

## CURRICULUM VITAE

*Elisa Birri*

### INTERESTS

#### **Internationally:**

MHPSS in Emergencies, Conflicts and Disasters (during and Post)

Trauma reactions in adults, adolescents and children (ASD, PTSD and Complex Trauma)

Migrants Populations in transit Mental Health (Risk and Protective factors during migration)

Child Protection in International Cooperation and Development programs

Special focus on intervention to victims of violence, war contexts, familiar and gender based violence

Psychiatric and Psychological Care in Developing Countries

#### **Home country:**

Private studio as Clinical Psychologist with different MA specializations

Natural and Holistic approach to treat and help individuals and groups in 5 levels: body, mind, emotions, behavior, spiritual, for a self improvement

Use of Biotransenergetic techniques, Yoga and Meditation sessions

Work in Network with Ayurvedic medical doctor if needed and Naturopatist

Adult, adolescent and children groups with NaturYoga method (GiocaYoga, BTE body mind), dynamic meditation sessions, contact with nature, music and dance therapy

<b>WORK EXPERIENCE</b>	
<p><b>January 2018-on going</b>  <b>Foundation of Parvati Studio as Clinical Psychologist in Udine and Tarvis (Ud)</b>  <b>Private studio for integral well-being with natural and holistic approach</b>  <b>Individual and group sessions, Yoga and meditation sessions</b>  <a href="http://www.studioparvati.com">www.studioparvati.com</a>  <a href="mailto:ebirri@studioparvati.com">ebirri@studioparvati.com</a>  <b>Call and what's app: +39-3924447770</b></p>	
<p><b>September 2016/August 2017-Psychosocial Manager for Reconstructive Surgery Hospital MSF France, Amman, Jordan</b>  <u>Responsibilities:</u>  -Supervision of counselling, psychotherapeutic, psychiatric and occupational therapy activities  -Supervise the psychosocial team through, observation, case reviews, analysis of the assessments and medical files  -Provide technical support to his/her team and provide information for discussion about the mental health program to the medical director ,medco and psy referent in Paris  -Develop program of informal education and Psychosocial support to children and adolescents patients  -Supervision of assignation of appointments, referrals among team members and data collection about the mental health program  -Ensure good and effective communication between patients and staff promoting communication skills and patient therapeutic support  -Ensure confidentiality among the team  -Facilitate regular culturally adapted training for Psychosocial team  -Assist in the selection, evaluation and professional development of MH staff  -Ensure that each member of the psychosocial Team has adequate skills and training to perform the duties and expectations of their job descriptions  -Ensure that each member of the psychosocial team follows MSF-F procedures and policies  -Ensure the psychosocial program is integrated in the project offering comprehensive care together with other departments: physiotherapy, surgery, OPD  -Works in close collaboration with Medical Director for ensuring quality and effective psychiatric and psychological follow up  -Establish and maintain a referral network for patients in the MSF project who need psychosocial or psychiatric care after discharge for the project.  -Suggest and develop and implement specific methodology for consistent follow up at home countries.  -Build and maintain contacts / networks with the local authorities, NGO's and other relevant organisations in cooperation with the FC and MD</p>	
<p><b>March 2016/May 2016-Mental Health Officer for Medici senza Frontiere Italia, Gorizia, Emergency for Asylum Seekers</b></p>	

<u>Reponsabilities:</u> -Built a strategical MH program for emergency asyllum seekers -Develop a collaboration with italian local red cross or first medical care when asylum seekers arrive -Develop and train italian public MH staff about PFA -Built a network of transcultural ethnipsychiatric Mh response for asylum seekers -Organize conferences and lectures about ethnopsychiatry	
<b>Maternity Leave</b>	

**March 2015/September 2015-Mental Health Coordinator Activity Manager fro Medicines sans Frontiers, MSF-OCB, Emergency for Ukraine**

Responsibilities:

