

EUROPEAN FORMAT FOR CURRICULUM VITAE



PERSONAL INFORMATION

Name	BALDI BEATRICE
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Nationality	Italian
Date of birth	02/02/1994

EDUCATION

- Dates (from – to) 2023
- Name and type of institution Università degli Studi Guglielmo Marconi, Roma
- Main subjects of study **Board Exam – Clinical Psychologist**
- Title obtained Clinical Psychologist

- Dates (from – to) 2023 - ongoing
- Name and type of institution Università di Roma, La Sapienza
- Main subjects of study **PhD in Psychology and Social Neuroscience**
- Title obtained

- Dates (from – to) 2021 – 2023
- Name and type of institution Università degli Studi Guglielmo Marconi, Roma
- Main subjects of study **Laurea LM-51 Psicologia [Psychology]**
- Title obtained Master Degree in Psychology
110/110 cum laude
Thesis: *Vergogna e autismo: proposta di protocollo di Compassion Focused Therapy nei casi di diagnosi in età adulta*
[Shame and autism: proposal of a Compassion Focused Therapy protocol for cases of adult diagnosis]

- Dates (from – to) 2020 - 2021
- Name and type of institution Università degli Studi Guglielmo Marconi, Roma
- Main subjects of study **Laurea L-24 in Scienze e Tecniche Psicologiche [Psychological Science and Techniques]**
- Title obtained Bachelor Degree in Psychology
110/110 cum laude

Thesis: *Il ruolo della vergogna e del senso di colpa nei disturbi del comportamento alimentare*
[*The role of shame and guilt in eating disorders*]

- Dates (from – to) 2020 - 2021
- Name and type of institution Heartwood Yoga (FL, USA)
- Main subjects of study Advanced Yoga, Yoga therapy
- Title obtained 500 Hour Recognized Yoga Teacher

- Dates (from– to) 2019 -2020
- Name and type of institution **LUISS Business School, Roma**
- Title obtained Executive Master Digital Marketing

- Dates (from – to) 2017 -2019
- Name and type of institution Università degli Studi di Bologna
- Main subjects of study **LM Economia Agraria [Agricultural Economics]**
- Title obtained Master Degree in Agricultural Sciences
110/110 cum laude and special mention
Thesis: The concept of artisanal food and beverages as perceived by consumers

- Dates (from – to) 2016 – (suspended)
- Name and type of institution Università degli studi di Bologna
- Main subjects of study **Evolutionary Biology**
- Title obtained 4 exams missing to the end of the Master Degree
Average mark for exams 29,8/30
Exams included: Evolutionary and Ecological Biometrics, Animal Physiology, Population Genetics and Molecular Evolution; Human evolution and biodiversity; Evolution and Phylogenetics, Biodiversity and Ecology, Plant Biodiversity and Evolution

- Dates (from – to) 2014 - 2016
- Name and type of institution Università degli Studi di Bologna
- Main subjects of study **Land and agro-forestry Sciences**
- Title obtained Bachelor Degree in Land and Agro-forestry Sciences
110/110 cum laude; merit-based scholarship awarded in the first and second year

- Dates (from – to) 2006 - 2010
- Name and type of institution European School of Bruxelles (EEB1); from middle school to second year of high school
- Main subjects of study Subjects were taught in English and French

- Dates (from – to) 2002 - 2006
- Name and type of institution Scuola D'Italia Guglielmo Marconi, New York City, NY, USA
- Main subjects of study From third grade elementary to first year of middle school; subjects taught in English and Italian

ADDITIONAL EDUCATION

Psychology

ADHD in adults – diagnosis and treatment – L'AltraMente
Principles of Cognitive Affective Education " - modulo B RIPECA (CuoreMenteLab, Roma)
AUT-US-Italy – Educational course on Autism Spectrum (Gruppo Empathie, Thiene)
NeuroDiverGente –training course on neurodivergences (female phenotype, neuroatipic sensory, communication and understanding between neurotypes, differential diagnosis)
Compassion Focused Therapy - 1st level + 2nd level training (Compassionate Mind Italia)
Compassion Focused Therapy for eating disorders (Compassionate Mind UK)
Nonviolent Communication and Compassion Focused Therapy course (Compassionate Mind Italia)
Psycho-Oncology and Compassion Focused Therapy Course (Compassionate Mind UK)
Compassion Focused Therapy International Conference 2022 (Compassionate Mind UK - Edinburgh)
Attachment-Focused EMDR 2023 (Laurel Parnell Institute)
ACT Workshops - ACT fundamentals, ACT for eating disorders, ACT for adolescents (online)
Remote sensory-motor psychotherapy workshop (online)
Mindfulness Based Stress Reduction - 8-week course (A.T. Beck Institute)

