹, Laura GOBBI, Luca DELLA VALLE¹, Emanuela CATENACCI¹, Mario Antonio CUCUMO¹, Isabella SALIMBENI², *Ti Illumiamo Noi: Brewing Inclusion. One Cup at a Time* (¹Elisabetta Germani Foundation, Cingia de Botti (CR), Italy, ²University of Applied Sciences and Arts of Southern Switzerland (SUPSI), Switzerland)
- ✓ Delia Cristina POPA, Nicoleta Mariana Orlea, *Neurodiversity*

Thursday, the 27th of November

- ✓ Hatice ÇALIŞKAN, *The Transformative Cry of Silence – A Creative Awareness Workshop*
- ✓ Senior Lect. Miruna CĂRĂUȘU, PhD, *Brushstrokes of Visibility: Art as Shared Presence*



INTERVIEWS AND STORIES OF RESILIENCE

Tuesday, the 25th of November

- ✓ *Lived Path Voices: Invited Speaker*

Dr. Alina PETRE, *Disability in the Spotlight*

Wednesday, the 26th of November

- ✓ *Invited Dialogues: The Art of Moving Forward*

- Alexandru Florin BOLOGA, double Paralympic medalist and multiple World and European champion

- Ștefan Tudor GĂNACI, President of the Judo Federation

- Constantin CIOBANU, coach and mentor of Maria Lorena Narcisa Cantea, European champion

Thursday, the 27th of November

- ✓ Diana ONCIOIU, *A Voice from the Field. Guest Talk by a Journalist*



CONFERENCE PROGRAMME

Tuesday, the 25th of November

10.00 - 11.00, Senate Room

Opening Addresses

- ✓ Professor Dr. Habil. Marian BARBU, Rector of "Dunărea de Jos" University of Galați
- ✓ Professor Dr. Habil. Arthur TULUȘ, Vice-Rector of "Dunărea de Jos" University of Galați
- ✓ Professor Dr. Elena MEREUȚĂ, Vice-Rector of "Dunărea de Jos" University of Galați
- ✓ Assoc. Prof. Antoanela Marta MARDAR, PhD, Dean of the Faculty of Letters, "Dunărea de Jos" University of Galați
- ✓ Assoc. Prof. Iulia Veronica COCU, PhD, Head of the English Department, Faculty of Letters, "Dunărea de Jos" University of Galați
- ✓ Senior Lect. Lidia Mihaela NECULA, PhD, Conference Organiser, Faculty of Letters, "Dunărea de Jos" University of Galați

Vernissage Opening: *"Making Visibility an Art"*

- ✓ Senior Lect. Miruna CĂRĂUȘU, PhD, Faculty of Arts, "Dunărea de Jos" University of Galați
- ✓ Senior Lect. Tudor ȘERBAN, PhD, Faculty of Arts, "Dunărea de Jos" University of Galați



11.00 - 12.00, Multimedia Room

Session One. *Translating Disability Through Media & Language* **Chairs:**

Senior Lect. Daniela Aura BOGDAN, PhD

PhD Student Anca-Irina CIGHIR

- ✓ Assoc. Prof. Iulia-Corina DOBROTĂ, PhD, *Hearing Through Words: Translating Deafness and Identity in David Lodge's A Deaf Sentence*
- ✓ Assoc. Prof. Habil. Oana-Celia GHEORGHIU, PhD, *Grit and Grain: Subtitling Voice and Soundscape in 'Peaky Blinders'*
- ✓ Senior Lect. Alexandru PRAISLER, PhD, *En-abling the Invisible Translator*
- ✓ PhD Student Simona-Mirela RUSU, *Translating Health, Transforming Lives: The Power of Understanding*
- ✓ PhD Student Adora PARASCHIVESCU, *'Children of a Lesser God' (Mark Medoff): Invincible Disabilities on Stage and Screen*
- ✓ Fulbright ETA Gabrielle POPA, *Disability in the Media - 'Adventure Time' with Finn and His Arm (online)*

12.10 - 13.10, Multimedia Room

Session Two. *Inner Worlds & Invisible Selves* **Chairs:**

Assoc. Prof. Habil. Oana-Celia GHEORGHIU, PhD

Senior Lect. Lidia Mihaela NECULA, PhD

- ✓ Assoc. Prof. Iuliana Petronela BARNA, PhD, *Autobiografia unui autist celebru - Hans Christian Andersen*
- ✓ Anca Oana HAYAT, *Psychology and the Inner Gaze: Invisibility, Internalized Ableism, and the Therapeutic Encounter*