- Support Deputy MedCo in activities such as
  - The elaboration of the mental health strategy in the field in collaboration with the MH teams, PMR, FieldCo
  - Ensuring that Mental Health activities in MSF projects fit within defined strategy. The teams in the projects start and run their MH activities as long they fit in the mentioned strategy. Changes have to be discussed with MHAM and Deputy MedCo
  - Identifying new MH activities for MSF in areas which are not already covered by a project or support the project PMR to identify potential MH activities when there is no Expat MH supervisor in the project
- Ensure the implementation of all mental health standard protocols and methodologies set by MSF and supervise their application by all professionals under his/her responsibility in order to provide the most appropriated treatment, training, psycho-education and stress management activities
- Plan and supervise, in close coordination with the HR department, the associated processes (recruitment, training/ induction, evaluation, development and communication) of the staff under his/her responsibility in order to ensure both the sizing and the amount of knowledge required
  - Supervise and ensure that mental health activities (in and outside health facilities) with the clients are performed with regular follow-up and according to all MSF protocols and standards in order to provide the most appropriate counseling and psycho-education activities, with people affected by psychosocial problems caused by the Ukrainian conflict.
  - Ensure that the mental health team has an appropriated emotional debriefing in order to prevent the Burning-out Syndrome and other emotional consequences that can disturb them personally and professionally.
  - Review and develop the technical material, tools, guideline and documents elaborated by the mental health activities in order to develop appropriate support for clients and beneficiaries.
  - Do a mapping and its regular update of the existing services, including other INGO's, local NGO's, community groups and governmental health services, etc and maintain regular communication and collaboration according to objectives and context
  - Monitor and evaluate mental health support activities (define indicators and follow up tools, collect and analyse data, report regularly about mental health activities, etc) in order to have reliable information about activities and adapt them accordingly
  - Participate in monthly reports according to guidelines (Sitrep, statistical reports)
  - Support the mission in case there are gaps of MH supervisors

**November 2014/January 2015- Mental Health Officer for Medicines sans Frontiers, MSF-OCA, MH Assessment in Chad**

Responsibilities:

- Assessment of cultural beliefs concerning mental health/psychiatric disorders in Chad
- Assesment of existing systems, facilities and policies for MH care in Chad
- Facilitate networking with other actors running MH activities
- Assessment of psychosocial and psychiatric needs in the different projects
- Training of health staff in PFA
- Coordinate the delivery of basic psychiatric care. Together with medical doctors ensure that proper treatment is provided for people suffering severe psychiatric disorders and support is ensured to family members in order to ensure proper adherence to treatment
- Assure that quality medical and psychological support is available and accessible of survivors of sexual violence and domestic violence
- Support the care provided to malnourished children (including mothers/caretakers) and other vulnerable groups
- Assessment report is expected with recommendation on way forward

**May 2014/July 2014- Mental Health Officer for Médécins sans Frontieres, MSF-OCB, Emergency for South Sudan, Juba**

Responsibilities:

- To develop a new MH Program in two IDPs/refugees camps after the crisis
- To provide specialised Mh care to vulnerable people in need
- To provide integrated quality psychosocial support to people affected with the aim of increasing their individual and collective coping mechanisms and prevent further MH disorders
- To work on psychological First Aid together with the medical assistants team in OPD and IPD.
- To detect cases where psychosocial support is needed within the Nuer population
- To assess and report on the prevalence of mental health problems affecting the general population of the area
- To establish a network for cooperation between other actors
- To develop a new MH program in ITFC and ATFC in both camps
- To recruit and train local people to become mental health workers and assistants
- Carry out “clinical assessments”: determine the need for providing psychotherapy or/and referrals to other professionals when needed (to work interactively within the multidisciplinary team). Assess the mental status of individual patients referred by the medical team and diagnose clinical symptoms of psychiatric disorders.
- Provide short/mid term psychotherapy or psychosocial support to patients as appropriate, when required (including MSF local staff)
- Raise awareness of mental health in communities
- Supervise the work of the national staff mental health workers as well as the psychologist assistant/translator
- Assess the human resource needs of mental health team in both IDPs/refugees camps and assist in the recruiting of new mental health workers if required
- Maintain/update mental health database
- Provide statistics on mental health activities to the MTL on a weekly basis for SITREP
- Provide detailed analyses of mental health problems in the project when required by the team.

