

**Europass  
Curriculum Vitae**



**Personal Informations**

First name / Surname

**Laura Bellio**

Address

Telephones

[Redacted Address] [Redacted Telephone] Mobile: +39 [Redacted Mobile Number]

E-mail

lbelliopsy@gmail.com

Nationality

Italian

Date of birth

31/05/1964 , VENEZIA

Gender

Female

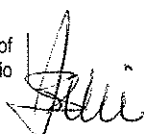


## Main Work Experiences

	From August 2025	<i>Private practice Psychologist and Psychotherapist Sicilian Training Officer</i>
	From 2024 up to now	<i>Private practice Psychologist and Psychotherapist</i>
	From January 2015 to 2023	<u><i>Full time Private Practice Psychologist and Psychotherapist</i></u> Modica (Ragusa - Italy): <ul style="list-style-type: none"><li>- Medical Clinic "San Giorgio";</li></ul> Ragusa (Italy): <ul style="list-style-type: none"><li>- Medical Clinic "Salus Rod";</li></ul> Ispica Private Office (Ragusa - Italy): <ul style="list-style-type: none"><li>- Human Resources Consultant and Work Organization Psychologist</li></ul>
2014	From April 2008 up to December	Rimini (Italy): <ul style="list-style-type: none"><li>- ITC Cognitive and Behavioural Therapy Institute</li><li>- Medical Clinic "Valturio"</li></ul>
		Riccione (Rimini – Italy): <ul style="list-style-type: none"><li>- Medical Clinic San Martino.</li></ul>
	From January 2010 up to January 2011	Rimini (Italy): Individual and Group Basis consultancy on training, strengthening and management of Human Resources
	From September 1998 up to October 2001	Purchasing Manager "Carrefour Headquartes Italy" S.S.C. Società Sviluppo Commerciale S.r.l. Via Caldera 21, Milan (Italy)
	From September 1994 up to October 1998	Purchasing Manager "La Rinascente Headquartes Italy" La Rinascente S.p.a. Sede Centrale Strada 8 Palazzo N Milano Fiori, Milan (Italy)
		Head Department Carrefour Ipermarket. Carrefour Italia Commerciale S.r.l. Via Marconi 8, Marcon, Venice (Italy)
	From December 1993 up to September 1994	Area Manager Sales and Personnel Department-Mediterranean Cruise Line Ships Ligabue Catering S.p.a. S. Croce 2056, Venice (Italy)
1992	From April 1990 up to July	Purchasing and Personnel Manager Duty Free Department Miami, Florida. (U.S.A) Ligabue Catering S.p.a. S. Croce 2056, Venice (Italy)



1992	From July 1992 up to September	Duty Free Shops Manager Cruise Line ships. Ligabue Catering S.p.a. S. Croce 2056, Venice (Italy)
1990	From October 1988 up to April	



## Education and Training

12/11/2003

Degree (five years) in Psychology at "Università degli Studi" of Padua (Italy)

15/09/2008 -  
21/11/2011

Advanced Specialization (four years) in Cognitive and Behavioural Therapy (CBT) at "ITC- Istituto di Terapia Cognitiva e Comportamentale" of Padua (Italy).  
(Ministry of University and Scientific and Technological Research d.m. 20/06/2005)

## PRACTICAL EXPERIENCES

-From January 2<sup>nd</sup>, 2017 to January 25<sup>th</sup>, 2019:

-Attendance of Child Neuropsychiatry Department in Lentini (ASP Siracusa)

-From June 23<sup>rd</sup> to Jul.1st 2016:

-Internship in "Autism Center and Development Diseases" Child Neuropsychiatry Unit, Azienda USL Romagna RIMINI (Italy)

-From January 2011 to October 2014:

- LILT "Italian League against Tumors"<sup>TM</sup>, Rimini, (Italy) Volunteer Psychologist:  
°Psychological Counseling for oncologic patients and families  
°Smoking cessation groups with CBT  
°Promotions of healthy lifestyles

-From September 2010 to September 2011:

-Internship in "Isai Foundation" Analgesic Therapy and Palliative Care – Infermi Hospital Rimini (Italy)

- Volunteer School Psychologist "Istituto Maestre Pie dell'Addolorata" Rimini (Italy).