- ✓ PhD Student Anca-Irina CIGHIR & Prof. Dr. Habil. Mariana NEAGU, *Anxiety, A Shared Emotion?*
- ✓ PhD Student Mihaela Florentina CONSTANTINESCU (UNATC), *Becoming Everyone, Being No One: Zelig, Invisibility, and the Paradox of Disability Assimilation*
- ✓ Laura CIOAREC, *The Wooden Owl in the Lavender Field*

13.40 - 14.40, Multimedia Room

Plenary

Chair:

Assoc. Prof. Antoanela MARDAR, PhD

- ✓ Senior Lect. Cecilia CURIS, PhD, *From Invisible to Invincible - Strength in Weakness. An Approach Using Narrative Techniques and Psychodrama*

15.00 - 16.00, Multimedia Room

Chair:

Prof. Dr. Gabriela DIMA

- ✓ *Lived Path Voices: Invited Speaker.* Dr. Alina PETRE, *Disability in the Spotlight*

16.00 - 17.45, Multimedia Room, Film Screening: *I am Sam*

17.45 - 18.30, Multimedia Room

Workshop Convenors:

- ✓ Senior Lect. Lidia Mihaela NECULA, PhD, Dr. Ana-Maria MOGA, *Love, Actually... Is a Superpower: What Sam Teaches Us about Love, Loyalty, and Challenging the System*



18.45 - 19.30, Multimedia Room

Session Three. *Multilingual Student & Faculty Session (French & English Papers)*

Chair:

Junior Lecturer Gabriela DEBITA

- ✓ Elena DEDIU, Gianina-Ioana DINCĂ, Nadiia OSTROVSKA, and Luminița-Mariana PANTILIMON, 3rd-year students, *Courage, audace, performance. L'histoire des Paralympiens Roumains aux Jeux de Paris 2024 au-delà des limites*
- ✓ Aura CUCOȘ, *The Hidden Voices Shine the Brightest*
- ✓ Senior Lect. Raluca DRAGOMIR, PhD, *Toulouse-Lautrec : corps différent, regard unique sur la Belle Époque*



Wednesday, the 26th of November

9.00 - 11.00, Multimedia Room

Workshop and Presentation

Chair:

Senior Lect. Lidia Mihaela NECULA, PhD

Mariana RUSU

- ✓ Presentation: *Când mintea tace, inima vorbește: O paralelă între Neurofeedback, Tao și dizabilitate [When the Mind Falls Silent, the Heart Speaks: A Parallel Between Neurofeedback, Tao, and Disability]*
- ✓ Workshop Facilitation Theme: *Neuroștiințe, spiritualitate, dizabilități [Neurosciences, Spirituality, Disabilities]*

11.15 - 11.45, Multimedia Room

Plenary

Chair:

Assoc. Prof. Iulia-Corina DOBROTĂ, PhD

- ✓ Prof. Dr. Habil. Carmen ANDREI, *ADHD-ul sau când dizabilitatea dă putere. Considerații despre femei tinere și adulte neurodivergente [ADHD, or When Disability Becomes Strength: Reflections on Neurodivergent Young and Adult Women]*

11.45 - 12.30, Microsoft Teams

Workshop Convenor:

Assoc. Prof. Elena COSTANDACHE, PhD

Invited Dialogues: The Art of Moving Forward

- Alexandru Florin BOLOGA, double Paralympic medalist and



- multiple World and European champion
- Ștefan Tudor GĂNACI, President of the Judo Federation
 - Constantin CIOBANU, coach and mentor of Maria Lorena Narcisa Cantea, European champion

12.30 - 13.00, Multimedia Room

Plenary

Chair:

Senior Lect. Daniela Aura BOGDAN, PhD

- ✓ Prof. Dr. Habil Anamaria CIUBARĂ, *Mind, Self, and Society: Rethinking Psychiatric Disability and the Power of Being Seen*

13.00 - 13.30, Multimedia Room

Plenary

Chair:

