



Angela Russo

Date of birth: 13/08 | **Nationality:** Italian | **Gender:** Female

Psychologist, registered in the Register of Psychologists of the Sicily Region, Section A, num. 10729
PhD student, University of Catania

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● Work experience

07/2015 – PRESENT – Italy

TRAINING MANAGER – NOÉCOM: CENTER FOR PSYCHOLOGY AND EDUCATION

- Head of the First Level course in "Psychology of Communication" A.A. 2018/2019 & 2019/2020 & 2021/2022
 - Head of the Second Level course in "Psychology of Communication" A.A. 2019/2020, 2021/2022
 - Conducting 8 laboratories for A.A. on: "Effective communication and NLP, NLP communication techniques, Body language, Bioenergetics in relational dynamics, Strategic communication in relational systems, Transactional analysis and the script, Ego states, drives and injunctions in A. T, Emotions and Motivation, Emotions in Transactional Analysis, Self-Esteem and Leadership Styles, Individual and Organizational Personality Development, Coaching and Time Management, Conflict and Negotiation Processes, Multiple Intelligences and Goals, Innovation, Planning and change management "
 - Tutor of the "Communication & Leadership" course 2015/2016, 2016/2017, 2017/2018.
 - Analysis of needs, planning and monitoring of results in company training courses
 - Tutoring in parent-child-teacher courses
 - Promotion of courses, events, conferences.
 - Thesis revision and proofreading of texts.
- www.noecom.it

03/2022 – PRESENT

PSYCHOLOGIST, FREELANCE – COURT FOR MINORS OF CATANIA

Main areas: M-PSI / 05 - Legal Psychology

- Auxiliary technician of the Office Technical Consultant, with participation in activities and psychodiagnostic evaluations
- Technical office consultancy in the civil field.

03/2022 – PRESENT

PSYCHOLOGIST, FREELANCE – FREELANCE

Main areas: M-PSI / 04 - Developmental Psychology; M-PSI / 06 - Psychology and career guidance; M-PSI / 08, Clinical Psychology

- Psychological counseling for pre-adolescents, adolescents, young adults
- Psychological counseling for couples

07/2022 – 09/2022

CAREER COUNSELING WITH PEOPLE WITH MIGRATION EXPERIENCES – SAVE THE CHILDREN | CIVICOZERO CATANIA

Main areas: M-PSI/06 – Work Psychology and career guidance.

Main activities: university and/or professional guidance for young adults with migration experiences at the Save The Children day center - CivicoZero Catania - dedicated to the protection and promotion of the integration of unaccompanied foreign minors and young adults and in particular of those most vulnerable and at risk of violence, abuse or exploitation.

07/2022 – 09/2022

TEACHER IN BUSINESS TRAINING COURSE – CENTOCINQUANTA S.R.L.

Main areas: M-PSI/06 – Work and organizational psychology.

Main activities: 15 hours of training for a company in the Catanese area on the topic of "Team building", as part of the project financed by Fondimpresa, that is the Interprofessional Joint Fund for the continuous training of workers, established pursuant to Article 118 of Law 388/2000 and recognized, by decree of 28/11/2002, by the Ministry of Labor and Social Policies.

11/2021 – PRESENT

TEACHING ASSISTANT OF SOCIAL PSYCHOLOGY (M-PSI/05) – UNIVERSITY OF ENNA, KORE

Main area: M-PSI/05 - Social Psychology.

Main activities: Appointed teaching assistant of Social Psychology, consisting of support activities for the chair of Social Psychology and collaboration in research activities.

03/2022 – 05/2022 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI04 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of two Laboratory named "Psycho-educational and didactic interventions with behavioral disorders", 20 hours, within the training courses for the achievement of the Specialization for educational support activities for pupils with disabilities - VI cycle, AA 2020/2021, ordinary cycle.

03/2022 – 05/2022 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI04 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Psycho-educational and didactic interventions with relational disorders", 20 hours, within the training courses for the achievement of the Specialization for educational support activities for pupils with disabilities - VI cycle, AA 2020/2021, ordinary cycle.

03/2022 – 05/2022 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI07 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Languages and non-verbal communication techniques", 20 hours, within the training courses for the achievement of the Specialization for didactic support activities for pupils with disabilities - 6th cycle, AA 2020/2021, ordinary cycle.

01/2022 – 03/2022 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI04 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of two Laboratory named "Psycho-educational and didactic interventions with behavioral disorders", 20 hours, within the training courses for the achievement of the Specialization for educational support activities for pupils with disabilities - VI cycle, AA 2020/2021, reserved for those eligible for previous cycles.

