C U R R I C U L U M V I T A E

Dr. Ludovica Bedeschi

Psychologist - Psychotherapist
EMDR Pratictioner
Sport psychologist

Personal details:

Name: *Ludovica*
Surname: *Bedeschi*
Date of birth: *01/06/1977*
Place of birth: *Naples, Italy*
Gender: *Female*
Marital status single
Nationality/Citizenship: *Italian*

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Offices address:

Ccds centro clinico de Sanctis
Address: *F. de Sanctis street, n. 9, Rome, Italy*
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Studio Privato Parioli
Address: *Euclide Square, n. 31, Rome, Italy*
Phone number: *+39 335 270819*

MedicalSpa Centro polispecialistico
Address: *Cassia street, n. 1840, Rome, Italy*

Graduate education :

- Rome, 1996:
High linguistic school experimental diploma at Santa Giuliana Falconieri Institute

- Rome, 1999 - 2004: Bachelor of Psychology
Degree with honors in clinical Psychology, obtained on 12/07/2004 at the Libera Università S. Maria Assunta (LUMSA)

Thesis: "Metacognition, reflective function and Borderline psycopathology"
Thesis advisor : Prof. Nino Dazzi

- Rome, 2006:
Licensed for the practice of Psychology in the november 2006 session;
enrolment in the National Register of Psychologists n. 13926 (Decision/Resolution of 20/05/06)

- Rome, 2010:
Majored in June of 2010 at the School of Specialization in Cognitive Psychotherapy of Rome (Director: Prof. Francesco Mancini) with a final score of: 30/30

- 2013:
Master's degree in Sports Psychology – "Psymedisport", Italian Association of Sports Psychology

- 2013:
Intensive individual course of Sports Psychology

Languages spoken:

Excellent written and spoken English
Acceptable written and spoken French
Academic written and spoken German

Previous training and professional experience:

- 1997- 2001:
Competitive level horse-riding teacher for children and adults (including the disabled ones)

- September 2004 - September 2005:
Postgraduate internship at the Institute of Speech Therapy of Rome
(Director: Prof. Federico Bianchi of Castelbianco)

- January 2005 - April 2005:

Collaboration at the Welness Center of Chianciano Spa'Deus as a psychologist for the "Sos Obeso" project (obese teenagers aged 18 to 24 years old)

- January 2007- June 2007:
Consultant psychologist at the clinic "Nuova Villa Claudia" in the center of Otolaryngology in the treatment of tinnitus and sudden hearing loss on psychosomatic basis

- September 2007 - January 2008:
Tutor at the ASAP (Agency for the Development of Companies) in assisting psychological theme courses organized by the Lazio Region

- March 2008:
Intensive 10-day workshop on "Control Mastery Theory" at the San Francisco Psychotherapy Research Group of San Francisco (California – USA)

- May 2008:
Intensive workshop on Food Disorder at the Residence for the treatment of Eating Disorders at Francisci Palace in Todi

- January 2007 - June 2008:
Psychological equipe coordinator and integrated equestrian therapies instructor at "Auriga Onlus" (Centre for integrated equestrian therapies)

- March 2005 - March 2008:
Graduate at the Psychiatric Diagnosis and Care Service of S. Filippo Neri Hospital (performing psychoeducational conducting activities of groups for cognitive behavioral orientation for hospitalized patients)

- Member of the Research Project for the international validation of a test for measuring the Alexithymia construct (under the supervision of Dr. Fabio Monticelli and Vincenzo Caretti)

- Member of the Research Project on the correlation between outcome of Tilt cardiology testing and somatoform dissociations at the S. Filippo Neri Hospital (results of the research presented in 2008 at Cagliari Congress of the Italian Association of Cognitive Psychotherapy)

- Leader of the Support Group for Anxiety Disorders and Panic Attacks at the Clinical Centre de Sanctis, Rome

- Leader and coordinator of the project "Prevention of psychological distress during pregnancy and in the postpartum" at the Center Elva Medica - support groups for pregnant women

- 2007– present
Licensed psychotherapist at the Clinical Centre de Sanctis (psychotherapy law firm)

- 2013 – (present):

Sports psychologist and Mental Coach

- 2014 – 2015:
Lecturer at the PTS (Psychotherapy Training School of Rome) of the Family Intervention Protocol on bipolar patients and their families, based on the translated manual (see Publications)

2022 Official Teacher by the Psicoterapia Training School

- 2011 – 2015:
Technical Operator of FISE (Federazione Italiana Sport Equestri) Integrated Riding - riding for people with mental and physical disabilities. Creator and director of the integrated riding project "Marzia Luconlus", developed on 15 children with Autism and other pervasive developmental disorders.

Further educational experiences:

- April 2006: Training course for the leading of the Psychoeducational Cognitive Behavioral Group;

- May 2006: Congress on Treatment of hypochondria;

- July 2006: Course "Information systems of clinical governance";

- October 2006: XIII Congress of Italian Association of Cognitive Behavioral Therapy (SITCC);

- October 2006: Congress on Obsessive - Compulsive Disorder;

- Rome, November 2007: Course by Prof. Nancy Bifulco for qualification for the administration of Adult Attachment Interview;

- November 2007 – April 2008: Cycle of Clinical supervisions with Prof. Giovanni Liotti;

- 2014: Course for the qualification for the practice of EMDR, at the EMDR ITALY;

- Rome, 2015: International Congress on Attachment and Trauma;

- 2013: Master in Sport Psychology and Mental Training (Psymedisport, sponsored by the Italian Association of Sports Psychology);

EMDR Annual conference 2019 Krakov

EMDR Annual conference 2019 Milan

Psychodiagnostic skills:

SCID-2 - personality test,

SCID-D - test for dissociative disorders,

DES - test for dissociative traits,

BPRS - brief assessment of psychopathological status,

CBA-sport - cognitive behavioral questionnaire in sports,

CBA - cognitive behavioral questionnaire,

Psychological, psycho-attitudinal and motivational assessment interviews

Publications:

English to Italian translation *of the Report of the WHO European Ministerial Conference on Mental Health entitled "Mental Health: facing the challenges, building solutions" - CIS Publisher (2007);*

English to Italian translation *of some Chapters on Cognitive Psychotherapy for the italian version of the "Manual of Psychotherapy" of G.Gabbard, published by Raffaello Cortina editions, Italian by Prof. John Liotti;*

English to Italian translation *of D.Miklowitz Manual "Bipolar Disorder - A Family Focused Treatment Approach" for Giovanni Fioriti Publisher (2014);*

(Partial)English to Italian translation *of "The Circle of Security" for Raffaello Cortina Publisher (2016);*

SITCC Congress, 2006: *"The cognitive-behavioral group intervention in Psychiatric Diagnosis and Treatment" (A.Cotugno, A.Marianecci, L.Bedeschi);*

SITCC Congress, 2008: *"The affective dysregulation and dissociative phenomena somatoform" (V. Caretti, F. Monticelli, and others);*

Clinical Journal of Psychopathology 2018*, (15) 3; 186-189 "EMDR for Bipolar Disorder: a systematic review of the existing studies in literature. Bedeschi L.*