

Alypia, Psychology and Psychotherapy Practice, Via R. Zandonai 7, 61121 – Pesaro (PU)  
Phone: +39.3409286754 | Email: [iliana.sardi@alypia.it](mailto:iliana.sardi@alypia.it), [sardi@psypec.it](mailto:sardi@psypec.it)  
Date and place of birth: 07/12/1977, Cologne (Germany) | Greek Nationality  
Tax Code: SRDLNI77T47Z112J – VAT: 02604210415

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## PROFESSIONAL SECTOR

- Owner of the psychology and psychotherapy practice "Alypia"
- Clinical Psychologist, Systemic-Relational Psychotherapist
- Main area of intervention: Psychotraumatology (main models TIST level II, DBR, IFS)
- Consultant for occupational stress
- Translator (English, Italian, Greek)

## LANGUAGE SKILLS

Native language: Greek

Other languages: Italian and English (advanced level), Bulgarian and German (basic level)

## AFFILIATIONS

- **OPM** (Order of Psychologists of Marche)
- **ESTSS** (European Society for Traumatic Stress Studies)
- **ESTD** (European Society for Trauma & Dissociation)
- **AISTED** (Italian Association for the Study of Trauma and Dissociation)
- **NPSA** (International Neuropsychanalysis Association)
- **SIPLO** (Italian Society of Work and Organizational Psychology)
- **AIPMEL** (Italian Association of Psychology and Occupational Medicine)
- **SIPEM** (Italian Society of Psychology of Emergencies)

## PROFESSIONAL EXPERIENCE

- 2016-present, **Psychologist-psychotherapist**, Alypia, psychology and psychotherapy practice, Pesaro, Italy.
- 2018-present, **Work psychologist**, consultancy, evaluation, and counselling for work-related stress, Pesaro, Italy.
- February - May 2017, **Specialization internship in systemic-relational psychotherapy**, S. Colomba "Casa Aura" Protected Residence, 300 hours Pesaro, Italy.
- February 2016 – January 2017, **Specialization internship in systemic-relational psychotherapy**, Montecchio District, regional healthcare authority in the Marche region, 130 hours, Pesaro, Italy.
- October 2010, **Residential internship at the "Clinical Neuropsychology Centre of Developmental Age"** 40 hours, Pesaro, Italy.
- June 2005 - June 2009, **Researcher in intellectual disabilities**, University of Glamorgan, Treforest, Wales.
- January - June 2005, **Educator for children with severe autism**, Progress Care & Education Ltd, Residential School, Preston, England.
- January 2003 - December 2003, **Research Assistant**, University of Leiden, Netherlands.
- September 2001 - June 2002, **Post-graduate internship as neuropsychological diagnosis assistant**, Greek Alzheimer's Disease and Related Disorders Association, Thessaloniki, Greece.

## EDUCATION AND TRAINING

- April 2020 - June 2021, **Master's in Relational Psychotraumatology**<sup>1</sup>, 36 CME, Institute of Family Therapy of Bologna, Italy.
- February - October 2017, Advanced Training Postgraduate Course, **Clinical Psychodiagnostics**, 350 hours, 14 ECTS University of Urbino, Italy.
- February - June 2016, Advanced Training Postgraduate Course, **Forensic Psychological Expert Opinions and Technical Consultations**, 450 hours, 18 ECTS, University of Urbino, Italy.
- January - May 2013, Advanced Training Postgraduate Course, **Clinic of New Symptoms**, 42 hours, 42 CME Jonas, Pesaro, Italy.
- February - November 2010, Advanced Training Course, **Psychopathology of Learning**, 14 ECTS, University of Urbino, Italy.
- January 2013 - December 2014, **Clinical Specialization in Systemic-Relational Psychotherapy**, 60/60 (with distinction), ISCRA (3rd and 4th year), Modenese Institute of Systemic and Relational Psychotherapy, Italy.

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<sup>1</sup> The ITFB certificate is not a University Master's degree.

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- October 2006 - June 2008, **Clinical Specialization in Systemic-Relational Psychotherapy**<sup>2</sup>, 120 ECTS, 65/100 (merit), Family Institute (1st and 2nd year<sup>3</sup>), Treforest, Wales.
- October 2005 - June 2006, **Postgraduate Diploma in Social Science Research**, 60 ECTS, 51/100 (pass) University of Glamorgan, Pontypridd, Wales.
- September 2002 - March 2004, **MSc<sup>4</sup> in Psychology: Health Psychology**, 64,6 ECTS, 7.80/10.00<sup>5</sup> (with honours), Leiden University, Netherlands.
- September 1996 - July 2001, **Second Level Degree in Clinical Psychology and Counselling**<sup>6</sup>, 413 (240+173) ECTS, 5.10<sup>7</sup> (very good), 6.00<sup>8</sup> (excellent with distinction), Sofia University St. Kliment Ohridski, Bulgaria.
- 1992-1995, Highschool Diploma, 18<sup>4/10</sup> (very good)<sup>9</sup>, Asvestohori, Thessaloniki, Greece.