01/2022 – 03/2022 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI04 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Psycho-educational and didactic interventions with relational disorders", 20 hours, within the training courses for the achievement of the Specialization for educational support activities for pupils with disabilities - VI cycle, AA 2020/2021, reserved for those eligible for previous cycles.

01/2022 – 03/2022 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI07 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Languages and non-verbal communication techniques", 20 hours, within the training courses for the achievement of the Specialization for didactic support activities for pupils with disabilities - 6th cycle, AA 2020/2021, reserved for those eligible for previous cycles.

05/2021 – 11/2021

PROFESSIONAL INTERNSHIP IN PSYCHOLOGY, SECOND SEMESTER – OPERATIVE UNIT OF NEUROPSYCHIATRIC SERVICES FOR CHILDREN AND ADOLESCENTS, ASP N.8 of Syracuse

Tutor: Dr. Salvatore Migliore

Main areas: M-PSI/04 - *Developmental and Educational Psychology & Educational Psychology*; M-PSI/08, Clinical psychology.

Main activities: start professional practice under supervision; psychological assessment of people in developmental age through the administration, scoring and interpretation of psychodiagnostic tools; interventions of individual support and prevention of psychological distress aimed at children and adolescents; caregiver counseling; activities related to the integration of diversified minors in schools L.104 / 92, in a Multidisciplinary Unit; assessment in clinics dedicated to specific learning disorders (SLD); clinical evaluation and taking charge at the request of the Courts.

05/2021 – 06/2021 – Catania, Italy

UNIVERSITY PROFESSOR M-PSI/04 – UNIVERSITY OF CATANIA

Professor, for the Lower Secondary School, of two Laboratories "Psycho-educational and didactic interventions with behavioral disorders" (Group 2, 20 hours), within the training courses for the achievement of the Specialization for didactic support activities for pupils with disabilities - 5th cycle, AA 2019/2020.

05/2021 – 06/2021 – Catania, Italy

UNIVERSITY PROFESSOR M-PSI/04 – UNIVERSITY OF CATANIA

Professor, for the Lower Secondary School, of two Laboratories "Psycho-educational and didactic interventions with behavioral disorders" (Group 4, 20 hours), within the training courses for the achievement of the Specialization for didactic support activities for pupils with disabilities - 5th cycle, AA 2019/2020.

02/2021 – 06/2021 – Siracusa, Italy

EDUCATOR – SOCIAL COOPERATIVE SOCIETY ESPERIA 2000

Home educator for adolescents, with the aim of preventing early school leaving, increasing school performance and improving psycho-physical well-being.

03/2021 – 05/2021 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI04 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Psycho-educational and didactic interventions with behavioral disorders", 20 hours, within the training courses for the achievement of the Specialization for educational support activities for pupils with disabilities - V cycle, AA 2019/2020, reserved for those eligible for previous cycles.

03/2021 – 05/2021 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI04 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Psycho-educational and didactic interventions with relational disorders", 20 hours, within the training courses for the achievement of the Specialization for educational support activities for pupils with disabilities - V cycle, AA 2019/2020, reserved for those eligible for previous cycles.

03/2021 – 05/2021 – Messina, Italy

UNIVERSITY PROFESSOR M-PSI07 – UNIVERSITY OF MESSINA

Professor, for the Lower Secondary School, of the Laboratory "Languages and non-verbal communication techniques", 20 hours, within the training courses for the achievement of the Specialization for didactic support activities for pupils with disabilities - V cycle, AA 2019/2020, reserved for those eligible for previous cycles.

02/2021 – 03/2021 – Siracusa, Italy

TEACHER OF "ORGANIZATIONAL COMMUNICATION TECHNIQUES" – PASSWORK SOCIAL ENTERPRISE SCS ONLUS

Teacher of the course of "Organizational communication techniques", 20 hours, aimed at 12 inmates of the Cavadonna Prison of Syracuse, within the training course for "Baker confectioner" at Pass Work, a training institution accredited by the Sicilian Region, CIR ACZ767.

11/2020 – 05/2021 – Enna, Italy

PROFESSIONAL INTERNSHIP IN PSYCHOLOGY, FIRST SEMESTER – UNIVERSITY OF ENNA, KORE

Tutor: Prof.ssa Paola Magnano

Main areas: M-PSI/05 - Social Psychology; M-PSI/06 - Psychology of Work and Organizations & Psychology of educational and career guidance

Main activities: conducting bibliographic research, participation in in-depth seminars on educational and professional orientation, participation in workshops aimed at strengthening psychological resources, planning interventions in the school and professional context, carrying out needs analysis, building tools for measuring and monitoring psychological characteristics, carry out the scoring of tools, qualitative and quantitative analysis of data, drafting of scientific articles.

