

Curriculum vitae

Georgia Romano

In 2002 I graduated in clinical and community psychology at the University of Urbino. After completing the post-graduate internship at the Cooperativa Marcella in Lurago Marinone (CO), carrying out research, prevention and training activities for people involved in the problem of substance dependence, I took the state examination for professional qualification and I enrolled in the Register of Psychologists of the Lombardy Region.

In 2004 I started my professional work at my studio as a psychologist, handling clinical, individual and couple interviews, and in particular adolescent and adult users. In the same year, after attending a training course at the Cisspat in Padua, I became an Autogenic Training Operator.

In 2005 I also took a course for a Master's Degree in Sports Psychology and then I began also to be involved with psycho-sports counselling for athletes, both amateurs and professionals.

In 2005 I enrolled in the School of Specialisation, with an analytical and transactional approach, and began to collaborate, as a vocational trainee, with the Family Guidance clinic of Cantù, where I handled clinical activities and support for adults and adolescents, couple therapy and led a psychological counselling workshop at a secondary school in the area.

In 2009 I obtained a Postgraduate Diploma in Psychotherapy and I continued my profession in my studio as a psychologist-psychotherapist, both individually and for couples, dealing mainly with anxiety disorders, mood disorders, relational disorders, and diseases related to various types of addiction. In addition to the purely clinical activity, I continued to handle Mental Training, a process for training the mental abilities of the athlete in order to enhance game performance: I follow professional athletes with the aim of increasing their awareness of their resources and help them manage their emotional experiences to facilitate victory. The specialisation in psychotherapy allows me to relate the problematic situation to the personality of the athlete and his/her history. Since 2010 I have attended various training courses, especially concerning clinical activity and in 2017 I was awarded the diploma as a 1 level Therapist in E.M.D.R., a technique used to resolve small and large traumas that are part of the history of each individual.