## EDUCATION IN FOREIGN LANGUAGES

- 2007-2008, **Certificate in Italian Improvers**, 61 (merit), 30 ECTS, University of Cardiff, Cardiff, Wales.
- 2005-2006, **Certificate in Italian Beginners**, (pass), 24 ECTS, University of Glamorgan, Pontypridd, Wales.
- 2001-2002, **Certificate of Proficiency in English**, Pass, The University of Michigan, English Language Institute, Thessaloniki, Greece.
- 2001-2002, **Certificate of Proficiency in English**, grade C, University of Cambridge, Local Examinations Syndicate, International Examinations, Thessaloniki, Greece.
- 2001-2002, **IELTS** – International English Language Testing System, Grade 7.0, British Council in Thessaloniki, Greece.
- 1999-2001, **Education and qualification degree for translations in the Bulgarian language with professional qualification Introducer-Translator**, 6.00 (excellent with distinction), 120 ECTS, Sofia University “Kliment Ohridski”, Sofia, Bulgaria.
- September 1995 - July 1996, **Foundation in the Bulgarian language and psychological terminology in Bulgarian**, 5.00 (very good), Institute for Foreign Students “G. A. Hasr”, Sofia, Bulgaria.

## CONTINUING EDUCATION IN PSYCHOTRAUMATOLOGY

- 20 November 2024, Asynchronous DL Course, Certificate of Participation, Residential ECM ID 421083, **TIST (Trauma-Informed Stabilization Treatment) Certification Level 2**, 22-hour online course.
- October 31 - November 1, 2024, Synchronous DL Course, **Trauma Treatment Certification Training (CCTP): The Latest Advances and Proven Techniques to Resolve Deeply Held Trauma**, organized by PESI and conducted by Janina Fisher, 14 hours.
- 01-02 June 2024, Residential Course, **International Certification in Trauma Informed Stabilization Treatment (TIST) – Level II Edition I**, organized by FCP and conducted by Janina Fisher PhD, Milan, Italy, 04 June 2024 (exam date), 16 hours – 16 CME.
- 07 February 2024 (exam date), Synchronous DL Course, **Certificate of Recognition in Trauma-Informed Stabilization Treatment (TIST) – Level I**, professional training program, organized by FCP and conducted by Janina Fisher, PhD, January-June 2023, 30 hours – 30 CME.
- 07 February 2024 (exam date), DL Course (book), **Hate: The Other Side of Pain** by Silvio Ciappi, organized by Psicologia.io, 18 CME.
- March-June 2023, Synchronous DL Course, **Certificate of Participation in Deep Brain Reorienting (DBR) for Trauma, Dissociative Disorders, and Personality Disorders – Level I**, MasterClass in Psychology and Psychotherapy, organized by FCP and conducted by Frank Corrigan MD, 64 hours.
- 30 December 2022, Synchronous DL Course, Certificate of Participation **Trauma and the Body: A Somatic Approach to Working with Trauma**, conducted by Pat Ogden PhD, 3 hours.

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<sup>2</sup> In British universities the postgraduate Grading scale is as follows: Distinction (70% and above); Merit (60–69%); Pass (50–59%); Fail (below 50%).

<sup>3</sup> It satisfies the first two years of a four-year postgraduate training programme leading to professional registration as a UKCP Registered Family and Systemic Psychotherapist.

<sup>4</sup> Includes academic rights to teach in Dutch Universities. For the admission to the MSc the Preparatory Course on Statistics was attended (September 2002 – December 2002). The course was necessary to be able to attend the MSc of Science in Psychology.

<sup>5</sup> In Dutch universities, the grading or evaluation system is numerical, ranging from 1 (lowest) to 10 (highest). The scale focuses on precision, often using decimals (e.g., 7.5 or 8.3). Key Grades: 10: Outstanding (rarely awarded); 9: Excellent (exceptional performance); 8: Very Good (above average); 7: Good (meets all requirements); 6: Sufficient/Pass (minimum passing grade); 5 and below: Fail.

<sup>6</sup> In Bulgarian universities, the grading or evaluation system is based on a **six-point scale**. Here is an overview of how it works: 6.00 (Excellent): The highest grade, indicating outstanding performance. 5.00–5.99 (Very Good): Above-average performance with minor errors. 4.00–4.99 (Good): Satisfactory performance with some notable errors; 3.00–3.99 (Pass): Minimal performance meeting the basic criteria. Below 3.00 (Fail): Does not meet the required standard.

<sup>7</sup> Course of study.

<sup>8</sup> State examinations.

<sup>9</sup> Students in the Greek educational system are graded on a scale from **0 to 20**, where 20 is the highest score. A grade of 10 is generally considered the passing mark. Greek Grading Scale for High Schools: Excellent: 18.5–20; Very Good: 16.5–18.4; Good: 10–16.4; Insufficient: Below 10.

