

CURRICULUM VITAE



PERSONAL INFORMATION

First Name	Alessia
Surname	Bruno
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Website	www.performanceexpansion.com
Nationality	Italian
Date of Birth	03-11-1977
Gender	Female

CURRENT EMPLOYMENT

April 2010 to Present

Private Practitioner: **Chartered Clinical Psychologist**, Health and Care Professions Council Registered PYL24581 (HCPC, UK), **EMDR Europe Consultant** (UK & Ireland EMDR Association, EMDR Italia). **Performance Coach** (Performance Edge Coaching Int.) **Psicologo-Psicoterapeuta** (Psychotherapist) Albo degli Psicologi dell'Emilia-Romagna n.6097 (Italian Clinical Psychologists and Psychotherapists' Registration Body), **CEO** of Performance Expansion Coaching, member of the British Psychological Society (BPS), the Association for Applied Sport Psychology (AASPP) and the International Society for Sport Psychology (ISSP).

To liaise and maintain collaborative and supportive relationships with Sport Clubs, Dancing companies, Music Institutes, Business Companies, the British and the Italian National Health Service and with Humanitarian Associations (Red Cross and Lions Club International).

Activities: Coaching, Training, Teaching, Research and delivery of Psychological Therapies to top performers, athletes, business men and to the law enforcement authorities.

WORK EXPERIENCE

June 2019

EMDR Europe Conference (Krakov, Poland)

"Connecting People Connecting Europe". As part of the Continuing Professional Development (CPD) as an EMDR Europe Consultant.

April 2018-March 2019

Maternity Leave

July 2017

Sport Psychology World Congress (Sevilla, Spain)

Attendance at the most important Sport and Performance Psychology Congress which highlighted the latest development in the fields when working with single performers or teams.

June 2017	<p><u>EMDR Europe Conference (Barcelona, Spain)</u> “The Psychotherapy of the 21st century” As part of CPD as an EMDR Europe Consultant.</p>
June 2017	<p><u>Speaker at the National Judo Championship:</u> Sport performance: Athletes’ psychological aspects; motivation, concentration and perfectionism and severe weight loss. Mental training strategies to empower the brain as well as the body (June 2017; Riccione)</p>
October 2016	<p><u>Teaching at the World Obesity Day event</u> The “taste” of life; emotions, self-esteem and eating behaviour. World Health Organization’s report and preventative nutritional and psychological strategies (October 2016; Riccione)</p>
June 2016	<p><u>EMDR Europe Conference, (Den Haag, Holland)</u> “A sea of possibilities” As part of CPD as an EMDR Europe Consultant</p>
May 2016	<p><u>Humanitarian Teaching at Notre Dame University (Kyoto, Japan)</u> The impact of Trauma on Psychological well-being following natural disasters. (May 2016, Kyoto)</p>
February – Current	<p><u>Teaching about performance to Athletes</u> Sport is a Journey. Mental skills and psychological techniques to address blocks and improve performance (February-current; Riccione)</p>
July 2015	<p><u>EMDR Europe Conference, (Milan, Italy)</u> “Changing Links, Changing Minds, Changing Lives” As part of CPD as an EMDR Europe Consultant</p>
June 2014	<p><u>EMDR Europe Conference, (Edinburgh, UK)</u> “25 years of EMDR” As part of CPD as an EMDR Europe Consultant</p>
June 2013	<p><u>EMDR Europe Conference, (Geneva, Switzerland)</u> “Uniting Nations, Promoting Peace within and between People” . As part of CPD as an EMDR Europe Consultant</p>
April 2012 to 2015	<p><u>Trainer for the NHS, workshop accredited by the Ministry of Health (continuing professional development):</u> Zero Tolerance towards Aggression. The psychological impact of aggressive behaviour towards National Health Service staff. (April - November 2012; Cesena, Italy)</p>
September 2011	<p><u>Trainer at the National Training accredited by the Ministry of Health (continuing professional development):</u> The Psychology of Trauma: Theoretical Models and ‘evidence-based’ therapies; Trauma focused cognitive behavioural therapy, EMDR and Compassion focused therapy. An international overview (10th-11th September, Riccione, Italy)</p>
May 2011	<p><u>Trainer at the National Training:</u> The Psychology of Trauma: Theoretical Models and ‘evidence-based’ therapies; Trauma focused Cognitive Behavioural Therapy & EMDR. An international overview (14th-15th May, Riccione, Italy)</p>
April 2011	<p><u>Conducted Training for the Italian Red Cross (Youth section):</u> Working psychologically with children: developmental stages, attachment styles and communication patterns (23rd April, Cesenatico, Italy).</p>
June 2011	<p><u>Research and Publications:</u> Research Project accepted by the Italian Ethic Committee ‘ Prevalence of aggressive behaviours towards staff in NHS Services (Psychiatric Unit, Accident & Emergency Unit,</p>