**December 2013/February 2014-Field Clinical Psychology for Médécins sans Frontières, MSF-OCB, Emergency for Philippines, Guiuan, East Samar Project**

Responsibilities:

- Carry out evaluation of psychological and mental health needs of patients, elaborate a diagnosis and establish a plan of treatment
- Diagnose any psychological or psychiatric disorder and if necessary, refer the patient to the medical team in order to receive drug treatment.
- Inform the patient and his/her relatives about the possible consequences of the illness and drug treatment to follow in order to improve the patient's condition.
- Provide psychological support and psychotherapy sessions (individual, family, group) to patients according to MSF protocols to improve their mental health conditions
- Refer patients to other health professionals whenever necessary in order to provide the most appropriate treatment
- Assist and train staff members and resourceful people whenever necessary in order to enhance the scope of MH activities
- Collect statistical and monitoring data about mental health activities
- Work in close collaboration with translators in order to ensure that appropriate terminology and behaviour are used during sessions.
- Inform the supervisor and the medical team about any issues or problems that may arise related to patients' treatment in order to provide the best possible solution from a medical perspective
- Ensure that all patient information is kept confidential
- Follow exit strategy confirmed with Medical Coordinator

**August 2013/November 2013-Field Clinical Psychologist for Médecins sans Frontières, MSF-OCB, Emergency for Syria, Fellini Hospital**

Responsibilities:

- Supervise the continuity of the mental health and psychosocial support (MHPSS) activities in the project (Hospital and OPD)
- Supervise, support and train the mental health staff
- Coordinate the mental health activities with MSF medical activities (ER, IPD, OPD, Maternity)
- Guarantee the relevancy and the quality of the mental health/psychosocial activities carried out
- Provide short/mid term psychotherapy or psychosocial support to patients as appropriate, when required (including MSF local staff)
- Collaborate with ER Doctor about psychotropic drugs prescription under the supervision of MH Advisor and Psychiatrist (HQ)
- Collaborate with medical staff during mass casualties and communicate with families (in case of black cases) or necessity of referrals in severe cases

**January 2013/December 2013-Collaboration with Clinical Psychology office in Università Bicocca di Milano, Human Sciences Department**

Responsibilities:

- Expertise in Clinical Psychology
- Expertise in Psychopathology in children and adolescents
- Expertise in Educational Psychology
- Writing research protocols about migration and trauma

**May 2012/October 2012-Mental Health Officer for South Mexico, TAI Project (Migrants), Médecins sans Frontières, MSF-OCBA, Mexico Program**

Responsabilidades:

Basada de manera alterna en las diferentes bases de los proyectos para evaluar y apoyar las actividades de salud mental

- Acompañamiento técnico y supervisión del equipo de psicólogos de terreno
- Sugerir herramientas de seguimientos de los protocolos existentes, para adecuar el trabajo a los contextos específicos.
- Asegurar que el equipo de psicólogos identifica correctamente aquellos pacientes que necesitan atención psiquiátrica y se establece un protocolo de referencia para estos casos
- Elaboración de Informes
- Manejo Recursos Humanos
- Apoyo al trabajo de Coordinación
- Participar en la definición y revisión del Plan Anual y en la revisión de presupuesto.



**December 2011/March 2012-Mental Health Coordinator for Libya, Médecins sans Frontieres, MSF-OCB, Tripoli, Libya Program**

Responsibilities:

- To participate in the planning, organization and coordination of Mental Health activities in Tripoli, Sirte and Misrata, in close collaboration with the psy's teams
- To participate to the development/ readjustment of strategies, in close collaboration with the psy team and coordination team in Misrata and Tripoli, within the MSF MH scope of intervention in order to ensure quality and pertinence of Mental Health activities
- To make mental health assessment when necessary (identified geographical areas or vulnerable population) and proposition of operational strategy if relevant
- To assess on a regular basis the existing mental health/psychosocial services (public structures, INGOS, local NGOs...), especially in Tripoli, and to evaluate the possibility of collaboration (referral systems, technical support, etc.)
- To participate to meeting at the institutional level (cluster, workshops...)
- To ensure the communication and eventual collaboration with the other partners, actors linked with mental health/psychosocial field
- To review and adapt when necessary technical material, tools and documents elaborated for the development of activities
- To participate to the activity of training (organization, content, training) when necessary
- To compile data and statistic linked with Mental Health activities/ elaborate regular reports
- To visit Misrata and Sirte when needed, with a previous ToR
- Briefing and debriefing of expatriate in linked with Mental Health activities