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- 19 October 2022 (exam date), Asynchronous DL Course, **Brain Functioning: From Experience to Danger to Post-Traumatic Stress Disorder**, organized by RiPsi Psicologia Psicoterapia and conducted by Dr. Roberta Mor, 3 hours – 4.5 CME.
- February 2021, asynchronous DL Course, **Expert Strategies for Working with Traumatic Memory**, organized by NICABM and conducted by: Joan Borysenko PhD, Ruth Lanius MD, PhD, Pat Ogden PhD, Bill O'Hanlon LMFT, Richard Schwartz PhD, Ron Siegel PsyD, Bessel van der Kolk MD, Peter Levine PhD, 30 hours, 5 CME, 2 CE.
- 20-22 September 2019, **Field School 2019, SIPEM SOS Federation**, Emergency Psychology.
- 22-23, October 2018, Exercise with SIPEM, **Emergency Psychology**, Aeopc Valco Marche, Osimo, ValcoRescue2018.
- 15 September 2018, Experiential Conference, **Emergency Psychology**, Psychologists' Association of Marche Region, Ancona.
- 11 November 2016, Training Session, **Emergency Psychology**, Psychologists' Association of Marche Region, Ancona.

#### CONTINUING EDUCATION IN NEUROSCIENCES

- January 2023 - December 2023 (monthly participation), Synchronous DL Course, **Permanent Training Group in Psychoanalytic Psychotherapy with Theoretical Insights in Neuropsychanalysis**, organized by CFR and conducted by Dr. Andrea Clarici, 30 hours.
- 26 September 2020, Online Seminar, **The Neuroscience of Pain, Anger, and the Trajectories of Breathing**, organized by the Family Therapy Institute of Bologna and conducted by Nicola De Pisapia.
- 03-07 September 2007, Advanced Training Course, **FSL & FreeSurfer Course, Theory and Practice of Functional and Structural Brain Imaging**, University of Cardiff, Wales, 40 hours.

#### CONTINUING EDUCATION IN PSYCHOTHERAPY AND PSYCHOMETRICS

- 16 October 2022 (exam date), Asynchronous DL Course, **Psychopharmacology for Psychologists: From Theory to Practice**, organized by RiPsi Psicologia Psicoterapia and conducted by Dr. Ernesta Ricotta, 3 hours – 4.5 CME.
- 07 November 2018, Residential Seminar, **What's Wrong, Dad? Parents with Mental Disorders and Their Children's Challenges**, Coop Labirinto, Pesaro.
- October 2018 - May 2019, **Residential Supervision Course for Child Psychoanalytic Psychotherapists**, conducted by psychotherapist Dr. Maria Teresa Federici, Psychotherapy Training Centre, Pesaro, bi-weekly attendance.
- 26 September 2015, Residential seminar, **Reality is a description**, conducted by Carlos E. Sluzki, organized by ISCRA, Bologna.
- 15 November 2014, Residential seminar, **The unveiled Self: Ethics and aesthetics in psychotherapy and systemic mediation**, conducted by Dr. Giuseppe Ruggiero, organized by ISCRA, Modena.
- 25 October 2014, Residential seminar, **The art of courage: Systemic approach in rehabilitation contexts**, conducted by Dr. Fabio Bassoli, organized by ISCRA, Cesena.
- 11 October 2014, Residential seminar, **Systemic epistemology and psychoanalysis**, conducted by Dr. Giorgio Donini, organized by ISCRA, Cesena.
- 13 September 2014, Residential seminar, **Family theatres: The importance of history in treatment**, conducted by Dr. Fabio Bassoli, Dr. Giorgio Donini, and Dr. Mauro Mariotti, organized by ISCRA, Cesena.
- 18-19 June 2014, **Residential course on Family-Based Treatment for eating disorders**, conducted by Prof. Daniel Grange (University of Chicago Medical Centre) and Prof. James Lock (Stanford Child and Adolescent Eating Disorder Program), organized by ISCRA, Misano Adriatico.
- 05 April 2014, Residential seminar, **Image and implicit in psychotherapy**, conducted by Dr. Rodolfo de Bernart, organized by ISCRA, Modena.
- 08 March 2014, Residential seminar, **The elaborative processes in separation: Between mediation and psychotherapy**, conducted by Dr. Dino Mazzei, organized by ISCRA, Cesena.
- 15 February 2014, Residential seminar, **Generativity and parenthood: Similarities and differences in desires and practices**, conducted by Dr. Iva Ursini, organized by ISCRA, Modena.
- 11 January 2014, Residential seminar, **Ethics and aesthetics in systemic therapy**, conducted by Dr. Umberta Telfner, organized by ISCRA, Modena.
- 09 November 2013, Residential seminar, **Aggressiveness in therapeutic contexts**, conducted by Dr. Cosimo Argentieri, organized by ISCRA, Modena.
- 09 October 2013, Residential seminar, **SLD or learning difficulties?**, Conducted by Dr. Silvia Severi and Dr. Donatella Pintus, organized by ISCRA, Modena.

