



Europass Curriculum Vitae

Personal information

First name(s) / Surname(s) **Paola Marinoni**

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Nationality Italian

Date of birth 06 February 1979

Gender Female

Desired employment / Occupational field

Work experience

January 2013- Present Cognitive Psychotherapist and Psychologist in private practice

January 2013- July 2015 Internship at Sacco hospital in Milan in the department for the treatment of panic disorder (N.O.Te.C - operational core of cognitive-behavioral therapy). I led groups using the protocol of Andrews for panic attacks and I did individual therapy.

January 2011- December 2012 Internship at CRA in the city of Saronno (Varese County), a community rehabilitation intensive care which houses people with psychic problems. I took part in community activities (art therapy, music therapy, community meetings, team meetings...)

2008-2009 Internship at CRA in the city of Saronno (see above)

2007-2008 Saleswoman at the clothing store "Start Up" in Saronno (Varese County)

1999-2005 Waitress at "Birrificio Italiano", a brewpub in Lurago Marinone (Como County)

1998 Saleswoman at the clothing store "Max&Co" in Saronno (Varese County)

Education and training

December 2014 Specialization in cognitive-behavioral psychotherapy at "Studi Cognitivi" in Milan

March 2014 Training in EMDR (Eye Movement Reprocessing and Desensitization), I level, with Isabel Fernandez in Milan

2011-2014 Once a year I worked as a trainer at the social-psycho-pedagogical high school "S.M. Legnani in Saronno (Varese County), with a project on the aid relationship

April 2008 Degree in Clinical Psychology at Bicocca University in Milan

1998 High school diploma

Personal skills and competences

Mother tongue **Italian**

Other languages **English** (I have a good understanding of English both written and spoken)

Computer skills and competences Competent with most Microsoft Office programmes

Artistic skills and competences
1998-2004

- I've played piano for 9 years
- I've been a member of the amateur theater group "Amici di Zinviè", starring in several comedies with the aim of collecting funds for the missions

2000 - I've been in Peru to participate in a project to start a multifunctional medical center

1998 - I've been in Benin and Burkina Faso to follow some projects launched in Italy with the theater group "Amici di Zinviè"

1998-2006 - I worked at one of the centers of the "Missionaries of Charity" in Kolkata (India), dealing with the care of terminally ill patients, for 8-9 months a year

1996-1998 - I've been in Sarajevo with the association "Sprofondo" to help people affected by the war, for a total period of one month each year

Additional information

I translated from English to Italian two books of psychotherapy:

- Ogden, P., Minton, K. & Pain, C. (2006). Trauma and the body: A sensorimotor approach to psychotherapy. New York: W.W. Norton
- Johnson, S. (2008). Hold me tight: Seven conversations for a lifetime of love. New York: Little, Brown & Company

