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He is a graduate of The Romanian Army Land Forces Academy in 2002 and of The Faculty of Psychology and Educational Sciences in 2006. During the first part of his military career, he was platoon commander at Michael the Brave 30th Guards Brigade, the primary mission of the brigade being to perform the required military honors for the President of Romania, Minister of Defense and foreign leaders. After completing the military police training course in 2009 he has become a Military Police officer.

Since 2015 he has been army psychologist for an infantry brigade. As field psychologist, his main areas of practice are psychological interventions after disaster or trauma, combat stress, assessment and selection of high-risk operational personnel, brief psychotherapy in the military, building resilience and intercultural psychology. He is the co-author of several guide, articles and procedure on topics such as: promotion of mental health and behavioral optimization, personal development, reducing the effect of operational stress and prevention of stress disorder related with traumatic events and increasing the efficiency of the combat units.