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- 19 October 2013, Residential seminar, **The actor's suitcase: Techniques and emotions in the systemic relational approach**, conducted by Dr. Giuseppe Ruggiero, organized by IS CRA, Modena.
- 14 September 2013, Residential seminar, **The story is us too**, conducted by Dr. Carmine Saccu, organized by IS CRA, Modena.
- 08 June 2013, Residential seminar, **Becoming more curious about the other**, conducted by Dr. Elena Ceuca, organized by IS CRA, Modena.
- 25 May 2013, Residential seminar, **Solution-focused methods for therapy and counselling**, conducted by Dr. Maria Borsca, organized by IS CRA, Modena.
- 23 March 2013, Residential seminar, **Make a good hypothesis and then do whatever you want**, Integration of Milan Model, impact techniques, EMDR, and other approaches, conducted by Dr. Andrea Mosconi, organized by IS CRA, Modena.
- 16 February 2013, Residential seminar, **The sandwich couple**, conducted by Dr. Iva Ursini, organized by IS CRA, Modena.
- 26 January 2013, Residential seminar, **Between narratives and psychotherapy**, conducted by Dr. Luca Casadio, organized by IS CRA, Modena.
- 03-04 October 2006, Residential Seminar, organized by the Family Institute and led by **Karl Tomm**, Treforest, Wales.
- 08 September 2006, Residential Seminar, organized by the Family Institute and led by **Kenneth Gergen**, Treforest, Wales.
- February 2002, Workshop, **The future of clinical and counselling psychology in Bulgaria**, Bulgarian Clinical Psychology Society, Sofia, Bulgaria.
- November 2000 - April 2001, Training Course, **Certificate, Rorschach test training workshop**, Clinic of Forensic Psychiatry and Forensic Psychology<sup>10</sup>, Sofia, Bulgaria, 52 hours.
- October 2000 - June 2001, Training Course, **Certificate, Psychodrama**, Clinic of Forensic Psychiatry and Forensic Psychology, Sofia, Bulgaria, Sofia, Bulgaria, 104 hours.
- October 1999 - January 2001, Training Course, **Certificate, Self-experience psychodynamic interview training group**, Clinic of Forensic Psychiatry and Forensic Psychology, Sofia, Bulgaria, Sofia, Bulgaria, 100 hours.
- January 2000 - May 2001, Training Course, **Certificate, Self-experience psychometrics training group**, Clinic of Forensic Psychiatry and Forensic Psychology, Sofia, Bulgaria, Sofia, Bulgaria, 22 hours.
- September 2000 - June 2001, Training Course, **Certificate, Introduction to Techniques for the Use of Handcrafted Dolls in Therapeutic Work with Children with Communication Disorders**, Therapeutic Medical Centre, Sofia, Bulgaria, 15 hours.
- March-May 1998, Training Course, **Certificate, Introduction to Gestalt Approach**, Gestalt Institute, Thessaloniki, Greece, 100 hours.
- November 1997 - January 1998, Seminar, **Systemic family therapy**, North College, Thessaloniki, Greece.
- April - May 1997, Seminar, **How to influence children**, North College, Thessaloniki, Greece.

#### CONTINUING EDUCATION IN OCCUPATIONAL PSYCHOLOGY

- 15 November 2024 (exam date), **Certificate** of Participation in the Asynchronous DL Course, **Master's in Clinical Occupational Psychology**, valid from 01/27/2024 to 12/31/2024, organized by Dynamicom Education Srl, AIPMeL, 50 hours – 50 ECM credits.
- 15 November 2024 (exam date), DL Course (book), **Psychosocial Risks in Organizations: From Evaluation to Intervention – Theoretical/Practical Aspects and Field Experiences**, organized by ebookCME.it from May 16, 2024, to May 17, 2025, SIPLO, 20 CME.
- 08 February 2024 (exam date), Asynchronous DL Course, **New Work Organization: Organizational Analysis and Evaluation of Stress and Performance**, organized by CNOP<sup>11</sup>, 6 hours – 6 CME.
- 13 September 2023 (exam date), Asynchronous DL Course, **The Alphabet of Gender Differences and Inequalities**, organized by CNOP, 7 hours – 7 CME.

#### CONTINUING EDUCATION IN RESEARCH

- November 2007, Training course, **Research proposal development and Implementation**, Sketty Hall, AWARD, CRC CYMRU, Swansea, Wales.
- October 2006, Workshop, **N-Vivo 7 Introduction**, conducted by Par Bazeley, School of Care Sciences, University of Glamorgan, Pontypridd, Wales.
- June 2006, Workshop, **Report writing**, Workshop, Human Resources, University of Glamorgan, Pontypridd, Wales.

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<sup>10</sup> University Specialized Hospital of Neurology and Psychiatry "St. Naum".