01/2020 – 01/2021 – Enna, Italy

TUTOR FOR STUDENTS WITH SPECIAL NEEDS – UNIVERSITY OF ENNA, KORE

Support and assistance to students with disabilities, SLD, and / or SEN, to promote integration and autonomy.

Didactic support to a student for writing a thesis entitled "Disability seen from within: history, literature and didactics for integration".

01/2020 – 04/2021 – Catania, Italy

PERSONNEL SELECTION, TRAINING AND MANAGEMENT – PYRAMIS COSTRUZIONI S.R.L.

Occasional service in a family-run company specializing in seismic and energy efficiency interventions.

www.pyramiscostruzioni.it

11/2015 – 01/2020 – Catania, Italy

RESPONSIBLE FOR PUBLIC RELATIONS AND PERSONNEL MANAGEMENT – PYRAMIS COSTRUZIONI SRL

Family-run company specializing in seismic and energy efficiency interventions.

www.pyramiscostruzioni.it

01/2018 – 07/2018 – Enna, Italy

VICEPRESIDENTE DELL'AREA PER GLI SCAMBI DI VOLONTARIATO ALL'ESTERO – AIESEC ITALY

- Establish and maintain contacts and relationships with over 120 international partners

- Market analysis and goal planning

- Planning of events, sales and advertising campaigns

- Management and monitoring of the team and activities

- Management and support of volunteers abroad

www.aiesec.org

08/2014 – 08/2016 – Milano, Italy

INDEPENDENT PARTNER – LR HEALTH & BEAUTY SYSTEMS

Direct sales of health and beauty products + Team training

www.LRworld.com

● EDUCATION AND TRAINING

11/2021 – 11/2024 (in progress)

EDUCATIONAL PROCESSES, THEORETICAL-TRANSFORMATIVE MODELS AND RESEARCH METHODS APPLIED TO THE TERRITORY – EQF8 –

University of Catania

Winner of the PhD with a scholarship at the Department of Educational Sciences of the University of Catania.

The research activities focus on the psychology of work and organizations, with particular attention to the construction of measures and the development of programs to promote psychological skills that favor sustainable career paths and the improvement of individual and organizational well-being.

16/12/2022

QUALIFIED TO PRACTICE AS A PSYCHOLOGIST - University of Enna, Kore

Professional examination for the qualification to practice as a psychologist

03/2021 – 11/2021

MASTER IN PSYCHODIAGNOSTICS. TECHNIQUES AND TOOLS FOR PSYCHOLOGICAL ASSESSMENT – Gestalt Institute, HCC Italy

Scientific Committee: Prof. Santo Di Nuovo, Dott. Fulvio Giardina, Dott.ssa Margherita Spagnuolo Lobb (Director)

Methods: 150 teaching hours, with exercises on the administration and processing of reagents and the study of cases in small groups.

Training modules: Personality assessment with inventories (MMPI-2, MMPI-A, BFQ, PAI), Organizational stress assessment, Psychopathology, trauma and dissociation assessment, Intelligence assessment (WAIS-IV, WISC IV, SPM, CPM), Psychological assessment in school age: Specific Learning Disorders and Special Educational Needs, Psychological assessment through graphic and projective tests, Psychological assessment through Rorschach, Diagnosis of transversal skills (self-esteem, social skills, performance anxiety, etc.), Neuropsychological assessment of adults, Assessment in the legal field, Final assessment.

01/2021 – 02/2021

COURSE FOR HUMAN RESOURCES MANAGEMENT AND NEW SOCIAL RECRUITING PROCESS 4.0 – TalentForm S.P.A.

Theoretical-practical course of 248 hours with exercises on macro-topics: the company system (e.g. organizational analysis, analysis of organizational culture, organizational climate, organizational well-being and malaise), external and internal organizational communication (e.g. stakeholder analysis, CSR / RST, communication plan, conflict management, cognitive bias, cross cultural management, mediatization), the management of human resources (cycle of the value of human resources) in its forms of personnel selection and evaluation (e.g. job profile and analysis, E-social recruiting and screening, evaluation with assessment center, and individual and group tests and tests, placement), staff training and development (e.g. training needs analysis and audit, training ROI, skills assessment, training planning and administration), personnel administration (e.g. attendance registration, payroll management, remuneration and bonus policies) and organization of staff work (e.g. job design, Work & Life balance, improve performance, job evaluation), safety and health in the workplace, rights and duties of temporary workers.