Substance Misuse Service). What is the short-term and the long-term impact on staff psychological well-being.

March 2011

Post-Traumatic Stress Disorder. Listening to the 'unbearable' (Il Disturbo Post-Traumatico da Stress. Ascoltare 'l'Inascoltabile'). www.picologia-psicoterapia.it

July 2010

Bruno, A. (2010) "Burnout, Psychological Morbidity and Job Satisfaction. A comparative study between staff who work in substance misuse services and staff who work in adult mental health services" *Medicina Psicosomatica*, 55 (3), 102.

November 2010

Bruno, A. "Burnout, Psychological Morbidity and Job Satisfaction. A comparative study between staff who work in substance misuse services and staff who work in adult mental health services" "Abstract presented at the National Conference of Positive Psychology 04th-05th November 2010", Bologna, Italy.

Conducted Teachings:

October 2010

"Being a Clinical Psychologist in the UK" (University of Bologna, Italy)

June 2010

Post-Traumatic Stress, Major Depression and Eating Disorders in young people. Which psychological therapies are supported by research ? (NHS/A.U.S.L. Ferrara, Italy).

May 2010

Eye Movement Desensitisation and Reprocessing (EMDR). A reflective practice and the Scientific Perspective".(NHS, Dumfries and Galloway, UK).

April 2010

How to become a Clinical Psychologist in the UK. The positive challenges (University of Bologna, Italy).

November 2009 - March 2010

• Name and address of employer

Mr Ian Hancock: Nithbank Building, DG1 2SA, Dumfries (UK)
Department of Psychological Services and Research. Dumfries and Galloway National Health Service Board .

• Occupation or position held

Clinical Psychologist (D.Clin.PSYCHOL.)

• Main activities and responsibilities

Conducted Psychological Therapies:

Individual, couple and family therapy with adults and young people. Conducting EMDR, Trauma Focused CBT, Compassion focused Therapy for the treatment of Post-Traumatic Stress disorder in refugees, asylum seekers and in the general population. Conducting psychological therapies such as Interpersonal Psychotherapy, Cognitive Behavioural Therapy, Solution Focused Therapy in patients with Anxiety, Depression, Eating Disorders, and Personality Disorders..

Managerial Activity:

Management of Psychology referrals to Dumfries and Galloway NHS Board, liaison with General Practitioner, coordination of multidisciplinary team meetings (Community Mental Health Team, CMHT).

Supervision:

Support and ensure that professional and clinical qualities and academic standards are met in Trainees Clinical Psychologist thereby producing clinicians that are skilled and fit for practice. Support and develop competencies and clinical skills in Community Mental Health Team

members (support workers, social workers, Occupational Therapist, Community Psychiatric Nurses). Supervision and Consultancy to Voluntary Organisation 'Mental Health Association').

Conducted Trainings:

March 2010 Improve engagement and increase motivation by applying psychological strategies to patients with Eating Disorders. (Weight Management Clinic, NHS Dumfries and Galloway, UK).

February 2010 Preventing Burnout and promoting Psychological Well-being (Mental Health and Substance Misuse Services, NHS Dumfries and Galloway, UK).

