

Curriculum Vitae

Vittoria Bottelli

Born in VARESE, Aug 27th 1982

Licensed Psychologist and Psychotherapist in Italy: July 19th 2007

ALBO PSICOLOGI e PSICOTERAPEUTI della LOMBARDIA n° 11073

STUDIO B&G

Via Lario, 13/A

20159 Milano

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Academic Curriculum

- June 23rd, 29th-30th 2018 Course “Il lavoro clinico con la persona transgender e gender – variant” (clinical practice with transgender e gender – variant people). Università degli Studi Milano Bicocca, Milano. Prof. A. Prunas.
- December 2017 – Completion course in clinical sexuology. Associazione Italiana Sessuologia Psicologia Applicata (A.I.S.P.A.), Via Marostica 65, 20146 Milano.
- October 2016 – May 2017 Advanced course in sexual consulting. Associazione Italiana Sessuologia Psicologia Applicata (A.I.S.P.A.), Via Marostica 65, 20146 Milano. *Sexual consultant*.
- November 2015 – June 2016 First level course in sexual consulting. Associazione Italiana Sessuologia Psicologia Applicata (A.I.S.P.A.), Via Marostica 65, 20146 Milano.
- April 2013 EMDR (Eye Movement Desensitization and Reprocessing) II level. Supervisor: Dr.ssa Isabel Fernandez. Milano.
- March 2012 EMDR (Eye Movement Desensitization and Reprocessing) I level. Supervisor: Dr.ssa Isabel Fernandez. Torino.
- September 2008 – February 2012 Graduate School in Cognitive Psychotherapy. Associazione di Psicologia Cognitiva e Scuola di Psicoterapia Cognitiva S.r.l. (APC – SPC), Viale Castro Pretorio 116, 00185 Roma.
- September 2006 B.S. in Clinical Psychology, Department of Psychology, Università Vita-Salute San Raffaele. Thesis: “*Phenotypical and endophenotypical continuity of behavioral inhibition*”, Prof. Marco Battaglia; grade 110/110 with honors.

September 2004

M.S. in Psychological Sciences and Techniques. Department of Psychology, Università Vita-Salute San Raffaele. Thesis: *“The relationship among panic disorder in infancy and panic disorder in adulthood”*, Prof. Marco Battaglia; grade 108/110.

Professional Curriculum

2016 –

Private practice, Studio B&G Via Lario 13/A, 20159 Milano.

- Individual psychotherapy and psychological support for adolescents and adults with psychological distress, anxiety, mood and personality disorders.
- Sexual consulting to cope with distress related to intimacy and sexuality.
- Supervisor in clinical practice for trainee psychotherapists.

2014 – 2016

Private practice, Via Catalani 75 20131 Milano.

2008 – 2018

Psychologist and psychotherapist consultant and Fellow, Department of Clinical Neurosciences, Ospedale San Raffaele Turro, Via Stamira d’Ancona 27, 20127 Milano.

- Individual psychotherapy and psychological support for adolescents and adults with psychological distress, anxiety, mood and personality disorders.
- Psychoeducational group therapist for anxiety outpatients.
- Psychological assessment (WAIS - R, SCID – I, SCID – II, Y – BOCS).
- Researcher in anxiety disorder in clinical populations.
- Trainer for psychology student and post grad students.

Scientific Curriculum

Bottelli V. “Francesca: un caso di disturbo di panico e di senso di colpa del sopravvissuto.” 2012 *Psicoterapeuti in formazione*, numero 9.

Cucchi M., Cavadini D., Bottelli V., Ricci L., Conca V., Ronchi P., Smeraldi E. Alexithymia and anxiety sensitivity in populations at high risk for panic disorder. *Compr Psychiatry*. 2012 Aug; 53(6): 868-74. Epub 2012 Mar 8.

Cucchi M., Bottelli V., Cavadini D., Ricci L., Conca V., Ronchi P., Smeraldi E. An explorative study on metacognition in obsessive – compulsive disorder and panic disorder. *Compr Psychiatry*. 2012 Jul; 53(5): 546-53. Epub 2011 Oct 22.

Semerari A., Cucchi M., Dimaggio G., Cavadini D., Carcione A., Bottelli V., Siccardi T., D'Angerio S., Pedone R., Ronchi P., Maffei C., Smeraldi E. The development of the Metacognition Assessment Interview: instrument description, factor structure and reliability in a non clinical sample. *Psychiatry Research*. 2012 Dec 30; 200 (2-3): 890-5.

Semerari A., Dimaggio G., Cucchi M., Cavadini D., D'Angerio S., Bottelli V., Siccardi T., Ronchi P., Maffei C., Smeraldi E. The development of the Metacognition Assessment Interview: concurrent validity and association with attachment style and narcissism. 2010. Manuscript submitted for publication.

Professional Affiliations

AISPA: Associazione Italiana Sessuologia Psicologia Applicata

FISS: Federazione Italiana di Sessuologia Scientifica

Associazione EMDR Italia

SITCC: Società Italiana di Terapia Comportamentale e Cognitiva