

# CURRICULUM VITAE



## PERSONAL INFORMATION

First Name	Alessia
Surname	Bruno
Address	47838 Riccione, Italy
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E-mail	<a href="mailto:info@performanceexpansion.com">info@performanceexpansion.com</a>
Website	<a href="http://www.performanceexpansion.com">www.performanceexpansion.com</a>
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), **SASP-FEPSAC (Specialist in Applied Sport Psychology-European Certification)**, **EMDR Europe Consultant** (UK & Ireland EMDR Association, EMDR Italia). **Brainspotting Consultant** (UK Brainspotting Association, Brainspotting International U.S.A.). **Performance Coach** (Performance Edge Coaching International) **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 European Federation of Sport Psychology (FEPSAC), the American Association for Applied Sport Psychology (AASPP), the International Society for Sport Psychology (ISSP) and of the British and Italian EMDR Association.

To liaise and maintain collaborative and supportive relationships with Sport Clubs, Sport associations, with the British and the Italian National Health Service and with Humanitarian Associations (Red Cross and Lions Club International).

Activities on site and/or remotely: Provide psychological therapies to the clinical populations (minors as well as adults). Deliver Trainings, Workshops, Teaching, coaching to athletes, coaches, sport teams, Universities, Hospitals, Humanitarian Associations. Provide consultancy and supervision to colleagues within the field of Trauma and Performance. Conduct research and deliver Counseling to athletes during training and before competition. Performance Coaching and counseling to performing artists.

## WORK EXPERIENCE

October 2024- March 2025

### Trainer and Developer of Performance Generation program.(online)

A new revolutionary way of overcoming performance blocks and achieving flow states and performance enhancement.

July 2024

### Speaker at the International FEPSAC Conference (European Federation of Sport Psychology) (Innsbruck, Austria)

Trauma and performance. A Neuroexperiential perspective. Working with Performance Generation Model with Athletes and Performing artists.

March 2023	<b><u>Speaker at the International Seminar “Breaking the Glass Ceiling once and for all” :</u></b> Discrimination, sexism, racism, psychological impact on women and on the entire community. Transgenerational trauma of the Glass Ceiling effect. (University of Florence, Dept of Economics and Management, Italy)
July 2022	<b><u>FEPSAC Conference (European Federation of Sport Psychology) (Padova, Italy)</u></b>
May 2022- June 2022	<b><u>Humanitarian Workshop at the Infermi Hospital (Rimini, Italy)</u></b> Loss and Performance. The impact of the Pandemic on Doctors’ performance in Hospital.
November 2021	<b><u>Brainspotting and Performance. The F.L.O.W. Model (remote). Three Day International Training Module.</u></b> Delivered an international training on Zoom to colleagues who work with athletes and performing artists.
October 2022, 2021, 2020	<b><u>Association for Applied Sport Psychology. Annual Conference (remote)</u></b>
July 2021	<b><u>Brainspotting International Conference (Hybrid)</u></b>
June 2022- June 2013	<b><u>EMDR Europe Annual Conferences (Continuing Professional Development) CPDs</u></b>
October 2021, July 2017	<b><u>Sport Psychology World Congresses (Taipei, Taiwan Hybrid - Sevilla, Spain on site)</u></b> 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	<b><u>Speaker at the National Judo Championship:</u></b> Sport performance: Athletes’ psychological aspects; motivation, concentration, perfectionism and severe weight loss. Mental training strategies to empower the brain as well as the body (June 2017; Riccione)
October 2016	<b><u>Teaching at the World Obesity Day event</u></b> The “taste” of life; emotions, self-esteem and eating behaviour. World Health Organization’s report and preventative nutritional and psychological strategies (October 2016; Riccione)
May 2016	<b><u>Humanitarian Teaching at Notre Dame University (Kyoto, Japan)</u></b> The impact of Trauma on Psychological well-being following natural disasters. (May 2016, Kyoto)
February 2016 – Current	<b><u>Teaching about performance to Athletes</u></b> Sport is a Journey. Mental skills and psychological techniques to address blocks and improve performance (February 2016 - current; Riccione, Italy).
July 2015	<b><u>14<sup>th</sup> European Congress of Psychology</u></b> The Congress covered various topics including Sport psychology such as the neurobiology of stress, athletes ‘appraisal after doping use and athletes decision making process.
April 2012 to 2015	<b><u>Trainer for the NHS, workshop accredited by the Ministry of Health (continuing professional development):</u></b> Zero Tolerance towards Aggression. The psychological impact of aggressive behaviour towards National Health Service staff. (April - November 2012; Cesena, Italy)
September 2011	<b><u>Trainer at the National Training accredited by the Ministry of Health (continuing professional development):</u></b> The Psychology of Trauma: Theoretical Models and ‘evidence-based’ therapies; Trauma

focused cognitive behavioural therapy, EMDR and Compassion focused therapy. An international overview (10<sup>th</sup>-11<sup>th</sup> September, Riccione, Italy)