<sup>11</sup> **CNOP**: National Council of the Order of Psychologists



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- May 2006, Workshop, **Presenting a paper at a conference**, Workshop, Pontypridd, Wales
- November 2005, Workshop, **N-Vivo 2, Intermediate**, School of Care Sciences, University of Glamorgan, Pontypridd, Wales.
- October 2005, Workshop, **N-Vivo 2, Intermediate**, School of Care Sciences, University of Glamorgan, Pontypridd, Wales.
- October 2005, Workshop, **Using SPSS 2**, Business School, University of Glamorgan, Pontypridd, Wales.
- October 2005, Workshop, **Endnote – Bibliographic management**, Workshop, Business School, University of Glamorgan, Pontypridd, Wales.
- July 2005, Seminar, **IQD: Ideas, Questions, Designs**, School of Care Sciences, University of Glamorgan, Pontypridd, Wales.
- July 2005, Induction course, **Data protection**, Human Resources, University of Glamorgan, Pontypridd, Wales.
- June 2005, Induction course, **N-Vivo Seminar**, School of Care Sciences, University of Glamorgan, Pontypridd, Wales.
- February-March 1997, Seminar, **Ethical issues in psychology: research and practice**, North College, Thessaloniki, Greece.

## CONTINUING EDUCATION IN INTELLECTUAL DISABILITIES

- March-June 2012, Training Course, **Family and disability: A special encounter**, organized by ANFFAS<sup>12</sup> Onlus, Pesaro, led by Dr. Valeria Pagnini.
- 05 September 2006, Residential Seminar, **Autism, Associated Conditions, Co-Morbidities, and Related Mental Health Issues**, Ysgol Cedewain, Newtown, Wales.
- September 2005, Workshop, **Effective communication strategies for people with autism**, AWARES, Bridgend, Wales.
- September 2005, Workshop, **Introduction to autism**, AWARES, Pontypridd, Wales,
- September 2005, Workshop, **Reducing behaviours that challenge in people with autism**, AWARES, Pontypridd, Wales.
- September 2005, Workshop, **Introduction to the theories in autism**, AWARES, Cardiff, Wales.
- September 2005, Workshop, **Forensic issues in people with learning disabilities**, SIG<sup>13</sup>, BPS<sup>14</sup>, Llanarth Court Hospital, Wales.
- 01 July 2005, Residential Seminar, **Intellectual Disabilities: Turning Practice into Research**, Social Care Institute for Excellence (SCIE), London, England.
- 01 July 2005, Residential Seminar, **Supporting Children with Intellectual Disabilities Transitioning to Adult Social Services**, SCIE, London, England.
- June 2005, Seminar, **Abuse of people with learning disabilities: An examination of policy, practice and educational implications in Wales**, School of Care Sciences, University of Glamorgan, Pontypridd, Wales.
- 04-18 January 2005, Professional Training Course, **Introduction to Intellectual Disabilities**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Intellectual Disabilities and Behavioral Disorders**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Medical Issues in Children with Intellectual Disabilities and Behavioral Disorders**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Positive Handling of Children with Intellectual Disabilities and Behavioral Disorders**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Teaching Methods for Children with Intellectual Disabilities and Behavioral Disorders**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Childcare Legislation**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Emergency Response Support**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Autism and Associated Conditions**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Alternative and Augmentative Communication Systems: Makaton and Singalong Sign Languages**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Understanding Behavioral Disorders**, Progress Care & Education Ltd., Preston, England.
- 04-18 January 2005, Professional Training Course, **Teaching Skills, Learning Access, and Reward Assessment for Children with Intellectual Disabilities and Behavioral Disorders**, Progress Care & Education Ltd., Preston, England.

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<sup>12</sup> **ANFFAAS**: National Association of Families of People with Intellectual and/or Relational Disabilities.

<sup>13</sup> **SIG**: Special Interest Group

<sup>14</sup> **BPS**: British Psychological Society

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## CONTINUING EDUCATION - OTHER

- 29 February 2024, Synchronous DL Course, **Main Changes to the Code of Ethics for Italian Psychologists**, organized by OPM Academy and conducted by Dr. Valentina Strippoli and Lawyer Alessandro Brandoni.
- 02 October 2022 (exam date), Asynchronous DL Course, **Covid-19: The Virus of Fear**, organized by Sanità in Formazione and conducted by Dr. Giorgio Nardone, 9 hours – 9.8 CME.
- 04 February 2017, Workshop, **The primary care psychologist: State of the art**, Order of Psychologists of Marche Region Order of Psychologists of Marche Region, **Ancona**.
- 31 December 2016, Asynchronous DL Course, **The Diagnostic Process, Specific Learning Disorders**, and Professional Ethics. Guidelines, Protocols, Procedures, Order of Psychologists of Marche, 50 CME.
- 06 December 2016, Movie discussion group: **Cinema and Psychoanalysis "Blue Jasmine"**.
- 11-12 December 2015, Training Course, **The Entrepreneurial Spirit of the Psychologist: Being a Manager of One's Own Practice**, conducted by Dr. Massimo Celesti, Order of Psychologists of Marche, Ancona.
- 14 November 2015, Training Course, **European Project Design and New Funding Opportunities for the Socio-Health Sector**, conducted by Dr. Marco Cardinaletti, Order of Psychologists of Marche, Ancona.
- January 2004 - February 2004, Course in **Forensic Psychology**, Leiden University, Netherlands, 3 ECTS.
- October - December 2003, Course, **Psychopathology in children**, Leiden University, Netherlands.

