



Mariagrazia Sbragia



+39 – 3774884124
sbragia.mariagrazia@tiscali.it
 Skype: merystarwars
 PISA
 Driving Licence: category B

PROFESSIONAL PROFILE

Specialist with extensive training in Psychological area, clinical experience and conducting individual and group therapeutic processes in different contexts. She has carried out numerous psychological counseling in person and online, and have helped over 200 people to face their problems and to improve a better quality of life by basing her practice on scientific evidence. She knows the individual and axiendal stress management techniques, and how to manage psychotherapeutic relationship in emergency.

SKILLS AND COMPETENCES

- Psychological Area: Psychodiagnostics and Cognitive Rehabilitation in Developmental and Gerontological Neuropsychology.
- Psychotherapeutic Area: Ability to plan paths for personal growth and care. Gestalt approach, Enneagram, Zerka-Moreno Psychodrama, Psychogenealogy, Poor Street Theater. ZeroSTRESS goal: management of individual and corporate/group distress.
- Naturopathic Area: Florotherapist according to European and Australian model.

LANGUAGES

Italiano: madrelingua

English: B1 #####
 Portuguese: A2 ##
 Russian: A1 #

HOBBIES AND INTERESTS

- Volunteering in Animal sector: expertise, care and management of wild cats.
- Manual (advanced level) and digital (vector) graphics for illustrative purposes.
- Gluten free veg cuisine, patchwork with polystyrene, stationery cartongage.

WORK AND PROFESSIONAL EXPERIENCES

07/2009 – 05/2022

SINTROPIA – Body Functional Neuropsychotherapy / PISA
[\[www.centrosintropia.it\]](http://www.centrosintropia.it) **Psicologist - Psychotherapist**

- Sintropia Foundation: Holistic Studies and Scientific Research Center.
- Functional Neuropsychotherapeutic Rehabilitation of Cognitive Disorders in Scholastic Area (Specific Learning Disorders, Specific Language Disorders, Autism Spectrum, Mental Retardation).
- Training courses for teachers on Specific Learning Disorders.
- Adoption, Foster caring.
- Parenting.
- Functional Body Psychotherapy (Eating Disorders, Panic, Depression, Young Adult Disorders, Disorders derived from Pollution Diseases).
- Psychological support for psychiatric problems.

10/2019 – today

- Sintropia è ON-LINE, and transfers all its activities on the virtual platforms of WhatsApp, Zoom, Meet, Skype.

EDUCATION AND TRAINING

- 10/2012
SEF-Specialization School MIUR / Florence
Specialization in Functional Body Psychotherapy and exercise qualification.
- 11/2008
University of Modena and Reggio Emilia
Specialization MiniMaster: Clinical Neuropsychology
- 06/2008
University of Pisa
Professionalizing Level II Master: Interpersonal Psychotherapy (IPT)
- 07/2005
University of Padua
Master's Degree (old five-year system): General and Experimental Psychology

AFFILIATIONS AND COLLABORATIONS

- I am ambassador in Pisa of "Parenting 2.0" [parenting2pt0.org] international association for parenting education in daily life skills ("Life Skills")
- I am affiliated with ISDE - Doctors for the Environment [www.isde.it]

I authorize the processing of personal data contained in my CV pursuant to art. 13 of the legislative decree 196/2003 and art. 13 of EU regulation 2016/679 on the protection of individual citizens regarding the processing of personal data