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EDUCATION

Degrees

HIGH SCHOOL:	Patrocinio de San José School of Madrid.
PSYCHOLOGY DEGREE:	Bachelor in Psychology Complutense University of Madrid, 1985-90.
MAJOR:	Major in Clinical Psychology Complutense University of Madrid, 1988-90.
MASTERS DEGREE:	Master of Cognitive Behavioral Therapy (416 hours) Bertrand Russell Center of Psychology, 1990-91.
SPECIALIST DEGREE:	Specialist in Clinical Psychology Ministry of Education, Spain, 2013.
EMDR Europe Practitioner:	Eye Movement Desensitization and Reprocessing Practitioner. Spain and Europe EMDR Association, 2017
IFS International Practitioner:	Internal Family Systems Practitioner IFS Institute, 2018-2020

Other Certificates (1300 hours)

EMDR:	Practitioner by EMDR Europe. Trained in dissociation, complex trauma, attachment, emotional dependency, grief and loss, childhood trauma, sexual abuse, narcissistic personality, defenses, emergencies and catastrophes, by Onno Van der Hart, Roger Solomon and many others (2012-2020).
IFS:	Internal Family Systems by Richard Schwartz. IFS Institute. Trained in trauma and internal family by Nancy Sowell, Osnat Arbel and Richard Schwartz (2018-2020).
Attachment:	Interpersonal Dependency and attachment disorders in adults, by Arun Mansukani, 2016. Attachment in childhood and adulthood. How to evaluate and repair by Arwen Caban, 2017.

Anxiety Disorders:	"European Certificate in the Pathology and Treatment of Anxiety Disorders". University of Maastricht (Holland), Caen (France) and Oxford (United Kingdom), Erasmus 1989. "Seminar on the Treatment of Severe and Chronic Anxiety Disorders", conducted by Dr. Paul M. Salkovskis, Madrid, Spain, November 2010.
Stress, Anxiety and Depression:	Seminar on Cognitive Behavioral Treatment of Stress, Anxiety and Depression, conducted by Dr. Donald Meichenbaum (Waterloo University, Canada), Málaga, Spain, 1995.
Depression:	Workshop on Difficulties in the Treatment of Depression, conducted at the 5 th Congress of the Spanish Association of Social Cognitive Behavioral Therapy, Madrid, Spain, 2008.
Cognitive Mindfulness Therapy:	Seminar on Mindfulness-Based Cognitive Therapy, conducted by Zindel Segal of the Behavioral Tech., Minneapolis, USA, 2003.
Rational-Emotive Therapy:	Seminar on Rational Emotive Therapy (RET), conducted by Dr. Albert Ellis (USA), Málaga, Spain, 1994.
Personality Disorders:	Seminar on Cognitive Behavioral Treatment of Personality Disorders, conducted by Dr. Arthur Freeman (Philadelphia), Madrid, Spain, 2004. Workshop on the Treatment of Avoidant Personality Disorder and Workshop on the Treatment of Borderline Personality Disorder, conducted at the 4 th Congress of ASETTECCS (Spanish Association of Social Cognitive Behavioral Therapy), Madrid, Spain, 2004. Workshop on the Evaluation and Treatment of Borderline Personality Disorder (BPD), conducted at Interpsiquis, Madrid, Spain, 2005. Workshop on the Intervention of Families of BPD patients, conducted at Interpsiquis, Madrid, Spain, 2006.
Posttraumatic Stress Disorder:	Seminar on Cognitive-Behavioral Treatment of Post-traumatic Stress Disorder (PTSD), conducted by Dr. Edna B. Foa (University of Pennsylvania), Madrid, Spain, 2008.
NLP:	Workshop on NLP: The art and science in transforming minds with NLP, conducted by Dr. Richard Bandler in Barcelona, Spain, 2010.
Child Psychology:	Two seminars on Child Behavior Modification: Evaluation and Treatment, conducted at the Center for Research and Behavior Therapy, Madrid, Spain, 1992 and 1993.
Hyperactivity and ADD:	Three Seminars on the Evaluation and Treatment of Hyperactivity and Attention Deficit Disorders, first conducted at the Center for Research and Behavior

Therapy, Madrid, 1999; second at Aseteccs during the VI Congress in November 2010, and last one and Updating in ADHD at the Official College of Psychologists, Madrid, Nov-Dec. 2012.

Child Abuse:

Two seminars on Detection and Treatment of Child Abuse, including sexual abuse at Centro Noguerol, Madrid, Oct.-Nov. 2013 and March 2014 at Official College of Psychologists, Madrid.

Anorexia and Bulimia:

Seminar on the Diagnosis and Treatment of Anorexia and Bulimia, conducted by Drs. Vandereycken and Vanderlinden (University of Louvain), Madrid, Spain, 1999.

Workshop on Anorexia and Bulimia: Prevention and Treatment from Childhood and Adolescence, conducted at Bertrand Russell Center of Psychology, Madrid, Spain, 1998.