## CONTINUING EDUCATION - WORKPLACE SAFETY TRAINING

- June 2005, Induction course, **Health and safety**, HR, University of Glamorgan, Pontypridd, Wales.
- June 2005, Seminar, **Look after yourself at workday**, HR, University of Glamorgan, Pontypridd, Wales.
- June 2005, Induction course, **Equal opportunities**, HR, University of Glamorgan, Pontypridd, Wales.
- May 2005, Induction course, **Preparing for your appraisal**, HR, University of Glamorgan, Pontypridd, Wales.
- January 2005, Professional training course, **Food hygiene**, Progress Care & Education Ltd, Leyland, England.
- January 2005, Professional training course, **Manual handling**, Progress Care & Education Ltd, Leyland, England.
- January 2005, Professional training course, **Health & safety**, Progress Care & Education Ltd, Leyland, England.

## PUBLICATIONS – ARTICLES

- Sardi, I.** (2018) "The National Group for the Study of Optimism." In: *Regenerating for Health Promotion: Proceedings of the VI National SIPS Meeting*. Milan, October 1-2, 2018. Edited by Ardis, S., Guidi, G., Pacitti, M., and Scattola, P., Aonia Edizioni.
- Sardi, I.** (2016) "From Created to Creator: Reflections on the Use of the Systemic Approach as a Preventive Tool for Non-Clinical Young Couples with Children." *Maieutica, Journal of Training, Clinical Practice, and Research in Systemic and Relational Psychotherapy* (ISCRA Modena, I.T.F.F. Florence, IMePs Naples). [http://www.fiap.info/wp-content/uploads/2015/12/maieutica\\_indici.pdf](http://www.fiap.info/wp-content/uploads/2015/12/maieutica_indici.pdf)
- Sardi, I.** (2008) "Multimodal Therapy (MMT) and Technical Eclecticism: Comparison with Other Approaches." *Dysgu, The Family Institute Review*, 2, pp. 9-20. [https://uswvarious1.blob.core.windows.net/uswvarious-prod-uploads/documents/Dysgu\\_2.pdf](https://uswvarious1.blob.core.windows.net/uswvarious-prod-uploads/documents/Dysgu_2.pdf)
- Sardi, I.**, Northway, R., Jenkins, R., Davies, R., & Mansell, D. (2008). Family carers' opinions on learning disability services. *Nursing Times*, 104(11), 30-31. [Link](#)
- Wheeler, P., **Sardi, I.**, & Davies, R. (2007). "The experience of person-centred planning: A qualitative study of the experience of people with learning disabilities and their carers." Unit for Development in Intellectual Disabilities, University of Glamorgan: Treforest, Wales.
- Northway, R., **Sardi, I.**, Mansell, I., Jenkins, R. (2006). "Hopes and fears concerning service developments: A focus group study of the views of parents and family carers." *Disabilità, Trattamento, Integrazione*, June, p. 45.
- Northway, R., **Sardi, I.**, Mansell, I., Jenkins, R. (2006). "Hopes and fears: A study of the views of parents and carers concerning service developments." *Journal of Applied Research in Intellectual Disabilities*, 19(3), p. 240.

## PUBLICATIONS – REPORTS

- Jenkins, R., Davies, R., **Sardi, I.**, Llewellyn, P., Northway, R., O'Connor, C., Trudgeon, C., Keeling, D. (2009). *Adults with Learning Disabilities Presenting with Dementia*. Unit for Development in Intellectual Disabilities, University of Glamorgan. [Link](#)
- Jenkins, R., Netana, C., Llewellyn, P., Davies, R., **Sardi, I.**, Stackhouse, B., Collins, M., & Kay, A. (2009). *The Experience of Vulnerable Adults: Adult Protection Practice. Final Report*. University of Glamorgan.
- Llewellyn, P., **Sardi, I.**, Northway, R., Jenkins, R. (2008). *Learning Disability and Dementia: A Review of Recent Literature*. Unit for Development in Intellectual Disabilities, University of Glamorgan. [Link](#)

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Northway, R., **Sardi, I.**, Mansell, I., & Jenkins, R. (2006). *Hopes and Fears Concerning Service Developments*. Unit for Development in Intellectual Disabilities, University of Glamorgan.

Wheeler, P., **Sardi, I.**, & Davies, R. (2007). *The Experience of Person-Centred Planning: A Qualitative Study of the Experience of People with Learning Disabilities and Their Carers*. Unit for Development in Intellectual Disabilities, University of Glamorgan.

## TRANSLATIONS

From English to Italian, some chapters of the book *The Presence of the Absent: Therapy with Families and their Ghosts*, by Carlos Sluzki.

Collaboration with the Court of Pesaro.