**October 2011/December 2011- Clinical Psychologist for Médecins sans Frontieres, MSF-OCB, Misrata, Referent for Communities, Libya Program**

Responsibilities:

- To assess psychological needs in the population (specific and sensitive areas and/or groups)
- To assess needs linked with mental health in committee and others local groups and then make proposal according to the needs identified in the population and the frame of our activities
- To maintain and develop the network in the community
- To provide training and emotional support when needed for the local actors within the community
- To provide assessment, individual sessions and group support when relevant
- To organize a referral system with the local existing structures

**March 2011/July 2011 - Participation as Speaker in Accademic Conferences, regarding UNICEF work, in Italian Universities (CUMES: Corso Multidisciplinare Universitario di Educazione allo Sviluppo) and italian secondary schools**

**August 2010/February 2011 - UN Volunteer as Clinical Psychologist, Mental Health Consultant in UNICEF Bangladesh  
UNICEF Dhaka C.O., Bangladesh and 6 Districts**

UNICEF, Child Protection Section  
BSL Office Complex, 1, Minto Road, Ramna, Dhaka, Bangladesh

Responsibilities:

- Assessment of current psychosocial interventions provided to the street children by 5 partner NGOs
- Identification of gaps in capacity within the partner NGOs and reinforce of the service, re planning and support
- Assessment of capacity of psychologists and other mental health support services that are referred by the Drop in centers to the street children
- Assessment to other UNICEF supported interventions that are providing psychosocial support namely the community based psychosocial support model provided to Acid Survivors
- Development of an action plan together with the partner NGOs to improve their capacity in psychosocial support services
- Provide capacity building efforts (training etc) based on the assessment and developed action plan

**October 2008/January 2010 - Educator in Anti-Violence Center (Center for victims of violence and sexual abuse)**

Association “IoTuNoiVoi Donne Insieme”  
via della Roggia, 33100 Udine, Italy

Responsibilities:

- Therapeutic/Psychological support of minors victims of violence and sexual abuse
- Weekly participation in women victims of domestic violence therapeutic group
- Monthly Reports about minors condition to Juvenile Court in Trieste
- Preparation of Individual Educational Programs for rehabilitation of abused children and adolescents
- Collaboration on “Integra” Project: training of law enforcement on how to accommodate requests for women victims of domestic violence

**August 2008/February 2009 - Intern as psychologist in a Center for Immigrants and Adolescents  
“Villaggio del Fanciullo”, Opicina, Trieste, Italy**

Responsibilities:

- Educational activities supporting foreign born minors and unaccompanied children
- Projects about sexual education and for integration of immigrants/refugees in Italian schools

<b>February 2008- July 2008 - Psychologist Volunteer for Social Project “Su Cambio por el cambio”, Quito (Ecuador) Psychologist Without Borders (Italian NGO)</b>	
<u>Responsibilities:</u> - Group therapy and individual therapy with minors (“pandilleros”) and their parents and group therapy with minors drug addicts, in underprivileged groups in (South) Quito, Ecuador - PTSD (Post Traumatic Stress Disorder) project with adolescents - Psycho-pedagogical group for children with learning, language and behavior disabilities - Organization of courses on the prevention and dissemination of information about HIV for street children and their parents - Home visits in situations of risk - Organization of an Art Exhibition with works by street children in deprived suburb (Magdalena, Quito South) and creation of program Photovoice on it	
<b>March 2007/August 2007 - Intern as Psychologist in Psychiatric Hospital, Udine, Italy</b>	
<u>Responsibilities:</u> - Group therapy, individual therapy, psychological tests, educational activities, administrative duties with psychotic or schizophrenic people - Home visits by psychiatrists - Participation in committee meetings in high-security prison with criminologist tutor	
<b>June 2004-February 2005 - Intern as psychologist in Therapeutic Community “La Tempesta” Gorizia, Italy</b>	
<u>Responsibilities:</u> Group therapy, psychological observation, and administrative duties in the treatment of drug abusers	
<b>EDUCATION</b>	
<b>August 2017 Yoga Masterclass for children and adolescents (0-18 years old), AIYB (Italian Association Yoga Kids), Full Immersion Master, Prumiano (FI), Tuscany, Italy</b>	
<b>August 2015/September 2015 Update training and supervision in BTE Psychotherapy</b>	