-From October 2009 to December 2014:

- Internship in "Department of Clinical Psychology" Audiology Centre of Royal National Throat Nose & Ear Hospital of London (GB)

-From August to September 2009:

-Internship in Mental Health Center, Local Healthcare Company, Azienda USL Rimini (Italy).

-From October 2009 to October 2010:

-Internship in Eating Disorders Center, Child Protection Service, Local Healthcare Company, Azienda USL Rimini (Italy).

-From October 2008 to October 2009:

-Volunteer Psychologist in Alcohol and Smoking Center and Pathological Addictions. Local Healthcare Company, Azienda USL Rimini (Italy).

-From October 2007 to October 2008:

-Internship for preparation for State Examination to "Progetto Uomo sri", Milan (Italy).

-From January 2004 to January 2005:

- Human Resources: Training, orientation, assessment and development skills;  
- Organization Area: Analysis of internal and external communication dynamics;  
- Conductor in Leadership and Self-Empowerment courses;  
- Conductor in Conflict Management and Problem Solving courses.

## SPEAKER IN COURSES and CONFERENCES

November 24<sup>th</sup>, 2019

"Red Code" International day against violence on women.

April 14<sup>th</sup>, 2018

"The child's attention problems. A Psychological view".  
Medical Congress "Beyond the inner ear: the attentional processes in otoneurology"  
Scientific coordinator Prof. Aldo Messina, Director of the U.O. Audiology Hospital-University Policlinico Palermo (Italy).

May 19<sup>th</sup>, 2017

"Cognitive-Behavioral Therapy in the Treatment of Vertigo".  
Course "The Balance System: from Sixth sense to pace-maker of all senses" Scientific coordinator Prof. Aldo Messina, Director of the U.O. Audiology Hospital-University Policlinico Palermo (Italy).



November 26 <sup>th</sup> , 2016	"Cognitive-behavioral therapy in the treatment of vertigo: myth or reality". "The patient with balance disorders. From the General Practitioner to the Otolaryngologist or Neurologist ". Azienda Sanitaria Provinciale di Ragusa (Italy).
January 22 <sup>nd</sup> , 2016	Psychological and epistemological aspects of alcohol dependence" High School G. Curcio, Ispica, Ragusa (Italy).
October 27 <sup>th</sup> , 2012	"I am reborn! To be reborn with dignity, to be reborn with joy and awareness "Pink Ribbon Campaign" LILT Italian League against tumors, Provincial headquarters, Rimini (Italy).
December 6 <sup>th</sup> , 2011	"Don't throw your life in smoke" Provincial High School District, Rimini (Italy).
November 8 <sup>th</sup> , 2011	"Psychological aspects of alcohol dependence" LILT Italian League against tumors, Rimini (Italy).
From October 14 <sup>th</sup> up to Oct.16 <sup>th</sup> 2011	"The application of Behavioral Dialectic Therapy (DBT) to the treatment of Eating Disorder (ED) in patients with Borderline Personality Disorder (BPD): preliminary group study". Poster at the IV Forum on Training in Psychotherapy, Assisi, Perugia (Italy).
From May 2 <sup>nd</sup> up to May 9 <sup>th</sup> 2011	"Health and Nutrition" A guide to prevent, recognize the signs of risk and deal with problem situations. ITC Institute of Cognitive and Behavioral Therapy Padua, Rimini operational headquarter. Rimini (Italy).
March 27 <sup>th</sup> , 2010	"Women on the net against violence - Violence and women: what changes in the violated identity". Equal Opportunity Commission, Municipality of Gabicce Mare, Pesaro e Urbino (Italy).
From February up to March 2011	Parents and Children" cycle of 6 training meetings for parents. Scholastic Institute Maestre Pie dell' Addolorata of Rimini (Italy).
May 7 <sup>th</sup> , 2008	"Eating Disorders". Scholastic Institute Maestre Pie dell' Addolorata of Rimini (Italy).

initiative of the Equal Opportunities Commission, Municipality of Gabicce Mare (PU).

