

Maria A. Arias. G.

May 23th, 2025

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EDUCATION

M.S. in Clinical and Health Psychology - 2024
European University of the Atlantic

Bachelor Degree in Psychology - 2021
Paulínia University Center, Paulínia, São Paulo, Brazil

Bachelor of Education in Social Sciences - 2012
Catholic University of Táchira, San Cristóbal, Táchira, Venezuela

PROFESSIONAL EXPERIENCE

Clinic Psychology

Live Psychology, São Paulo, Brazil (06/2022 – Present)
Infinitely Institute, Psychology Clinic, Paulínia, São Paulo, Brazil (03/2022 – Present)

- Responsible for conducting psychological assessments, developing treatment plans, and providing psychotherapy to clients with diverse mental health issues.

Clinic Psychology Intern (08/2020 – 08/2021)

Paulínia University Center, Paulínia, São Paulo, Brazil

- Assisted in the administration of psychological tests, observed and conducted psychotherapy sessions under supervision, and participated in case discussions and treatment planning meetings.

RESEARCH EXPERIENCE

Independent Research Collaboration

Resilience, Mental Toughness, and Distress Tolerance: Relationships with Attitudes Toward Seeking Professional Counseling Help

Advisor: Dr. Dong Xie, Department of Psychology and Behavioral Sciences, Louisiana Tech University United States. (11/2024 – Present)

- Co-authored a theoretical literature review on resilience-related traits and help-seeking attitudes. Synthesized empirical studies, developed theoretical framework, and prepared manuscript.

Graduate Research

Support and Integration Program for Venezuelan Migrants with Post-Traumatic Stress Disorder in the Region of Campinas, State of São Paulo, Brazil (06/2023 – 2024)

Advisor Dr Deysi García, European University of the Atlantic

- Designed and assessed a program to mitigate PTSD symptoms and improve psychological well-being in Venezuelan migrants using qualitative and quasi-experimental methods.

Undergraduate Research

Attention Deficit And/OR Hyperactivity Disorder (ADHD): Impact On The Quality Of Life Of University Students (10/2020 – 12/2021)

Advisor Dr. Gabriela Fabbro Spadari, Paulínia University Center, Paulínia, São Paulo, Brazil

- Conducted a quantitative study to evaluate how ADHD symptoms affect university students' quality of life and academic adaptation using self-report scales and statistical analysis.

ADHD Symptoms and Academic Performance (10/2017 – 10/2018)

Advisor Dr. Celina Daspett, Paulínia University Center, Paulínia, São Paulo, Brazil

- Analyzed the relationship between ADHD symptoms and academic performance in students through descriptive statistical methods and self-report questionnaires.

ACADEMIC EXPERIENCE

Socio-Emotional Teacher

(01/2023 – 12/2023)

COC School, Paulínia, São Paulo, Brazil

- Facilitated socioemotional development and personal growth for elementary and middle school students.

SKILLS

- Application of Psychological Techniques and Instruments
- Differential Diagnosis
- Psychological Assessment
- Observation and Active Listening
- Adaptability and Flexibility
- Data analysis GenoPro SDK for developers

SCHOLARSHIPS AND AWARDS

Undergraduate Research Fellowship

(10/2017– 10/2018)

Paulínia University Center, Paulínia, São Paulo, Brazil

COMPLEMENTARY EDUCATION

Mental Health, Psychosocial Support, and Intercultural Approaches in Migration 30h (05/2025)

IOM - UN Migration

Resilience in Children Exposed to Trauma, Disaster and War: Global Perspectives 20h (03/2024)

University of Minnesota

Mental Health and Grief 30h (03/2024)

Federal University of Espirito Santo

Managing Emotions in Times of Uncertainty & Stress 9h (02/2024)

The Science of Well-Being for Teens - With honors 12h (02/2024)

Yale University

Socio-assistance Protection for Migrants in Situations of Vulnerability or Violation of Rights 30h

(12/2023)

Migrant Children and Adolescents 40h

(11/2023)

Migration and Health 30h

(11/2023)

Public Policies and Programs for Migrants 40h

(09/2023)

IOM - UN Migration

Psychological first aid 15h

(08/2019)

Autonomous University of Barcelona

AFFILIATIONS

Brazilian Psychology Society, São Paulo, SP, Brazil

(02/2024 – Current)

Regional Psychology Council, São Paulo, SP, Brazil - CRP 06/181514

(03/2022 – Current)

COMMUNITY SERVICE, OUTREACH AND VOLUNTEERING

International Volunteering & Service

Clinic Psychology

(11/2023 – Current)

United Nations Volunteers (UNV) – UNICEF Bolivia (*Remote*)

Provide free psycho-emotional support to children, adolescents, and families affected by domestic violence through UNICEF's *Safe Family Program* in Bolivia. Focus on crisis intervention, emotional containment, and trauma-informed care for vulnerable populations.