<b>March 2015</b> <b>Management Course, Médecins sans Frontières, OCB, Nairobi, Kenya</b>	
<b>September 2014/February 2015</b> <b>Trainings and supervision in BTE Psychotherapy</b>	
<b>August 2014/September 2014</b> <b>Residential Master in BTE Bodywork (Biotransenergetic Psychotherapy) in order to become trainer in BTE</b>	
<b>January 2013-January 2015</b> <b>PhD program, Università degli Studi di Milano Bicocca, Dipartimento di Scienze Umane</b>	
<b>December 2012</b> <b>MH Course Medecins sans Frontieres- MSF OCA, Holland</b>	
<b>September 2011</b> <b>PPD Course Medecins sans Frontieres- MSF OCB, Italy</b>	
<b>March 2011- Trauma Skills School, Edinburgh, Scotland</b>	
<b>January 2010/February 2011 - MA in International Cooperation and Development</b>	
ASERI – Postgraduate School of Economics and International Relations Università Cattolica del Sacro Cuore Milan – Italy Main subjects: International Economics, Geopolitics, Trade and finance for development, Project cycle management, International Law, Conflict prevention and resolution	
<b>February 2010/September 2010 - MA in Ethnopsychiatry</b>	
Beck Institute, Rome, Italy Main subjects: Ethnopsychiatry, Anthropology, Religions history, sacred culture, traditional recovery methods (indigenous and folk)	

<b>June 2009- First aid course</b>	
<b>June 2009-During Fire Course</b>	
<b>February 2008 - Cognitive Therapy</b>	
<p>“Terapia cognitivo conductual: clinica y aplicaciones”, Sociedad Ecuatoriana de Asesoramiento y Psicoterapia Integrativa (SEAPSI), aval acadèmico, Facultad de Ciencias Psicologicas de la Universidad Central de Ecuador, Quito, Ecuador Main subjects: Cognitive psychotherapy</p>	
<b>October 2006/March 2007 - Techniques of Psychological Interview</b>	
ENAIIP ( <a href="http://www.enaip.it">www.enaip.it</a> ), Gorizia, Italy	
<b>September 2006/March 2007 - Specialization Course in “Children in Distress”</b>	
Civiform ( <a href="http://www.civiform.it">www.civiform.it</a> ), Cividale del Friuli, Udine, Italy	
<b>October 2005/December 2007 - MA Clinical-dynamic psychology, University of Padua, Italy</b>	
<p>Main subjects: Psychiatry, Emergency Psychology, Traumatic disorders (PTSD) Thesis: “Shahid: history of the suicidal terrorism and analysis of the man bomb”</p>	
<b>October 2001/July 2005 - BA, Psychology, University of Padua</b>	
<p>Main subjects: Anthropology, Social Psychology, Clinical Psychology, Development Psychology, Adolescent Psychology, Psychiatry, Neuropsychiatry, Infant Neuropsychiatry Thesis: “Psychological experience for professionals working with drug users” Creation of experimental research questionnaire and SPSS analysis</p>	
<b>LANGUAGES</b>	
Italian (mother tongue)	
Spanish (very good)	
English (very good)	