Yoga, Mindfulness and movement

200H RYT in Anukalana Yoga
300H RYT in Yoga Therapy (Yin Yoga, Chair Yoga, Senior Yoga, Trauma-sensitive Yoga)
Trauma Sensitive Mindfulness facilitator course- David Treleaven
AcroYoga Teacher – AcroFusion certified
Pilates Instructor – FIF
Personal Trainer - FIPE (Federazione Italiana Pesistica)
Mobility and rehabilitation course - FlowMotion Fitness, CDP recognized

Digital marketing and technology

Specialization in Digital Marketing - University of Illinois (E-learning)
Design skills course - Bucketlist Bombshells (E-learning)
Masterclass on Landing Pages and User Experience - Lacerba (E-learning)
Masterclass on Growth Hacking - Lacerba (E-learning)
Masterclass on Facebook Advertising - Lacerba (E-learning)
Masterclass on Email Marketing - Lacerba (E-learning)
Google Analytics Certification
Google Ads Certification

PUBLICATIONS AND PRESENTATIONS

PUBLICATIONS:

Book: "Essentials of Compassion Focused Therapy: A Practice Manual for Clinicians" by Nicola Petrocchi, James Kirby and Beatrice Baldi (*in publishing*)

Petrocchi, N., Ottaviani, C., Cheli, S., Matos, M., **Baldi, B.**, Basran, J. K., & Gilbert, P. (2023). The impact of compassion-focused therapy on positive and negative mental health outcomes: Results of a series of meta-analyses: Science and practice. *Clinical Psychology*, doi:<https://doi.org/10.1037/cps0000193>

Editing of the material used for the Compassionate Mind Training courses (Compassionate Mind Italia)

Editing of material used for the pathways of Compassion Focused Yoga

Translation of scientific articles (psychology area), book chapters and psychometric scales from English to Italian

Rivaroli, S., **Baldi, B.**, & Spadoni, R. (2020). Consumers' perception of food product craftsmanship: A review of evidence. *Food Quality and Preference*, 79, 103796. <https://doi.org/10.1016/j.foodqual.2019.103796>

PRESENTATIONS:

Compassionate Summit – Compassion Focused Yoga (Compassionate Mind Italia) - December 2022

Sistema Parasimpatico e Compassion Focused Therapy (FCP) – October 2022

Ritiro Avanzato di Compassion Focused Therapy (Compassionate Mind Italia) – September 2022

Trauma Recovery: il lavoro Mente-Corpo-Cervello per ristabilire relazioni sicure, con Bessel Van Der Kolk – “Pratiche corporee in Compassion Focused Therapy: utilizzare la fisiologia della compassione nella pratica clinica” con Nicola Petrocchi – June 2022

Compassionate Summit – Compassion Focused Yoga (Compassionate Mind Italia) - December 2021

Mammiferi in terapia: utilizzare la fisiologia della compassione nella pratica clinica (FCP) – October 2021

RESEARCH EXPERIENCE

(2015 – 2016) Soil Science Laboratory (University of Bologna) - Field and laboratory research experience in collecting and analyzing soil samples to study the effect of different types of fertilizers on soil mineral content

(2016 – 2017) Molecular Zoology Laboratory (Università di Bologna) – Research experience in the laboratory and with computer-based tools on mitochondrial systems with Dual Uniparental Inheritance in *Ruditapes philippinarum* (bivalve mollusks) for the study of SmithRNAs

(2018 – 2019) Research in agribusiness marketing for thesis writing and scientific article publication; literature review, data collection through questionnaires (Qualtrics) and data analysis

(2022) Data collection and analysis using psychometric questionnaires to evaluate the effectiveness of Compassionate Mind Training courses on various parameters of mental well-being

WORK EXPERIENCE

- Dates (from – to) 2024 – ongoing
- Role **Self employed**
Clinical Psychologist
- Main tasks and responsibilities Diagnosis and psychological support
Specializing in Compassion Focused Therapy, body-based approaches and mindfulness, with a person-centered approach
Specializing on support of neurodivergent adolescents and adults
ND and LGBTQI+ friendly