Assoc. Prof. Iulia-Corina DOBROTĂ, PhD

- ✓ Clin. Psych., Psych. Couns., Psychoth. Mioara GRIGORAȘ, *Călătorie către S(T)INE în dizabilitățile invizibile: între vulnerabilitate, plasticitate și parteneriatul psiholog-psihiatru [Journey Toward (your)SELF: Invisible Disabilities Between Vulnerability, Plasticity, and the Psychologist–Psychiatrist Partnership]*

14.00 - 15.20, Multimedia Room

Session Four. Art, Expression & Cultural Mediations of Disability

Chairs:

Senior Lect. Raluca DRAGOMIR, PhD

Dr. Ana-Maria MOGA



- ✓ Senior Lect. Lidia Mihaela NECULA, PhD, *'I Am Sam': Rewriting Fatherhood Through Disability*
- ✓ Dr. Laura FLORE, *Blooming Against the Pain: Luchian, Poet of Petals*
- ✓ Senior Lect. Miruna CĂRĂUȘU, PhD, *A Testament to Courage: Art as a Path Forward. Portraits of Artists Who Transform Disability into Flight*
- ✓ Senior Lect. Vincentziu PUȘCAȘU, PhD, *Art and Accessibility for People with Disabilities: Cultural Policies and Curatorial Practices in Romania*

15.20 - 16.00, Microsoft Teams

Workshop

Chairs:

Assoc. Prof. Elena COSTANDACHE, PhD

PhD Student Anca-Irina CIGHIR

- ✓ Silvia GERARDINI¹, Veronica RAGUSA¹, Christian POZZI¹, Laura GOBBI¹, Luca DELLA VALLE¹, Emanuela CATENACCI¹, Mario Antonio CUCUMO¹, Isabella SALIMBENI², *Ti Illumiamo Noi: Brewing Inclusion. One Cup at a Time* (¹Elisabetta Germani Foundation, Cingia de Botti (CR), Italy, ²University of Applied Sciences and Arts of Southern Switzerland (SUPSI), Switzerland)

16.15 - 17.00, Microsoft Teams

Workshop

Chair:

Assoc. Prof. Antoanela Marta MARDAR

- ✓ Delia Cristina POPA, Nicoleta Mariana ORLEA, *Neurodiversity*



Thursday, the 27th of November

9.30 - 10.00, Microsoft Teams

Chair:

Senior Lect. Daniela Aura BOGDAN, PhD

- ✓ Diana ONCIOIU, *A Voice from the Field. Guest Talk by a Journalist*

10.00 - 11.30, Multimedia Room

Session Five. *Inclusion, Therapy, Education & Social Communication*

Chairs:

Prof. Dr. Habil. Mariana NEAGU

PhD Student Anca-Irina CIGHIR

- ✓ Senior Lect. Daniela Aura BOGDAN, PhD, *Disability and Advertising: A Love Story That Never Happened*
- ✓ Assoc. Prof. Iulia Veronica COCU, PhD, *Naming the Unseen: Lexical Strategies for Invisible Disabilities in Medical and Everyday Discourse*
- ✓ Senior Lect. Daniel Mădălin COJA, PhD, *From Invisibility to Empowerment: A Systematic Review on the Role of Physical Therapy and Adapted Physical Activity in Promoting Inclusion and Resilience among Individuals with Invisible Disabilities*
- ✓ Assoc. Prof. Carmen OPRIȚ-MAFTEI, PhD, *Assessing ESP Linguistic Proficiency in Learners with Disabilities: Methods, Challenges, and Pedagogical Insights*



11.30 - 12.30, Microsoft Teams

Plenary

Chair:

Senior Lect. Lidia Mihaela NECULA, PhD

- ✓ Marta RUDNICKA, *Barriers and Breakthroughs - Challenges, Strategies, and Good Practices in Teaching English to Students with Hearing Impairment*

13.30 - 14.30, Multimedia Room

Plenary

Chair:

Assoc. Prof. Iulia Veronica COCU, PhD

- ✓ Senior Lect. Sandrina MINDU, PhD, *Imaturitatea psihologică la vârsta adultă – o dizabilitate? [Psychological Immaturity in Adulthood – A Disability?]*

14.30 - 15.00, Microsoft Teams

Workshop

Chair:

Assoc. Prof. Carmen OPRÎȚ-MAFTEI, PhD

- ✓ Hatice ÇALIŞKAN, *The Transformative Cry of Silence – A Creative Awareness Workshop*