25/04/2019 – 28/04/2019

INTENSIVE BASIC PNEIMED COURSE, PNEI MEDITATION – Italian Society of PsychoNeuroEndocrinImmunology (SIPNEI)

Subjects: the psyche-brain-body relationships: influences of the brain on the body: stress system and diseases, the influences of the brain on the body: emotions and diseases, the influences of the body on the brain: food and physical activity, the effects of techniques anti-stress on the brain and on health in general, the PNEIMED Method: effectiveness tests with controlled experiments, anti-stress meditative techniques: philosophical foundations, relaxation, breathing, visualizations.

09/2018 – 11/2020

MASTER'S DEGREE IN CLINICAL PSYCHOLOGY (LM-51) - EQF7 – University of Enna, Kore

Mark: 110/110 cum laude

Thesis: " Problematic Internet Use, Attachment, and Emotional Regulation: A Research on the Role of Guilt and Shame". Thesis supervisor: Prof. Adriano Schimmenti

Internship - Career guidance. Collaboration for the realization of PON Projects in various secondary schools of first and second degree of the Sicilian territory. **Activities:** assessment of interests, attitudes and abilities through the use of questionnaires and narration, exploration and assessment of areas of strength and areas to improve relating to self and the interaction between contextual and personal variables, identification of significant objectives (goal setting) through self-reflection interventions, planning, realization and administration of individual and group cards and exercises to identify professional values, self-efficacy, work representation, decision-making styles and to increase transversal skills, facilitation of orientation information in order to promote conscious choices in the transition between the various cycles of university or professional education and training.

09/2017 – 09/2018

COURSE IN COMMUNICATION PSYCHOLOGY "SECOND LEVEL" – NoéCom: Center for Psychology and Education

Theoretical-practical training course, 120 hours, Catania, with passing the final exam (group thesis, written and oral exam).

Training modules: Emotional NLP strategies, Bioenergetics in relational dynamics, Introduction to systemic-relational psychology, Ego states, drives and injunctions in A. T, Emotions in Transactional Analysis, Individual and organizational personality development, Conflict and negotiation processes, Innovation, planning and change management.

www.noecom.it

09/2014 – 09/2015

COURSE IN COMMUNICATION PSYCHOLOGY & LEADERSHIP "FIRST LEVEL" – NoéCom: Center for Psychology and Education

Theoretical-practical training course, 100 hours, Catania, with passing the final exam (thesis, written and oral exam).

Training modules: Emotional NLP communication, body language, strategic communication, transactional analysis and the script, emotions and motivation, self-esteem and leadership styles, coaching and time management, multiple intelligences and objectives.

www.noecom.it

09/2015 – 07/2018

BACHELOR'S DEGREE IN PSYCHOLOGICAL SCIENCES AND TECHNIQUES (L-24) – EQF6 – University of Enna, Kore

Mark: 110/110

Thesis: " Decent Work: From Construct to People and from People to Construct". Thesis supervisor: Prof. Paola Magnano

Internship – Career guidance with vulnerable people. Qualitative study on the representation of decent work in people with social vulnerability: bibliographic research, elaboration of the research design (research and selection of the sample and of the research tool), collection of data with individual interviews and focus groups, qualitative and quantitative analysis of data, drafting of the research report.

● LANGUAGE SKILLS

Native language: ITALIAN; Other Languages: ENGLISH, SPANISH

| | UNDERSTANDING | | SPEAKING | | WRITING |
|----------------|---------------|---------|--------------------|-------------------|---------|
| | Listening | Reading | Spoken interaction | Spoken production | |
| ENGLISH | B2 | B2 | B2 | B2 | B2 |
| SPANISH | B1 | B1 | A2 | A2 | A2 |

Levels: A1 and A2: Basic user - B1 and B2: Independent user - C1 and C2: Proficient user

- **Certification 6.5 IELTS Exam 2019**
- **B2 Cambridge English First FCE Exam 2017 certification**
- EF CELT Test Report Form at level B1 (Test developed by Cambridge ESOL Exams for EF). (2013)
- General English course at B1 level, at the European School of English, Malta (2012)
- English language course, on the campus of Seton Hall University (NY). (2011)

● OTHER EDUCATIONAL EXPERIENCES

Volunteering and international experiences

- **International Volunteer Experience AIESEC "El Orfanato 6.1", at the Bollegala orphanage, B214, North Colombo (Sri Lanka).** From 5 October to 2 November 2017. The voluntary activity, carried out to contribute to the sustainable development goal "Quality education", consisted of: work with orphaned children between the ages of 5 and 16; collaborate with an international group of trainees by improving team spirit and communication skills; teach English to children and develop their soft skills; explore cultural differences and actively engage in Sri Lankan social issues.
- **Participation in the "Change the World Model United Nations - New York", March - April 2019, United Nations Headquarters, NY, USA:** international meeting with the aim of creating a simulation of the work of the supranational bodies belonging to the vast network of the United Nations.
- **Volunteering at the municipal nursery school c / da Ferrante, Enna (Italy) and Coop. "Social A.S.M.I.D.A." a.r.l. (Onlus), 03/2016 to 05/2016, Enna (Italy).**