January 2010 **Conducted Teachings:**

Doctorate Dissertation: 'Burnout, Psychological Morbidity and Job Satisfaction. A comparative study between staff who work in substance misuse service and staff who work in adult mental health service' (Edinburgh University/NHS Dumfries and Galloway, UK).

EDUCATION AND TRAINING

February 2017 – June 2017

- Performing Edge Coaching International

Performing Edge Coaching International

Certified Performance coach by Sport Psychologist and top athletes Dr Dahlkoetter (California, USA).

December 2014 & February 2017

- UK and Ireland EMDR Association and with EMDR Italia

EMDR Europe Consultant

European Accreditation training with UK and Ireland EMDR Association (December 2014) and EMDR Italia (February 2017).

To provide Consultancy to EMDR therapists. To teach and guide EMDR therapists through the process of accreditation, in order to support them to achieve high standards in assessing, formulating and delivering EMDR therapy to patients.

February 2014 – October 2014

- Brainspotting International

Brainspotting Therapist

Overcome performance blocks. A top level techniques particularly effective in improving and expanding performance in athletes and performing artists.

April 2010

April 2008-April 2010

EMDR Europe Practitioner

European Accreditation as EMDR Therapist (Trauma & Post-Traumatic Stress Disorder).
Registered with UK & Ireland EMDR & EMDR Italia Associations

- Alexandra Richman EMDR Training School (UK)

The accreditation process consists in treating patients with PTSD and/or with history of traumas with developed into a clinical difficulty. The clinical work is regularly reviewed and discussed in supervision with an accredited EMDR Consultant.

The aim is to acquire competencies in the 8 core phases of EMDR therapy with the aim of treating patients presenting with clinical problems associated to traumatic experiences. To increased awareness on ethical aspects of EMDR clinical practice and maximise the patient's protection.

November 2009

Clinical Psychologist (D.Clin.Psychol. / Ph.D.)

Health and Care Professions Council Registered n. PYL24581 (UK)

- September 2004-September 2009

Clinical Psychology Doctorate Training (5 years full-time post-graduate clinical training)

Edinburgh University Clinical Psychology Doctorate Training and Dumfries and Galloway NHS Board (UK).

The training consists in four days a week of Clinical Work (psychological terapie, note taking, writing psychological report, conducting assessments, administering questionnaires, attending mental health meetings, liaise with local organisations and general practitioners, provide training, teaching, consultancy), one day Research/study day (small scale research projects

and final doctorate thesis dissertation, and is composed by six theoretical models. The Trainee Clinical Psychologist receives weekly supervision throughout the clinical psychology doctorate training. The aim is to train clinical psychologists at a doctorate level providing them with competencies such as applying psychological skills to clinical problems (assess, formulate, evaluate, solve problems), have practical and research skills, communicate effectively with staff, with multidisciplinary teams and with supervisors, be aware in the values required to work with people from different ethnic backgrounds and use supervision effectively.

April 2009-September 2009

Clinical Placement:

Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK)
Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and
Clinical Psychology Doctorate Course (Edinburgh University, UK)

Trainee Clinical Psychologist working in the Older Adult Service

Taking part at team meetings, conducting assessments, psychological therapies, administration of tests aimed at assessing cognitive impairments caused by stroke and dementia. Consultancy and training to nurses on psychological techniques to support older adult patients with memory problems.

August 2007- August 2009

Conducted Doctorate Dissertation (Edinburgh University/ Dumfries and Galloway NHS Board, UK).

Clinical Placement:

Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK)
Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and
Clinical Psychology Doctorate Course (Edinburgh University, UK)

October 2008-April 2009

Trainee Clinical Psychologist working at the Trauma Centre for Refugees and Asylum Seekers ('COMPASS TEAM', Glasgow, UK). Taking part at team meetings, conducting assessments, psychological therapies, consultancy to voluntary organisations. Working with interpreters and liaise with local charity/non-statutory organisations.