Social Skills:

Seminar on Social Skills, conducted at the Center for Research and Behavior Therapy, Madrid, Spain, 1995.

Couples Therapy:

RLT for couples, Relational Life Therapy, level 1, by Terry Real, 2019.

Body Treatment in Couples Therapy: Attachment, intimacy and sexuality by Kekuni Minton, June 2019.

Attachment and Couples, by Arwen Caban, 2017.

Two seminars on Behavioral Psychology for the Evaluation and Intervention of Couples in Conflict, conducted at the Center for Research and Behavior Therapy (CINTECO), Madrid, Spain, 1993 and 1998.

Intervention in Divorce:

Seminar on Intervention in the Divorce Process, conducted at CINTECO, Madrid, Spain, 1997.

Sexual Dysfunctions:

Workshop on Sexual Dysfunctions, conducted at ASETTECCS during its VI Congress, Madrid, 2010.

Alcoholism:

Seminar on Psychological Intervention in alcohol-dependants at the Official College of Psychologists, Madrid, March, 2014.

Education in Schizophrenia:

Seminar on the Psycho-education of Families and Friends of Schizophrenic Patients, conducted during the 6th Summer School of Psychology at Complutense University, Madrid, Spain, 1992.

Rorschach:

Three academic courses in the theory and practice of clinical psychology and diagnosis through projective techniques, especially Rorschach, conducted at Gregorio Marañón Hospital, Madrid, Spain, 1988-91.

Coaching:

Seminar on Psychology and Coaching at the College of Psychologists. Madrid, Spain Jul.-Sept. 2013.

IT Skills

WINDOWS, Microsoft Office, MAC, AXON (patient data base)

Languages

Spanish: First Language

English: High level. Second Language (TOEFL, Berkeley University, ACHNA American Academy of Madrid, and British Council of Madrid).

PROFESSIONAL ASSOCIATIONS

- * Registered Europsy Psychologist (European countries).
- * Registered Europsy Specialist in Psychotherapy (European Regulations).
- * Psychotherapist accredited by the Spanish Federation of Psychotherapists Associations.
- * Member of the Official College of Psychologists of Madrid, Spain (License N° M-09907).
- * Psychotherapist accredited by the Spanish Association of Social Cognitive Behavioral Therapy (ASETECCS). Secretary and Member of the Association.
- * Member of the EMDR (Eye Movement Desensitization and Reprocessing) Association, Spain and Europe.

PROFESSIONAL EXPERIENCE

PSYCHOTHERAPIST

Psychological Treatment through Cognitive Behavioral Therapy and EMDR in Madrid, Spain:

- ✂ 2017 – present: ACERCA DE PSICOTERAPIA Center of Psychology (privately).
Managing Director and Clinical Psychologist, Madrid.
- ✂ 2000 - 2017: Intercare Health Center, Abu Dhabi (UAE), recommended
psychologist.
- ✂ 2000 - 2017: Psychological Treatment Unit, S.L.L. (privately). Managing Director
and Clinical Psychologist, Madrid and Abu Dhabi.
- ✂ 1994 - 2000: Research and Psychological Treatment (privately and associated)
- ✂ 1993: Ellis Center of Psychology (privately and associated)
- ✂ 1991-92: Cardenal Cisneros Center of Psychology (privately and associated)

Therapy of adults with anxiety disorders, personality disorders, depression, phobias, body dysmorphic disorders, body image disorders, anorexia, bulimia, hypochondria, post-traumatic stress disorders, dissociation, sexual abuse, couples in conflict, etc.

Therapy of children with academic problems, aggression, hyperactivity, attention deficit disorders, incontinence, anxiety, phobias and depression, attachment disorders.

Pre and post psychological Evaluation of Eye Refractive Surgery patients, in collaboration with surgeons Drs. J.M. Bernabeu and M. Juan of the Ophthalmologic Unit of Madrid.

INSTRUCTOR

Conducting workshops on Social Skills and Assertiveness, Emotional Self-Control Techniques, Self-Esteem, Body Image and Parenting Skills.

PUBLICATIONS

A few collaborations in the Health Section of a Spanish newspaper (ABC Salud) during 2000 and 2017, Madrid.

RESEARCH

A collaboration on a "Study of the correlation between stress and high blood pressure in the population of Técnicas Reunidas, S.A", 1989, Madrid and a compilation work about Obsessive Compulsive Disorders for Dr. Salkovskis (during Erasmus project).

SCIENTIFIC POPULARIZATION OF PSYCHOLOGY

Secretary General of the Committee of ASETTECCS (Spanish Association of Social Cognitive Behavioral Therapy) from 1998 until 2002.

Committee Organizer for the I, II, III and IV Scientific Professionals Congress of ASETTECCS, 1993-96-99 and 2004, Madrid, Spain.

TRAINING

- ✂ 1997-2000: Psychometric tests assessment at Tecnicas Reunidas, S.A.
- ✂ 1990-91: Clinical psychologist at Bertrand Russell Center of Psychology
- ✂ 1989-90: Clinical psychologist at Health Center H. District, Madrid.