**Trainer at the National Training:**

May 2011 The Psychology of Trauma: Theoretical Models and 'evidence-based' therapies; Trauma focused Cognitive Behavioural Therapy & EMDR. An international overview (14<sup>th</sup>-15<sup>th</sup> May, Riccione, Italy)

April 2011 **Conducted Training for the Italian Red Cross (Youth section):**

Working psychologically with children: developmental stages, attachment styles and communication patterns (23<sup>rd</sup> April, Cesenatico, Italy).

March 2018 **Research and Publications:**

Sanza, M.; Ceccarelli, P.; Ballanti, L.; Bruno, A. *et al.*, "The impact of aggression on well-being of NHS Staff"., Vol.19, (1), 43-50.

March 2011 Post-Traumatic Stress Disorder. Listening to the 'unbearable' (Il Disturbo Post-Traumatico da Stress. Ascoltare 'l'Inascoltabile'). [www.psicologia-psicoterapia.it](http://www.psicologia-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 04<sup>th</sup>-05<sup>th</sup> 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
- Occupation or position held
- Main activities and responsibilities

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

***Clinical Psychologist (D.Clin.PSYCHOL.)***

**Conducted Psychologica 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

- January 2023  
**Brainspotting Interantional Consultant**  
International Accreditation training with Brainspotting UK Association (BSP UK).  
To provide Consultancy to BSP therapists. To teach and guide BSP therapists through the process of accreditation, in order to support them to achieve high standards in assessing, formulating and delivering BSP therapy to patients. To provide training and group consultation. To create a supportive community and provide Humanitarian intervention.
- August 2019 – July 2020  
**Master in Sport Psychology** with Online Unicusano University (Rome) recognized by the Italian Ministry of Education, 1500 hours, 60 CFU/ECTS
- February 2017-June 2017  
• **Performing Edge Coaching International**  
Certified Performance coach by licensed Sport and Clinical Psychologist Dr Dahlkoetter (USA)
- December 2014  
• **EMDR Europe Consultant**  
European Accreditation training with UK and Ireland EMDR Association.  
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 – December 2014  
**Brainspotting International Practitioner**  
International Accreditation as BSP Therapist (Trauma, Performance issues).  
Registered with Brainpotting International (U.S.A) and UK Brainspotting Associations
- 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
- Name and type of organisation and aims of training  
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.)**  
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 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.
- Name and type of organisation and aims of training  
**Clinical Placement:**  
Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK)  
Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and
- April 2009-September 2009  
For more information:  
[www.cedefop.eu.int/transparency](http://www.cedefop.eu.int/transparency)  
[www.europa.eu.int/comm/education/index\\_it.html](http://www.europa.eu.int/comm/education/index_it.html)  
[www.eurescv-search.com](http://www.eurescv-search.com)

	Clinical Psychology Doctorate Course (Edinburgh University, UK)
	<i>Trainee Clinical Psychologist working in the Older Adult Service</i> 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).
	<b>Clinical Placement:</b> Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK)
October 2008-April 2009	Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and Clinical Psychology Doctorate Course (Edinburgh University, UK)
	<i>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.</i>
	<b>Conducted Teachings:</b> Vicarious Traumatism in practitioners who work with adult survivors of sexual violence and child sexual abuse: Literature Review. (COMPASS TEAM, Glasgow, UK).
March 2009	
	Psychological Therapies with Asylum Seekers and Refugees victims of trauma ("Coach House Trust", Voluntary Organisation, Glasgow, UK)
January 2009	
	<b>Clinical Placement:</b> Mr Ian Hancock, Nithbank Building, Dumfries, DG1 2SA (UK)
October 2007-October 2008	Department of Psychological Services and Research. NHS Dumfries and Galloway (UK), and Clinical Psychology Doctorate Course (Edinburgh University, UK)
	<i>Trainee Clinical Psychologist working in the Substance Misuse Service and in the Scottish Prison Service.</i> 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	<b>Speaker at the National Conference</b> Working in Substance Misuse across Specialties. Dual Diagnosis and Cognitive-Behavioural Integrated Treatment (Edinburgh, UK).
October 2008	<b>Conducted Trainings</b> Vicarious Traumatism 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

**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)

*Trainee Clinical Psychologist working in Children and Young people Services.*

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.