15.00 - 16.00, Multimedia Room

Plenary

Chair:

Dr. Ana-Maria MOGA

- ✓ Diana NEDELCU, MD, *De la tăceri biologice la reziliență: neuroimunitate, neuroplasticitate și integrare socială [From Biological Silences to Resilience: Neuroimmunity, Neuroplasticity, and Social Integration]*

16.00 - 18.00, Multimedia Room

Workshop Convenor

Senior Lect. Miruna CĂRĂUȘU, PhD, *Brushstrokes of Visibility: Art as Shared Presence*



*Book of Abstracts
Plenaries*

Carmen ANDREI

"Dunărea de Jos" University of Galați, Romania

ADHD-ul sau când dizabilitatea dă putere. Considerații despre femei tinere și adulte neurodivergente

Comunicarea noastră are ca obiect propunerea unei perspective tonice asupra celui mai cunoscut diagnostic al timpurilor noastre, tulburarea de deficit de atenție și hiperactivitate (ADHD) și asupra modului în care poate fi transformată într-un avantaj atunci când este gestionată corect și profesionist, dar, mai ales, colaborativ. Consultarea surselor de specialitate (studii punctuale, meta-analize, confesiuni și testimoniale ale unor cazuri celebre – Gabor Mate, Tracy Otsuka, ș.a. reprezentate de psihiatri și psihologi clinicieni, terapeuți), ne îndrituiește să avansăm ideea că viața persoanelor neurodivergente, a femeilor tinere în special poate fi modelată spre „normalizare” astfel încât să aibă beneficii potențiale importante cu ajutorul unor strategii care devin o cutie de instrumente dătătoare de (super)putere. După o trecere în revistă a simptomatologiei generale după care se testează și ulterior se diagnostichează ADHD-ul, la copii și adolescenți, ne referim la cazuri punctuale de tinerele femei și femei adulte care nu au lăsat această afecțiune să le afecteze viața, au ales să-și transforme vulnerabilitatea în (super) putere cu ajutorul unei medicații potrivite și a unor exerciții adecvate, cu cel al psihoterapiei) și au devenit cazuri de figură reușite.

Cuvinte cheie: ADHD, neurodivergență, hipersensibilitate, strategii, femei

ADHD, or When Disability Becomes Strength: Reflections on Neurodivergent Young and Adult Women

Our paper proposes a constructive and empowering perspective on one of the most widely discussed diagnoses of our time - Attention Deficit Hyperactivity Disorder (ADHD) - and on the ways in which it can be transformed into an asset when managed correctly, professionally, and,



above all, collaboratively. Consulting specialised sources (targeted studies, meta-analyses, personal accounts and testimonies of well-known figures such as Gabor Maté, Tracy Otsuka, among others, alongside the work of psychiatrists, clinical psychologists, and therapists) allows us to advance the argument that the lives of neurodivergent individuals - particularly young women - can be guided toward a form of "normalisation" that yields significant potential benefits through the use of strategies that become an empowering, personalised toolbox of (super)abilities.

Following an overview of the general symptomatology used in the evaluation and subsequent diagnosis of ADHD in children and adolescents, we turn to specific cases of young and adult women who have refused to let this condition hinder their lives. Instead, they have chosen to transform vulnerability into (super)power through appropriate medication, tailored exercises, and psychotherapy, thereby becoming noteworthy examples of success.

Keywords: ADHD, neurodivergence, hypersensitivity, strategies, women

Anamaria CIUBARĂ

"Dunărea de Jos" University of Galați, Romania

Mind, Self, and Society: Rethinking Psychiatric Disability and the Power of Being Seen

Introduction: In our clinical practice, we see that individuals with psychiatric conditions face a profound dual challenge. Beyond the direct burden of their symptoms, they must navigate a social world rife with prejudice and misunderstanding. This societal stigma does not remain external; it is often internalized, leading to a corrosive form of self-stigma that can dismantle a person's sense of self-worth and obstruct the path to recovery. This presentation argues that what we term "psychiatric disability" is therefore not merely a clinical issue, but a crisis of social connection and visibility.

