

Maria Cristina Perica

Psychologist Psychotherapist

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PERSONAL DETAILS

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LANGUAGE

English: Fluent

Italian: Native

ORGANIZATIONAL ACTIVITIES

- **Member of the Board of Directors** from 2016 of the Italian Society of Hypnosis
- *Institutional Communication Manager* for the SII
- **Referee** of "Ipnosi – Rivista Italiana di Ipnosi Clinica Sperimentale", official publication of Italian Society of Hypnosis

NATIONAL AND INTERNATIONAL EVENTS

- **Active speaker** from 2009 in National Congresses of the Italian Society of Hypnosis with *Presentations and Workshop*
- Attendant in International Events and Congresses

PERSONAL STATEMENT

Certified Psychotherapist specialized in Clinical psychology and Ericksonian hypnosis. Strongly committed in private practice and clinical interventions in public mental health system.

WORK EXPERIENCE

Psychologist and Psychotherapist Private Practice, On site and online, psychotherapy and hypnotherapy. Specialties include treatment of anxiety, panic attacks, mood disorders, couple issues and work related issues. Experienced in interventions in Public Mental Health System (ASL RM1) and with Third Sector's Organizations. From 2009 – present

Professional Teacher at the Italian School of Hypnosis and Psychotherapy (Clinical hypnosis, Ericksonian hypnosis, Therapeutic processes, General psychology and Effective communication).

Trainer in many professional courses for Employees, People that are finding a job, NEET, People with mental issues, immigrants. From 2005 – present

Group Trainer for Empowerment, Social Skill Training, Career coaching, psychological support. From 2008 – present

Funding Consultant and Project Writer

Expert in fund raising, grants scouting, feasibility analysis, building relationship with partners, project writing, project management and financial reporting.

From 2005 – present for Third Sector's Organizations

Expert in Judicial Civil and Penal Proceedings

In Psychology and Writing/Graphic Analysis.

Form 2010 – present

Director of a private Training School

Managing Course and Complex Activities. Project Management. Human Resources Management (over 200 people). Budget and Costs Management.

From 2004 – 2014

Senior Researcher

Senior Qualitative Researcher (in charge of the whole survey execution: from set up to final presentation)

From 2003 – 2004

EDUCATION

- **Master's Degree** in Psychology (2003) at the University L.U.M.S.A. in Rome (Italy).
- Notation as registered **Psychologist** (2004)
- Specialization in Psychotherapy at Italian School of Hypnosis and Ericksonian **Psychotherapy** SIIPE (2006-2009). Notation as registered Psychotherapist
- Master in Human Resources Management (2004)
- **Professional Training for Teachers in Ericksonian Hypnotherapy** (2010-2014)
- **Course in Diagnostic Psychological Testing** and Graphology (2000-2005)

PUBLICATION LIST

- Perica Maria Cristina (2013), Professional identity and employment crisis: tools for hypnotic intervention. *Ipnosi*. Vol.2 pag. 37-45. DOI: 10.3280/IPN2013-008003.
- Perica Maria Cristina (2020), Virtual Reality and Hypnosis. *Ipnosi*. Vol.1 pag. 49-60. DOI: DOI: 10.3280/IPN2020-001003.
- Loredio Camillo and Perica Maria Cristina - Chapter 1- "Rapport: advantage of the hypnotic relationship within clinical work". Carnevale Fabio and Perica Maria Cristina - Chapter 14- "Hypnosis in groups and with groups" in the book "RAPPORT: a special relationship that can heal. Responsiveness, reciprocity and synchronism in naturalistic psychotherapy" (2020), Franco Angeli.

ACTIVE PARTICIPATION IN CONGRESSES

- XVIII World Congress International Society of Hypnosis. "Hypnosis and Neurosciences: clinical implication of the new mind body paradigm"- Rome 2009: lecture title "Hypnosis and Training" – "Hypnosis and Cinema in the National Health System"
- VII National Congress of Italian Society of Hypnosis "Interpersonal relationships and hypnotic relationships" - Orvieto 2011: lecture title "Hypnosis and Assisted Animal Activities"
- VIII National Congress of Italian Society of Hypnosis "Naturalistic therapy of Milton Erickson. The use of hypnosis in respect of the subject" - Orvieto 2013: lecture title "Hypnosis and communication processes"
- XIII International Congress of European Society of Hypnosis "HYPNOSIS AND RESILIENCE" (2014) from Trauma and Stress to Resources and Healing. Lecture title: "The taste of change: ericksonian hypnosis tools for the individual development in the global crisis"
- IX International Congress of Italian Society of Hypnosis "Embodied Languages: body languages and contributions of neurosciences and hypnotic experience" - Orvieto 2015: Lecture title: "Rhythm and learning, embodied experiences and hypnotic relationships"
- III National Congress of Italian Society of Psychotherapy "Evolution of Psychotherapy: emotional discomfords and regulation of affects in times of crisis" - Rome 2015: lecture title "Group Hypnosis Treatment with people that have lost their jobs"
- X International Congress of Italian Society of Hypnosis "The Languages of Hypnosis: a bridge between mind and body, past and future, imagination and reality" Verona 21-23 October 2016. Lecture title "The Ego Strength technique". Workshop title "Integration of emotions and experiences through a two-voice induction: male and female in the hypnotic clinic."
- XI International Congress of Italian Society of Hypnosis "Hypnosis: theories of the mind and theories of change" Alghero 19-22 October 2017. Lecture title "Hypnosis and Occupational Therapy: hypnotic intervention techniques for the professional insertion of adults with mental illness". Workshop Minimal Cues and use of emotional transformations in the trance experience (co-presenter Doct. Fabio Carnevale).
- XII International Congress of Italian Society of Hypnosis "HYPNOSIS: CONNECTIONS AND DISCONNECTIONS IN CLINICAL PRACTICE" Bologna 25-28 October 2018. Lecture title: "Creativity, generativity and planning: Ericksonian hypnosis techniques and tools". Workshop title: Connections and Disconnections in the age of the On-Line: Dissociative processes and hypnotic experiences in Digital Life.
- V National Congress of Italian Society of Psychotherapy " Evolution of Psychotherapy: THE LITTLE PRINCE. THE CHILD AND THE INNER CHILD, FROM CHILDHOOD TO ADOLESCENCE AND ADULT AGE " Bologna, 2-6 October 2019. Workshop title "Age regression for the recovery of resources and contact with the inner child in Ericksonian hypnotic psychotherapy" co-presenter Doct. Anna Maria Rapone.
- XIII International Congress of Italian Society of Hypnosis "RAPPORT: the hypnotic relationship, a special relationship that heal" TORINO 7-10 November 2019. Lecture title: "Serious game and Ericksonian hypnotherapy: a hypnotic game to improve couple communication". Workshop title: "Dimensions of rapport in group hypnosis".
- XIV International Congress of Italian Society of Hypnosis "Strategies of induction and deepening trance. Changes in consciousness in the Ericksonian Hypnotic process" PAESTUM 24-27 September 2020. Workshop with Camillo Loredio and Fabio Carnevale "From Technique to the Therapist: how to develop the therapist's resources to activate therapeutic change" Presentations "Creative and self-healing processes in Ericksonian hypnotherapy" and "Hypnosis and digital narrative processes: amplifying the experiential intensity in the online setting"