- Dates (from – to) 2020 – ongoing
- Name and address of employer **Compassionate Mind Italia**
Via Marcantonio Colonna 44, 00192, Roma
- Type of organization Psychotherapy Association
- Role **Trainer, Communication and Training management**
- Main tasks and responsibilities Trainer, co-creator and co-leader of the courses in Compassionate Mind Training (with Nicola Petrocchi)
Collaboration in conceiving training programs
Trainer and creator of the course in Compassion Focused Yoga
Management of the communication and marketing of all activities offered by the association

- Dates (from – to) 2019 – ongoing
- Role **Self employed**
Mindfulness and Yoga Instructor
- Main tasks and responsibilities Activities for small groups and individuals, collaborating with companies (Nova, bondium) and other self-employed professionals (psychologists, dietitians)
Podcast Host (“Una Luce Dentro”)

- Dates (from – to) 2019 – 2023
- Name and address of employer **Laboratorio Postura e Benessere**
Via Cornelio Magni 39/c, Roma
- Type of organization Fitness center
- Role **Pilates and Yoga Teacher**
- Main tasks and responsibilities Small groups classes and personal training

- Dates (from – to) 2019 – 2020
- Name and address of employer **EliteConsulting**
Via Ercolano Salvi 18, Roma
- Type of organization Authorized reseller of DJI in Italy and United Arab Emirates
- Role **Digital marketing manager**
- Main tasks and responsibilities Responsible for planning, creation and execution of all marketing campaigns and promotional activities; email marketing, social media marketing, content creation, blog management, Google Analytics data analysis, SEO

- Dates (from– to) 2019 – 2020
 - Name and address of employer **Istituto A.T. Beck di Psicoterapia**
Via Gioberti, 54, 00185 Roma RM
 - Type of organization Center and School for Psychotherapy
 - Role **Assistant Yoga Teacher**
 - Main tasks and responsibilities Support in the Mindfulness Yoga teacher training
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- Dates (from – to) 2019
 - Name and address of employer **Wenda**
Via Salvatore Quasimodo, 42, 40013 Castel Maggiore BO
 - Type of organization Agri-food supply chain logistics
 - Role **Digital Marketing Manager**
 - Main tasks and responsibilities Responsible for planning, creation and execution of all marketing campaigns and promotional activities; email marketing, social media marketing, content creation, blog management, Google Analytics data analysis, SEO, website wireframing

NATIVE LANGUAGE **ITALIAN**

OTHER LANGUAGES **ENGLISH – EXCELLENT LEVEL (TOEFL 117/120)**
FRENCH – EXCELLENT LEVEL

INTERPERSONAL SKILLS AND COMPETENCIES

The many experiences of living abroad during childhood taught me to relate to worlds and cultures that were very different from my own. Freelance work led me to collaborate with many professionals, including psychotherapists, psychologists, nutritionists and personal trainers, with whom I was able to establish a working relationship based on cooperation and mutual sharing. I have developed the ability to lead groups, even large ones (up to 70 people), always adapting the training program flexibly according to the needs of the group.

ORGANIZATIONAL SKILLS AND COMPETENCIES

Excellent time management and project management for independent work; excellent ability to coordinate work groups; collaborations with other self-employed professionals for the creation of courses and products; ability to execute sport training programs at a competitive level (athletics, trail running)

TECHNICAL SKILLS AND COMPETENCIES

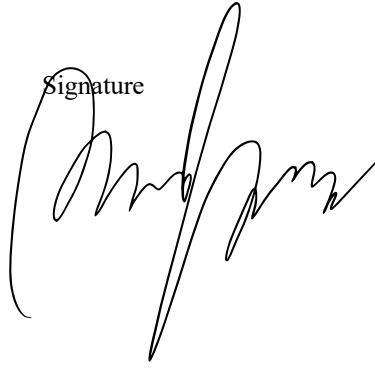
Advanced knowledge of OS X and the PC environment
Advanced knowledge of MS Office (Word, Powerpoint, Excel)
Good knowledge of graphic design programs including Canva, Sketch (wireframing), Procreate (graphic design)
Basic knowledge of the Adobe Suite (Photoshop, Illustrator, InDesign)
Advanced knowledge of social networking - Facebook, Instagram, LinkedIn
Google Adwords and Google Analytics certification
Management of Wordpress and Wix websites
Knowledge of basic functions of R
Basic knowledge of AutoCAD (2D)

LICENSE B

Date

30/01/2024

Signature

A handwritten signature in black ink, consisting of several loops and a long, sweeping tail that extends downwards and to the right.