Aim: We aim to explore a more holistic understanding of psychiatric recovery. This presentation will shift the focus from a purely deficit-based medical model to one that examines the power of social recognition. We



will demonstrate how the simple, fundamental human need to be seen, acknowledged, and valued by others is a critical, evidence-based component of healing and rebuilding a life.

Methods: A systematic literature review was conducted across major academic databases (PubMed, PsycINFO, Web of Science), examining research on self-stigma, social exclusion, identity formation, and recovery in severe mental illness. The synthesis connects empirical findings on the impact of stigma with established social theories on identity and recognition.

Results: The literature confirms a clear and damaging pathway: when individuals internalize societal prejudice, it profoundly harms their self-esteem and hope, often leading to withdrawal from work, social relationships, and even treatment itself. Conversely, our review found strong evidence that a sense of being accepted and valued - by family, in the community, and through the validation of one's legal rights and social contributions - is a powerful factor in rebuilding a positive identity and fostering a durable recovery.

Conclusion: For recovery to be meaningful and lasting, psychiatric care must extend beyond symptom management to address the patient's social world. Interventions that foster a sense of belonging and social value, such as peer support programs and robust anti-stigma initiatives, are not adjunctive but are essential therapeutic tools. By recognizing the person beyond the diagnosis, we unlock a powerful mechanism for healing that is fundamental to the practice of psychiatry.

Keywords: psychiatric disability, self-stigma, social recognition, recovery, identity formation

Cecilia CURIS

"Dunărea de Jos" University of Galați, Romania

From Invisible to Invincible - Strength in Weakness. An Approach Using Narrative Techniques and Psychodrama

The life story of people with disabilities transcends the medical aspect. We are used to feeling compassion when we see them or just realizing how lucky we are. Then we forget. And life flows for us and for them at the same time, but in such different ways...Sometimes we become blind



when we meet them because we fear the sadness they cause us. We are more concerned with our own sadness than theirs. Intuitively, we think about how hard it must be for them, but we prefer to continue enjoying our unrestricted freedoms and consider them invisible. Education and society have offered us models in which behavioural patterns are related to the somatic dimension of the person with disability without reflecting on their experiential dimension. This paper aims to bring to attention the benefits of using techniques from psychodrama and narrative medicine as educational tools, in order to become aware of and understand the thoughts and feelings of people with disabilities who demonstrate the power they possess every day without condemning our weakness, the "strong". Equally, by educating the empathic dimension of our behaviour and the capacity for self-reflection, we can contribute to social evolution by asking ourselves questions about our relationships with our peers, our place and meaning in the world. Thus, sociodrama as a dynamic process can become the engine of change in mentality at a social level regarding people with disabilities.

Keywords: disability studies, psychodrama, narrative medicine, empathy, sociodrama

Mioara GRIGORAȘ

"Dunărea de Jos" University of Galați, Romania

Călătorie către S(T)INE în dizabilitățile invizibile: între vulnerabilitate, plasticitate și parteneriatul psiholog-psihiatru

Această prezentare își propune să exploreze „călătoria către sine” ca proces de reconectare, vindecare și recâștigare a sensului personal, într-un demers care unește perspectiva psihologică și cea psihiatrică într-un parteneriat autentic de sprijin.

Într-o lume tot mai grăbită să producă performanță, dar tot mai puțin dispusă să recunoască fragilitatea umană, tulburările anxioase și depresive rămân printre cele mai răspândite și, paradoxal, cele mai invizibile forme de dizabilitate.

În societatea actuală, viteza a devenit normă, iar tehnologia ne ține mereu disponibili, conectați, dar rareori prezenți. Fiecare mesaj, apel sau cerință devine o solicitare de a fi „acolo” pentru ceilalți, nu pentru noi.



Astfel, omul modern trăiește într-o stare de alertă continuă, într-un flux neîntrerupt de stimuli, care consumă atenția și epuizează emoțiile.

Această hiperconectare produce, treptat, deconectarea de la sine. Când nu mai există liniște, nu mai există reflecție. Iar fără reflecție, nu mai există sens.

Această suprasolicitare produce, treptat, un dezechilibru interior care poartă nume clinice: anxietate și depresie. Ele nu sunt semne de slăbiciune, ci răspunsuri naturale ale creierului și psihicului la o realitate care nu mai permite oprirea.

Această vulnerabilitate nu este o defecțiune, ci un semnal de viață. Ea marchează momentul în care persoana are șansa de a începe călătoria către sine.

