- Berlino
- +4901590 6764978
- gaia.porcelli@gmail.com

Gaia Porcelli

PROFESSIONAL PROFILE

Clinical Psychologist with over 7 years of experience in individual and group counseling, Employee Assistance Programs (EAP), and inclusive mental health interventions.

Specialized in **gender psychology, intercultural psychology, stress-related disorders, anxiety, and workplace mental health**, with a strong commitment to evidence-based, trauma-informed, and inclusive care.

Experienced in working with **diverse populations**, including expatriates, LGBTQIA+ individuals, neurodivergent clients, and multicultural teams. Adept at collaborating with HR teams, organizational leadership, and multidisciplinary professionals to design and deliver mental health programs aligned with both individual well-being and organizational goals.

CORE CLINICAL COMPETENCIES

- Individual & Group Clinical Psychology
- Employee Assistance Programs (EAP)
- Gender & Inclusive Clinical Psychology
- Workplace Mental Health & Burnout Prevention
- Anxiety, Stress & Emotional Regulation
- CBT, ACT & Mindfulness-Based Interventions
- Psychological Assessment & Treatment Planning
- Psychoeducational & Mental Health Workshops
- Multicultural & Expat Mental Health
- Interdisciplinary & Organizational Collaboration
- Integrated healthcare models

ADDITIONAL INFORMATION

CERTIFICATIONS & CONTINUOUS EDUCATION

- Understanding ADHD: Current Research and Practice

WORK EXPERIENCE

May 2022 - Current
Clinical Psychologist – EAP Provider Modern Health | Berlin

- Design and deliver **strategic EAP psychological interventions** aimed at improving employee mental health, reducing stress, and enhancing productivity.
- Provide **individual and group counseling** using evidence-based approaches (CBT, ACT, mindfulness, stress-management techniques).
- Collaborate with **HR teams and executive leadership** to develop inclusive corporate wellness programs aligned with organizational culture and DEI strategies.
- Monitor and evaluate EAP effectiveness through data analysis and employee feedback, ensuring continuous improvement and measurable outcomes.
- Develop **mental health resources** (articles, guides, workshops) to increase awareness, engagement, and psychological literacy within organizations.

December 2020 - Current
Clinical Psychologist Rise Above your Disorder | US (Remote)

- Deliver individual psychotherapy to a diverse international client base, addressing anxiety, mood disorders, trauma-related symptoms, and life transitions.
- Collaborate with multidisciplinary healthcare professionals to develop **personalized treatment plans**.
- Design and facilitate psychoeducational workshops to promote mental health awareness and adaptive coping strategies.
- Maintain ongoing professional development to remain aligned with current clinical research and best practices.

March 2019 - August 2022
Co-Curricular Educational Program Specialist Berlin Metropolitan School | Berlin

- Designed and coordinated **co-curricular educational programs** aimed at supporting students' psychological well-being, personal development, and social-emotional skills.
- Promoted **cultural, linguistic, and social inclusion** within a highly international school environment, fostering belonging and psychological safety among students from diverse backgrounds.
- Collaborated closely with teachers, school counselors, and administrative staff to integrate co-curricular activities into the broader educational framework, supporting a holistic approach to student development.
- Organized workshops, events, and conferences focused on **emotional regulation, interpersonal skills, creativity, and resilience**.
- Monitored and evaluated the psychological and educational impact of programs on students' well-being, engagement, and

academic functioning.

March 2019 - Current
Clinical Psychologist It's Complicated | Germany (remote)

- Provide individual and group psychotherapy with a focus on **gender psychology**, identity, relationships, and emotional regulation.
- Apply **Acceptance and Commitment Therapy (ACT)** to support clients in developing psychological flexibility and value-based behavioral change.
- Integrate mindfulness-based practices to reduce anxiety, stress, and emotional reactivity.
- Work collaboratively with other mental health professionals to ensure an integrated and client-centered approach.

EDUCATION

2017 - 2018
II level Master Post Degree | Forensic Neuropsychology and Psychopathology
University degli Studi di Padova, 2018

2017 - 2017
Erasmus Plus | Psychology and Gender Studies
Alpen Adria Universitaet, 2017

2015 - 2017
Master's degree | MSc in Clinical Dynamic Psychology
Università degli Studi di Padova, 2017

2012 - 2015
Bachelor's degree | BSc in Psychological Sciences of Personality & Interpersonal Relationships
Università degli Studi di Padova, 2015

CERTIFICATIONS

- Covid-19: Helping young people manage low mood and depression
- Stay Ahead of the AI Curve
- Anxiety in Children and young People during COVID-19
- Google AI Essentials Specialization
- Understanding ADHD: Current Research and Practice

LANGUAGE SKILLS

Spagnolo: B1
Intermediate

Inglese: C2
Upper advanced

Italiano: C2
Upper advanced

Tedesco: B1
Intermediate