May 2007

**Conducted Trainings**

Diagnosis and treatment of Borderline Personality Disorder (Voluntary Organisation, 'Mental Health Association', Stranraer, UK)

March 2007

**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).

October 2005-October 2006

**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 Severe and Enduring Mental Health Services.*

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.

May 2005- October 2005

**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 Learning Disability Services*

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.

May 2005

**Conducted Research:**

A comparison between staff psychological well-being in In-patient Unit and in the Community (NHS Dumfries and Galloway, UK).

September 2004-May 2005

**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 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

### OTHER LANGUAGES

#### ENGLISH, SPANISH

- Understanding
  - Reading
  - Writing
- Communication

ENGLISH - Excellent, SPANISH - Good

ENGLISH - Excellent, SPANISH - Good

ENGLISH - Excellent, SPANISH - Good

ENGLISH - Excellent, SPANISH - Good

### SOCIAL SKILLS AND COMPETENCIES

I have been fortunate to be exposed to a range of different clinicians in different specialties. Throughout my clinical doctorate training I have liaised with several local voluntary organizations, with interpreters and with multi-disciplinary teams. This experience has enabled me to improve my interpersonal skills; and co-working and supervision have been particularly valuable. In addition, working with Refugees and Asylum seekers has given me the great opportunity to think creatively when applying the western psychological models of mental health to non-western cultures. I continue to liaise with International Organizations to provide Humanitarian intervention remotely as well as on site.

### ORGANISATIONAL SKILLS AND COMPETENCIES

Following the collaboration with the British Red Cross (Glasgow, UK), I have contributed to the development of a project which aimed at providing psychological support and training to volunteers of the Italian Red Cross who regularly witnessed 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. Furthermore, I have been part of a research group (NHS/A.U.S.L Cesena) and we conducted a study which aimed at investigating the prevalence of aggressive behaviours towards staff in NHS Services and the impact on their psychological well-being. This is in order to develop guidelines and conduct trainings to address this issue. I regularly receive and provide supervision/consultancy and I am part of the SASP-Network of FEPSAC which aims at improving quality of service and high standard certification for colleagues who wants to specialize in the field of Sport Psychology.

### COMPUTER SKILLS AND COMPETENCIES

Excellent knowledge of Word, Internet Explorer, Power Point, SPSS , Skype and ZOOM.

### ARTISTIC SKILLS AND COMPETENCIES

The passion for the Celtic music has led me to learn playing the violin and the Irish Bodhàn. I dance Salsa. I regularly play sport such as volleyball, running and swimming.

### OTHER SKILLS AND COMPETENCIES

The range of applicability of psychological knowledge is extremely wide ranging from supervision, teaching, research and clinical and performance work. Living and training abroad and currently collaborating with several organizations nationally and internationally has expanded my organizational skills and has increased my adaptability. I have always been driven to learn from other cultures and countries and as I value diversity and integration I have been having au-pairs girls of different nationalities living with our family since my children were only few months old. I believe that being exposed to different languages and cultures and be part of a Humanitarian network is a gift to our personal, spiritual and professional development.

### DRIVING LICENCE

Italian driving Licence (B)

## ADDITIONAL INFORMATION

People you may wish to verify my competences with:

Professor Giovanni Andrea Fava: [giovanniandrea.fava@unibo.it](mailto:giovanniandrea.fava@unibo.it)

Dr Michele Sanza: [michele.sanza@auslromagna](mailto:michele.sanza@auslromagna)

Mr David Charlton: [david@sport-excellence.co.uk](mailto:david@sport-excellence.co.uk)

Dr David Collins: [dave@greymattersuk.com](mailto:dave@greymattersuk.com)

Dr Matthias Schwannauer, Head of Section of Clinical & Health Psychology Programme Director  
[m.schwannauer@ed.ac.uk](mailto:m.schwannauer@ed.ac.uk)

Dr Mark Gixti: Chartered Clinical Psychologist, Brainspotting Consultant and Trainer  
[mark@specialistpsychology.co.uk](mailto:mark@specialistpsychology.co.uk)