March 2009

Conducted Teachings:

Vicarious Traumatization in practitioners who work with adult survivors of sexual violence and child sexual abuse: Literature Review. (COMPASS TEAM, Glasgow, UK).

January 2009

Psychological Therapies with Asylum Seekers and Refugees victims of trauma ("Coach House Trust", Voluntary Organisation, Glasgow, UK)

Clinical Placement:

Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK)
Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and
Clinical Psychology Doctorate Course (Edinburgh University, UK)

October 2007-October 2008

Trainee Clinical Psychologist working in the Substance Misuse Service and in the Scottish Prison Service.

Taking part at team meetings, conducting assessments, individual psychological therapies, and self-help groups to prevent alcohol relapse in detoxed patients. Liaison with social services to prevent abuse and neglect in children of parents with addiction problems.

October 2008

Speaker at the National Conference

Working in Substance Misuse across Specialties. Dual Diagnosis and Cognitive-Behavioural Integrated Treatment (Edinburgh, UK).

October 2008

Conducted Trainings

Vicarious Traumatization in Clinical Practice (Voluntary Organisation, 'Mental Health Association, Stranraer, UK).

August 2008

Eye Movement Desensitisation and Reprocessing, EMDR. Theoretical Models and Research (Substance Misuse Service, 'Cameron House', NHS Dumfries and Galloway, UK)

May 2008	Motivational Interviewing within Addictions (Substance Misuse Service, 'Cameron House', NHS Dumfries and Galloway, UK).
February 2008	Cognitive Behavioural Therapy for Psychosis (NHS Dumfries and Galloway, UK).
October 2006-October 2007	<p>Clinical Placement: Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK) Glasgow Hospital for Sick Children.. NHS Greater Glasgow (UK), and Clinical Psychology Doctorate Course (Edinburgh University, UK)</p> <p><i>Trainee Clinical Psychologist working in Children and Young people Services.</i> Taking part at team meetings, conducting assessments, behavioural observations at school, psychological therapies with children, with adolescents and their families, administration of tests aimed at assessing severe and moderate mental health problems (eating disorders, anxiety disorders, mood disorders, ADHD, neurological disorders, learning disability, autism and psychosis) and development of treatment plans within a multi-disciplinary team.</p>
May 2007	<p>Conducted Trainings Diagnosis and treatment of Borderline Personality Disorder (Voluntary Organisation, 'Mental Health Association', Stranraer, UK)</p>
March 2007	<p>Conducted Research: Evaluation of a pre and post- intervention in children affected by ADHD and Asperger Syndrome. Stop Now And Plan (SNAP) Group. (Knightswood Clinic, Glasgow, UK).</p>
October 2005-October 2006	<p>Clinical Placement: Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK) Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and Clinical Psychology Doctorate Course (Edinburgh University, UK)</p> <p><i>Trainee Clinical Psychologist working in Severe and Enduring Mental Health Services.</i> Taking part at team meetings, observing psychiatric sessions and ECT treatments, conducting assessments and delivering individual psychological therapies. Conducting self-help groups, based on the cognitive behavioural therapy approach, aimed at treating sleep disorders and Major Depression.</p>
May 2005- October 2005	<p>Clinical Placement: Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK) Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and Clinical Psychology Doctorate Course (Edinburgh University, UK)</p> <p><i>Trainee Clinical Psychologist working in Learning Disability Services</i> Conducting assessments and administering scales aimed at evaluating the overall functioning, delivering psychological therapies and intervention to manage aggressive and sexually inappropriate behavior. Collaborate and liaise with social services and multi-disciplinary teams.</p>
May 2005	<p>Conducted Research: A comparison between staff psychological well-being in In-patient Unit and in the Community (NHS Dumfries and Galloway, UK).</p>
September 2004-May 2005	<p>Clinical Placement: Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK) Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and Clinical Psychology Doctorate Course (Edinburgh University, UK)</p>