Pornind de la conceptul de neuroplasticitate și de la ideea că schimbarea modului de a simți poate schimba, literalmente, creierul, prezentarea propune o reflecție asupra vulnerabilității ca resursă. Emoțiile nu sunt obstacole, ci busole care indică direcția reconstrucției interioare. În acest context, colaborarea psiholog–psihiatru devine un model interdisciplinar de intervenție și reabilitare, care transformă invizibilul în vizibil și tăcerea în dialog.

Discuția se va concentra pe recunoașterea tulburărilor anxioase-depresive ca dizabilități invizibile, pe explorarea relației dintre emoții și reziliență, dar și pe importanța protejării sănătății mintale în mediul universitar.

Călătoria către sine este, de fapt, procesul prin care omul învață să se deconecteze de la zgomotul lumii pentru a se reconecta la propria interioritate. Este actul conștient de a spune „nu” acolo unde toți spun „da”. Este revendicarea timpului personal, a tăcerii și a gândului liber. În acest proces, deconectarea devine formă de existență.

Când îți permiți să te oprești, începi din nou să existe.

Cuvinte cheie: anxietate și depresie, dizabilități invizibile, neuroplasticitate, vulnerabilitate, reconectare la sine

Journey Toward the SELF: Invisible Disabilities Between Vulnerability, Plasticity, and the Psychologist–Psychiatrist Partnership

This presentation aims to explore the “journey toward the self” as a



process of reconnection, healing, and reclaiming personal meaning - an endeavour that unites psychological and psychiatric perspectives within an authentic partnership of support.

In a world increasingly driven by the pursuit of performance, yet ever less willing to acknowledge human fragility, anxiety and depressive disorders remain among the most widespread and, paradoxically, the most invisible forms of disability.

In contemporary society, speed has become the norm, and technology keeps us constantly available - connected, yet rarely truly present. Every message, call, or demand becomes a requirement to be "there" for others, rather than for ourselves.

Thus, the modern individual lives in a perpetual state of alertness, immersed in an uninterrupted flow of stimuli that drains attention and exhausts emotional resources.

This hyperconnection gradually produces disconnection from the self. Where there is no silence, there can be no reflection. And without reflection, meaning dissolves.

Such overstimulation slowly generates an inner imbalance known clinically as anxiety and depression. These are not signs of weakness, but natural responses of the brain and psyche to a reality that no longer allows stopping.

This vulnerability is not a malfunction but a signal of life - marking the moment when a person has the opportunity to begin the journey inward.

Drawing on the concept of neuroplasticity and the premise that changing the way we feel can literally reshape the brain, this presentation invites a reflection on vulnerability as a resource. Emotions are not obstacles but compasses guiding the direction of inner reconstruction. In this context, the collaboration between psychologist and psychiatrist becomes an interdisciplinary model of intervention and rehabilitation - one that transforms the invisible into the visible and silence into dialogue.

The discussion will focus on recognising anxiety-depressive disorders as invisible disabilities, exploring the relationship between emotions and resilience, and emphasising the importance of protecting mental health



within the academic environment.

Ultimately, the journey toward the self is the process through which one learns to disconnect from the noise of the world in order to reconnect with one's own interiority. It is the conscious act of saying "no" where everyone else says "yes." It is the reclaiming of personal time, silence, and unencumbered thought. In this process, disconnection becomes a way of being.

When you allow yourself to stop, you begin to exist again.

Keywords: anxiety and depression, invisible disabilities, neuroplasticity, vulnerability, reconnection to the self

Sandrina MINDU

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Imaturitatea psihologică la vârsta adultă – o dizabilitate?

Creșterea psihologică nu este întotdeauna în acord cu vârsta la care ne aflăm. Însă, de cele mai multe ori, în relațiile noastre sociale uităm această realitate și ne raportăm la celălalt ca și cum ar fi matur psihologic conform vârstei pe care o are.

Atunci când spațiul identitar nu este adecvat construit și delimitat în etapele formative ale dezvoltării, individul poate să stagneze într-o stare de „invizibilitate psihologică” care se reflectă în relații disfuncționale, dependență emoțională, precum și în incapacitatea de a funcționa adaptativ în context social. Astfel, imaturitatea psihologică la vârsta adultă poate fi înțeleasă ca o formă subtilă, dar semnificativă, de dizabilitate psihosocială.