## CONFERENCES – PRESENTATIONS

02-05 August 2006, **Sardi, I.**, Northway, R., Mansell, I., & Jenkins, R. *Hopes and Fears: A Study of the Views of Parents and Carers Concerning Service Developments*. 2nd International Congress of IASSID-Europe. 'Bridging Research, Policy, and Practice', Maastricht, Netherlands.

08-10 June 2006, **Sardi, I.**, Northway, R., Mansell, I., & Jenkins, R. *Hopes and Fears About Service Development: The Perspective of Parents and Family Members*. 6th National Congress. 'Disability, Treatment, Integration', Padua, Italy.

29 June – 03 July 2005, Dimitrov, I., & **Sardi, I.** *Comparative Characteristics of Parents' and Teachers' Representations for Pupils and Self-Images of Adolescents from Different Ethnocultural Groups* (poster). *Childhoods 2005 Oslo International Conference*. 'Children and Youth in Transforming and Emerging Societies', Oslo, Norway.

21-24 June 2004, **Sardi, I.**, Pieper, S., Brosschot, J. *Effects of High Heart Rate (HR) and Low Heart Rate Variability (HRV) on Anger* (poster). 18th Annual Conference of the European Health Psychology Society. 'Good Health: Person and Context', Helsinki, Finland.

29-31 March 2004, **Sardi, I.**, Pieper, S., Brosschot, J. *Effects of High Heart Rate (HR) and Low Heart Rate Variability (HRV) on Anger*. Opening Conference of ZIF Research Group. 'Emotions: An Interdisciplinary and Multicultural Perspective', Bielefeld, Germany.

22-26 August 2001, Dimitrov, I., **Sardi, I.** *The 'Ideal Child' and the 'Ideal Pupil' in the Representations of Bulgarian and Greek Parents and Teachers* (poster). 10th Annual Conference of the European Developmental Psychology Society, Uppsala, Sweden.

26-29 April 2001, **Sardi, I.** *Presentation of the Work of the Greek Alzheimer's and Related Disorders Association*. Bulgarian National Conference with International Participation. 'Private Psychiatric Practice', Kurdjali, Bulgaria.

## CONFERENCES – PARTICIPATIONS

13 September 2025, 3rd AIPMeL National Congress, **Promoting Well-Being and Preventing Risks in the Workplace**, Hotel Baia Flaminia, Pesaro.

09 November 2024, 2nd AIPMeL National Congress, **Stress, Mental Health, and Well-being at Work: New Challenges for Competent Physicians and Psychologists**, Hotel San Marino, San Marino.

09 November 2023, Conference, **Interrupted Youth: Coping with Growth**, ASUR<sup>15</sup> Marche, Pesaro.

04 December 2019, Conference, **Interrupted Youth and the Whole World Outside**, ASUR Marche, Pesaro.

01 March 2019, Conference, **Best Practices in Neuropsychological Assessment in Dementia and Multiple Sclerosis**, Order of Psychologists of Marche, Ancona.

14 December 2018, Conference, **Pathological Gambling and NET Addiction: From New Technological Therapies to Local Interventions**, ASUR Marche, Pesaro.

21 January 2017, **Conference, Quality of Life and Positive Aging: How to Add Life to Years**, Order of Psychologists of Marche, Ancona.

24 September 2016, Conference, **Nourishing well-being: The influence of psychological aspects in the main areas of health**, Order of Psychologists of Marche, Ancona.

20-21 June 2014, International Conference, **The Role of the Family in the Treatment of Eating Disorders: Knowledge and Care Systems in Comparison and Perspectives**, Ecology of the Mind and Nutrition Center, Misano Adriatico.

21-22 March 2014, International Congress, **Techniques and Tools in Systemic Clinical Practice**, Auditorium of the Province of Turin.

29-30 November 2013, International Conference, **Systemic Practices for Children and Adolescents: The Contribution of Gregory Bateson's Thought**, Social Studies Centre on Childhood and Adolescence "Don Silvio De Annuntiis," Scerne di Pineto, Teramo.

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<sup>15</sup> ASUR - Azienda Sanitaria Unica Regionale: Regional Unified Health Authority

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02-04 October 2009, Residential Seminar, Milanese Centre for Family Therapy. **The Tree of the Milan Approach: Roots, Trunk, and Branches**, European Congress Centre of Bellaria, Bellaria.  
20 October 2008, 1st Touch Trust Conference, **Inclusion, Integration, and Accessibility in the Arts**, Wales Millennium Centre, Cardiff, Wales.  
05 March 2008, 1st Annual Student Conference, **Communities of Practice**, Family Institute, Treforest, Wales.  
20 June 2007, **Together Against Abuse**, University of Glamorgan, Treforest, Wales.  
22 May 2007, **My Life: My Plan**, MacIntyre Charity, Birmingham, England.  
10-11 April 2006, 5th International Conference on the **Care and Treatment of Offenders with a Learning Disability**, University of Preston, England.  
**The 2006 International Online Autism Conference**, [www.awares.org](http://www.awares.org).  
18 November 2005, **Festival of Psychotherapy**, Wales Millennium Centre, Cardiff, Wales.  
12-13 September 2005, **Annual IPA Conference (Interpretative Phenomenological Analysis)**, University of Bristol, England.  
06 September 2005, **The All Wales People First Annual General Meeting**, Treforest, Wales.  
**The 2005 International Online Autism Conference**, [www.awares.org](http://www.awares.org).  
24-27 September 2003, **17th Annual Conference of the European Health Psychology Society: Gender, Culture, and Health**, Kos, Greece.  
17-20 January 2002, **2nd Pan-Hellenic Congress of Alzheimer's Disease**, Thessaloniki, Greece.  
27-30 September 2000, **South-East European Society for Neurology and Psychiatry**, Thessaloniki, Greece.  
13-16 January 2000, **1st Pan-Hellenic Congress of Alzheimer's Disease**, Thessaloniki, Greece.