Trainee Clinical Psychologist working in Adult Mental Health Services

Taking part at adult mental health team meetings. Conducting group therapy in psychiatric patients with low self-esteem and interpersonal difficulties. Delivering individual psychological therapies to patients diagnosed with Eating Disorders, Mood Disorders, Anxiety Disorders and Personality Disorders and patients victims of domestic violence. Liaison with non-statutory sector (Women's Aid, Dumfries, UK)

September 2004

Practitioner Psychologist

(Psicologo, Italian title achieved after a year of post-graduate Italian clinical training)
Registered with the 'Ordine degli Psicologi dell' Emilia-Romagna' n.6097 (Clinical Psychologists and Psychotherapists' Registration Body, Italy)

September 2003-May 2004

Leonardo **Scholarship** (granted by the University of Bologna). European Project which provided the possibility of working, as part of the Italian post-graduate clinical training, in the National Health Service (UK).

November 2002

B.Sc. Honours in Clinical Psychology; high grade (five years full time undergraduate degree) University of Bologna (Italy). Undergraduate thesis '*The comparison between the effectiveness of Interpersonal Psychotherapy and Cognitive Behavioural Therapy in patients diagnosed with Major Depression*'.

August 2001-June 2002

Overseas **Scholarship** (granted by the University of Bologna). Overseas Project which provided the opportunity to conduct the Honour thesis at York University (Toronto, Canada).

PERSONAL SKILLS

The experience within the NHS in the UK has made me even more aware about the importance of Effective approaches which follow the philosophy of the scientist-practitioner. Living and working abroad has allowed me to develop autonomy, independence and accountability; to grow personally and professionally testing every day my resources and my strengths, consequently increasing my resilience.

MOTHER TONGUES

ITALIAN

- Understanding
 - Reading
 - Writing
- Communication

ENGLISH, FRENCH, SPANISH

ENGLISH - Excellent, SPANISH - Good, FRENCH - Basic
ENGLISH - Excellent, SPANISH - Good, FRENCH - Basic
ENGLISH - Excellent, SPANISH - Good, FRENCH - Basic
ENGLISH - Excellent, SPANISH - Good, FRENCH - Basic

SOCIAL SKILLS AND COMPETENCIES

I have been fortunate to be exposed to a range of clinicians and coaches of different cultures and specialties. Throughout my clinical doctorate training I have liaised with several local voluntary organisations, with interpreters and with multi-disciplinary teams. This experience has enabled me to improve my interpersonal skills. Co-working and providing supervision have been particularly valuable. In addition, working abroad and being well travelled has given me the great opportunity to think creatively and "outside the box".

ORGANISATIONAL SKILLS AND COMPETENCIES

Following the collaboration with the British Red Cross (Glasgow, UK), I provide psychological support and training to volunteers of the Italian Red Cross who regularly witness traumatic events during their work. In addition, I am a member of the Lions Club International board in my city and we regularly meet to develop project to help the national and international community.

COMPUTER SKILLS AND COMPETENCIES

Excellent knowledge of Word, Internet Explorer, Outlook Express, Power Point, SPSS e Skype.

ARTISTIC SKILLS AND COMPETENCES.	The passion for the Celtic music has led me to learn playing the violin and the Irish Bodhàn. I dance Salsa, play volleyball and enjoy running.
OTHER SKILLS AND COMPETENCES	The range of applicability of psychological knowledge is extremely wide ranging from supervision, coaching, teaching, research and clinical work. Living and training abroad and currently collaborating nationally and internationally with several organizations has expanded my management skills and my adaptability.
DRIVING LICENCE	Italian driving Licence (B)
ADDITIONAL INFORMATION	<p>People you may wish to verify my competences with:</p> <p>Professor Giovanni Andrea Fava: giovanniandrea.fava@unibo.it</p> <p>Dr JoAnn Dahlkoetter, Sport Psychologist: joann@sports-psych.com</p> <p>Mr Ian Hancock, Clinical Director NHS: IHancock@dg-primarycare.scot.nhs.uk</p> <p>Dr Matthias Schwannauer, Head of Section of Clinical & Health Psychology Programme Director m.schwannauer@ed.ac.uk</p>