Dezvoltarea și maturizarea psihologică, ca obiectiv educațional, sunt în continuare o provocare pentru părinți și profesori, în contextul în care discontinuitatea dintre performanța intelectuală și maturitatea identitară poate conduce la vulnerabilitate psihologică.

Tema constituie o invitație spre reflecție din perspectiva procesului educațional și a actorilor lui.

Cuvinte cheie: imaturitate psihologică, identitate, dizabilitate psihosocială, vulnerabilitate, educație



Psychological Immaturity in Adulthood – A Disability?

Psychological growth does not always align with the chronological age we have reached. Yet, in our social interactions, we often forget this reality and relate to others as though their psychological maturity necessarily corresponds to their biological age.

When the identity space is not properly constructed and delineated during the formative stages of development, the individual may stagnate in a state of "psychological invisibility", which manifests in dysfunctional relationships, emotional dependence, and an inability to function adaptively within social contexts. Thus, psychological immaturity in adulthood can be understood as a subtle yet significant form of psychosocial disability.

Fostering psychological development and maturity as an educational goal remains a challenge for both parents and teachers, particularly in contexts where the discontinuity between intellectual performance and identity maturity may lead to psychological vulnerability.

This topic serves as an invitation to reflect on the educational process and the roles of its key actors.

Keywords: psychological immaturity, identity, psychosocial disability, vulnerability, education

Diana NEDELCU

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De la tăceri biologice la reziliență: neuroimunitate, neuroplasticitate și integrare socială

Lucrarea explorează relația dintre procesele neuroimunitare, capacitatea de neuroplasticitate și construirea rezilienței în contextul dizabilităților invizibile. Afecțiunile cronice cu componentă neuroimună implică adesea mecanisme biologice subtile „tăceri biologice” care se traduc prin simptome greu de cuantificat clinic, dar cu impact major asupra calității vieții. Aceste procese sunt analizate nu doar în dimensiunea lor fiziologică, ci și în interacțiunea cu factorii psihosociali și de mediu. Lucrarea evidențiază modul în care intervențiile integrative pot susține



reglarea axei neuroimune, stimularea neuroplasticității și restabilirea echilibrului psihofiziologic, favorizând astfel reintegrarea socială și participarea activă a persoanelor cu dizabilități invizibile. Se propune o perspectivă transdisciplinară asupra rezilienței, în care procesele biologice, emoționale și sociale devin complementare în redarea vizibilității celor aparent invizibili.

Cuvinte cheie: neuroimunitate, neuroplasticitate, reziliență, dizabilități invizibile, medicină integrativă, integrare socială

From Biological Silences to Resilience: Neuroimmunity, Neuroplasticity, and Social Integration

The paper explores the relationship between neuroimmune processes, neuroplasticity, and the development of resilience within the context of invisible disabilities. Chronic conditions involving neuroimmune dysregulation often manifest as subtle "biological silences" mechanisms which are difficult to quantify clinically, yet profoundly impactful on quality of life. These processes are examined not only in their physiological dimension but also in interaction with psychosocial and environmental factors. The study highlights how integrative interventions can modulate the neuroimmune axis, enhance neuroplasticity, and restore psychophysiological balance, thereby promoting the social reintegration and active participation of individuals with invisible disabilities. A transdisciplinary perspective on resilience is proposed, in which biological, emotional, and social processes converge to restore the visibility of those who are seemingly invisible.

Keywords: neuroimmunity, neuroplasticity, resilience, invisible disabilities, integrative medicine, social inclusion

Marta RUDNICKA

Adam Mickiewicz University, Poland

Barriers and Breakthroughs - Challenges, Strategies, and Good Practices in Teaching English to Students with Hearing Impairment

Multimedia Centre for Teaching Foreign Languages at AMU (Adam Mickiewicz University) is a place where students of various educational needs may learn foreign languages in ways adjusted to their needs and in



a friendly, supportive environment. The presentation will focus on challenges that students with hearing impairment need to face in their learning process, strategies that lecturers of English use in their classes to facilitate that process and good practices that have been tested by many teachers in order to make students' learning more effective and achieve incredible language successes.

Keywords: hearing impairment, inclusive language teaching, learning strategies, good practices, English language education



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