French (good)	
Arabic (elementary)	
<b>PUBLICATIONS</b>	
2016 <u>Journal title: International Health</u> Article title: Not forgetting severe mental disorders in humanitarian emergencies: a descriptive study from the Philippines Manuscript number: INTHEALTH-D-15-00159R2  <a href="http://inthealth.oxfordjournals.org/content/8/5">http://inthealth.oxfordjournals.org/content/8/5</a>	
Find here some articles I wrote for UNICEF Italy regarding my work with UNICEF Bangladesh:	
<a href="http://www.unicef.it/doc/2136/imran.htm">http://www.unicef.it/doc/2136/imran.htm</a>	
<a href="http://www.unicef.it/doc/2134/linferno-delle-piccole-domestiche-in-bangladesh.htm">http://www.unicef.it/doc/2134/linferno-delle-piccole-domestiche-in-bangladesh.htm</a>	
<a href="http://www.unicef.it/doc/2128/banglades-la-storia-di-swapna.htm">http://www.unicef.it/doc/2128/banglades-la-storia-di-swapna.htm</a>	
Here you can find some articles I wrote for Psychologist Without Borders regarding my activities in Ecuador:	
<a href="http://www.psicologisenzafrontiere.org/index.php?page=gruppo-psicopedagogico-a-su-cambio-por-el-cambio">http://www.psicologisenzafrontiere.org/index.php?page=gruppo-psicopedagogico-a-su-cambio-por-el-cambio</a>	
<a href="http://www.psicologisenzafrontiere.org/index.php?page=las-pandillas-se-puede-salir-solo-con-el-sangre">http://www.psicologisenzafrontiere.org/index.php?page=las-pandillas-se-puede-salir-solo-con-el-sangre</a>	
<a href="http://www.psicologisenzafrontiere.org/index.php?page=le-volontarie-di-psf-a-quito-partecipano-alla-giornata-formativa-di-miglioramento-continuo">http://www.psicologisenzafrontiere.org/index.php?page=le-volontarie-di-psf-a-quito-partecipano-alla-giornata-formativa-di-miglioramento-continuo</a>	
<a href="http://www.psicologisenzafrontiere.org/index.php?page=fundeporte">http://www.psicologisenzafrontiere.org/index.php?page=fundeporte</a>	
<a href="http://www.psicologisenzafrontiere.org/index.php?page=vissuti-psicologici-a-fundeporte">http://www.psicologisenzafrontiere.org/index.php?page=vissuti-psicologici-a-fundeporte</a>	
<a href="http://www.psicologisenzafrontiere.org/index.php?page=progetto-tena">http://www.psicologisenzafrontiere.org/index.php?page=progetto-tena</a>	
<b>MEMBERSHIP IN PROFESSIONAL ORGANIZATIONS</b>	

<b>Member of AIYB (Associazione italiana Yoga Bambini, Italian Association Yoga Kids)</b>	
<b>Registered ITI (Integral Transpersonal Institute) Professional</b>	
<b>Humanitarian worker for Médecines sans Frontières (MSF) as Field clinical Psychologist, Psychologist Team Leader, Mental Health Officer, Mental Health Coordinator, MHPSS (Mental Health Psychosocial) Manager</b>	
<b>Member of UK Psychological Trauma Society (UKPTS) and European Society for Traumatic Stress Studies (ESTSS)</b>	
<b>Collaboration with Psychologist for Human Rights (PsyHR)</b>	
<b><u>Voluntary for Psychologist for the People and “Protezione Civile” (Civil Defense):</u></b> With Psychologists for the People I prepared with the team some strategies to answer in case of emergency situations in our region (area under earthquake risk). As a member of this NGO, I collaborated with Civil Defense and Firefighters in several exercises related natural disasters such as earthquakes, where simulating these events help population to know how to behave in these events. I have also done training for children in the schools regarding how to answer to emergency situations.	
<b>Psychologists Without Frontiers</b> as written above with reference to the project in Ecuador	
<b>COMPUTER SKILLS</b>	
Using different Computer programs such as Microsoft Office and I-work Package, I-life Package	
<b>RELATIONAL AND ORGANIZATIONAL SKILLS</b>	

I can relate with all types of people and in any type of situation, to maintain control even in dangerous situations and emergency situations, thanks to my trainings and experiences on the field, as described above, both in Italy, Latin and Central America, Middle East, South Asia and Africa.

I am able to work independently, but also in team.

I have great organisational skills, planning and stress management.

I have sense of control and readiness for action in emergencies or hazardous.

I have the ability to find solutions to unusual or emergency situations.

Good competences to plan and reinforce mental health services, developing strategies very fast and adapt to every change

Good team life and support of the staff.

July 2018

**Elisa Birri**