#### TRAINING EVENTS, COURSES and CONFERENCES



October 27 <sup>th</sup> , 2012	"I am reborn! To be reborn with dignity, to be reborn with joy and awareness "Pink Ribbon Campaign" LILT Italian League against Tumors - Rimini (Italy).
December 6 <sup>th</sup> , 2011	"Don't throw your life in smoke" - Rimini (Italy).
November 8 <sup>th</sup> , 2011	"Psychological aspects of alcohol dependence" LILT Italian League against Tumors - Rimini
From October 14 <sup>th</sup> up to Oct.16 <sup>th</sup> 2011	"The application of Behavioral Dialectic Therapy (DBT) to the treatment of Eating Disorders (ED) in patients with Borderline Personality Disorder (BPD): preliminary group study". Poster at the IV Forum on Training in Psychotherapy, Assisi, Perugia (Italy).
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March 27 <sup>th</sup> , 2010	"Women on the net against violence - Violence and women: what changes in the violated identity". Equal Opportunity Commission, Municipality of Gabicce Mare, Pesaro e Urbino (Italy).
From February up to March 2011	Parents and Children" cycle of 6 training meetings for parents. Scholastic Institute Maestre Pie dell' Addolorata of Rimini (Italy).
May 7 <sup>th</sup> , 2008	"Eating Disorders". Scholastic Institute Maestre Pie dell' Addolorata of Rimini (Italy).

### Personal Skills and Competences


MOTHER TONGUE: Italian  
Other languages  
Self-assessment  
European level (\*)

Language  
Language

English (E), French (F)

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
E	B2= 4 over 6	E	C1= 5 over 6	E	B2= 4 over 6	E	B2= 4 over 6	E	C1= 5 over 6
F	B2= 4 over 6	F	C1= 5 over 6	F	B2= 4 over 6	F	B2= 4 over 6	F	B2= 4 over 6

(\*) Common European Framework of Reference for Languages  
<http://europass.cedefop.europa.eu/languageselfassessmentgrid/en>



### Organization Skills

- Expertise in Individual Therapy, Couple Therapy, Family Therapy, and Training based on Cognitive Behavioral Patterns.
- Specific expertise in one or more of the following areas:
  - Mindfulness practice and training
  - Psychoeducational Assessments
  - Parenting
  - Children
  - Adolescents
  - Adults
  - Couples
  - Families
  - Good organizational and team-leading skills.

### Technical Skills and Competences

From 2008 to now, I have performed around 1100 therapies procedures as psychologist and psychotherapist, regarding cases of:

Personal Anxiety  
Social Anxiety  
Adjustment to medical conditions  
ASD Autism Spectrum disorders  
Chronic pain  
Couple therapy  
Depression  
Eating disorders  
Education  
Grief and loss  
Family conflict  
Insomnia  
Internet related disorders  
Mood disorders  
Obsessive-compulsive disorders  
Tinnitus therapy  
Personality disorders  
PTSD Post traumatic stress disorder  
Specific Phobias  
Sleeping disorders  
Stress  
Cognitive behavioral treatment for smoking cessation

- Skilled in Individual Therapy, Couple Therapy, Family Therapy, and Training.
- Strong healthcare services professional and Psychotherapist focused in Cognitive Behavioral Therapy.

Good command of office suite (word processor, excel, spread sheet, presentation software).

### Computer skills and competences



**Additional  
Information**

CONGRESS ATTENDANCES

- From May 2007 to November 2019: attendance to 40 Congresses.
- From May 2008 to November 2019: speaker and moderator in 13 Congresses.

MEMBERSHIP

From September 2019 up to September 2021:

- President of FIDAPA Italian Federation of Professional, Art and Business Women and BPW Business Professional Women, Ispica (Ragusa- Italy);

From May 2016:

- Councilor Inner Wheel Club Monti Iblei, Modica, Ragusa (Italy).

From November 2008:

- AIAMC Italian association of behavior analysis, modification and cognitive - behavioral therapy;
- ABA International. ABA-I;
- ABAI Associate Chapter of Association for Behavior Analysis International;
- EABA European Association for Behaviour analysis – National Member Organization;
- EABCT Member of European Association for Behavioural and Cognitive Therapies

Ispica, 16 April 2026

Electronic Signature:

  
**Laura Bellio**

Psychologist  
Cognitive Behavioral Psychotherapist