## RESEARCH PROJECTS

2013 - 2015: "The Use of Systemic Approaches to Improve the Quality of Life in Non-Clinical Families with Young Children", ISCRA, Modenese Institute of Systemic and Relational Psychotherapy.  
2006 - 2008: "End of Life and Intellectual Disabilities: A Specialist Perspective on Palliative Care", Unit for Development in Intellectual Disabilities, University of Glamorgan.  
2006 - 2008: "Revealing the Hidden Transition: A Retrospective Study of the End-of-Life Phase for Adults with Intellectual Disabilities in Supported Respite Services", Unit for Development in Intellectual Disabilities, University of Glamorgan.  
2006 - 2008: "The Experience of Vulnerable Adults: Adult Protection Policy and Practice", Unit for Development in Intellectual Disabilities, University of Glamorgan.  
2005 - 2006: "Hopes and Fears Regarding Service Development: A Study of the Views of Parents and Family Carers of People with Intellectual Disabilities", Unit for Development in Intellectual Disabilities, University of Glamorgan.  
2005 - 2008: "The Experience of Person-Centered Planning: A Qualitative Study of the Experiences of People with Intellectual Disabilities", Unit for Development in Intellectual Disabilities, University of Glamorgan.  
2005 - 2008: "The Impact of a Care Pathway for People with Intellectual Disabilities Presenting with Dementia", Unit for Development in Intellectual Disabilities, University of Glamorgan.  
2005 - 2008: "The Needs of People with Intellectual Disabilities Developing Dementia: A Literature Review", Unit for Development in Intellectual Disabilities, University of Glamorgan.

## ACADEMIC TEACHING

**2005-2009: Bachelor of Nursing (Hons) (Learning Disabilities), University of Glamorgan, Wales**

- Self-harm in intellectual disabilities.
- Psychiatric disorders in intellectual disabilities.
- Psychiatric disorders in autism.
- Dramatherapy and people with intellectual disabilities.
- Cognitive Behavioral Approaches (CBT) in intellectual disabilities.
- Person-Centred Approach (Person-Centred Planning).

## PAST GROUP MEMBERSHIPS

- **SIPS**, Italian Society for Health Promotion, Member from 2017 to 2018.
- **BPS**, British Psychological Society, Membership No. 143730, active from December 2004 to December 2014, United Kingdom.
- **Faculty for Learning Disabilities (Special Interest Group)**, Part of the Division of Clinical Psychology, Membership No. 143739, active from January 2007 to December 2014, United Kingdom.



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- **AFT**, Association for Family Therapy, Member from January 2006 to December 2008, United Kingdom.
- **Odyssey (Hijinx Theatre, Drama Workshop for People with Disabilities)**, Active participant from September 2006 to January 2009, Cardiff, Wales.
- **EHPS**, European Health Psychology Society, Membership No. 1667, active from January to December 2005.
- **GAADDRD**<sup>16</sup>, Greek Association for Alzheimer's Disease and Related Disorders, Member from September 2000 to September 2002, Thessaloniki, Greece.

## Communication Skills

I possess exceptional interpersonal skills and excel at building and maintaining relationships in multidisciplinary environments. My strong communication abilities have been honed through extensive experience studying and working in multicultural settings across several European countries, including Greece, Bulgaria, the Netherlands, Germany, England, Wales, and Italy. This diverse exposure has equipped me with the adaptability and cultural awareness necessary to thrive in international and collaborative contexts.

## Organizational and Managerial Skills

I am adept at working both independently and collaboratively within team environments. My experience as a researcher has allowed me to develop robust logistical and administrative skills. Furthermore, I enhanced my editorial and organizational expertise by serving as the editor of an Intellectual Disabilities newsletter for one year.

## IT Skills

Proficient in utilizing a range of software and tools, including the Microsoft Office Suite, SPSS, N-Vivo, EndNote, AMSgra, and internet-based research applications.

**Driving Licenses** Category B Driving License.

Iliana Sardi, PsyD, Psychotherapist

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<sup>16</sup> Venues (all supervised by the Society): 1) Papanikolaou hospital, memory and dementia outpatients' dept, 2) house for elderly people, 3) Open protection centres for elderly, 4) Day Centre of Greek Alzheimer Society.