First aid

Training course at Ippocrate Medicina e Lavoro S.R.L., November 2018

Summer Schools - Psychology

- **Summer School Erasmus + "Intercultural Skills For Future Specialist Dealing With Refugees"**, in "Landmarks for immigrants' and refugees 'psychological counseling". With a final production entitled "A" mentally disturbed migrant "or a" person who migrates and has a mental illness "?". 30 hours. 17 - 21 June 2019. Kore University of Enna.
- **Summer School "Factor analysis and principal component analysis."** Prof. Alberto Marradi (Emeritus, University of Florence). 26-30 August 2019. Paideia Association.
- **Summer School "Multivariate analysis for social research"**. Teachers: Prof. Gaetano "Nino" Miceli and Prof. Antonietta Raimondo. From 07/25/2022 to 07/29/2022, University of Calabria.
- **Summer School "Introduction to structural equation models with R"**. Director: Prof. Fabio Presaghi. From 14/06/2022 to 17/06/2022, for a total of 32 hours (4 CFU), Sapienza University of Rome.
- **Summer School "Qualitative Methods for psychological research"**. Professors: Prof. Jonathan Smith, Professor of Psychology, Department of Psychological Sciences, Leader of the Interpretative Phenomenological Analysis Research Group (IPARG) at Birkbeck University of London, and Prof. Erminia Colucci, Associate Professor in Visual and Cultural Psychology, Department of Psychology, Middlesex University London. From 07/18/2022 to 07/21/2022, for a total of 16 hours. Italian Psychology Association.
- **Summer School ECADOC 9th edition "Social and Emotional Learning (SEL) and Career Guidance and Counseling"** - European Doctoral Program in Career Guidance and Counseling (ECADOC), organized by the European Society for Vocational Designing and Career Counseling (ESVDC) and by Network for Innovation in Career Guidance and Counseling in Europe (NICE). The project, founded by the Erasmus program from 2009 to 2015 and funded by the European Commission as part of the Lifelong Learning Program from 2013 to 2016, is aimed at offering participants the opportunity to present and discuss their research projects in the career guidance and career counseling, to broaden knowledge on different research methods, to network with colleagues and senior researchers from other countries. From 06/09/2022 to 10/09/2022, at Universum College, Pristina, Kosovo and online.

Main seminars – Psychology

- Seminar "VII National Conference of Neuroscience, Neuropsychology and Psychotherapy: building in the digital age: from hyper-connected and distant to close and tuned", at the University of Catania.
- Seminar "The clinical applications of Gestalt psychotherapy", Institute of Gestalt HCC Italy, School of Specialization in Psychotherapy.
- Seminar "The body beyond the mind: an integrated vision through Psycho-Neuro-Endocrine-Immunology (PNEI), University of Enna.
- Seminar "Skills and role of the psychologist in contemporary society" at Unikore
- Seminar "Models of rehabilitation intervention in neuro-psychomotor handicap", at Unikore
- Seminar "A reality for care: comparison paths of knowledge", at Unikore
- Participation in the seminar "Foreign Minors, migratory landscapes and intercultural education", 14-12-2018, Kore University of Enna.
- Participation in the seminar "LGBTQ + Psychology", 19-12-2018, Kore University of Enna.
- Participation in the seminar "Violent traumatic experience fields: damage and treatment" 11-04-2019 Kore University of Enna.

- Participation in the seminar "" Criminology, Psychology and Graphology: Crimes and Criminals ", 10-05-2019, Kore University of Enna.
- Participation in the seminar "When work in CTA becomes stimulus, training and creative activity", 05.17-2019, Kore University of Enna
- Participation in the seminar "The role of the psychologist in penitentiary treatment", 20-05-2019, Kore University of Enna
- Participation in the seminar "International Final Conference" Hostis-Hospes. Connecting people for a Europe of Diversities "27 / 28-05-2019, Kore University of Enna.
- Participation in "Sicilian Days of Psychotraumatology and Psych. of the Emergency ". 5 / 6-09-2019. Psychologists for Peoples, Sicilian Region.
- Participation in the seminar "Mindfulness for two: a conversation with Kelly Wilson", 01-10-19, Kore University of Enna.
- Participation in the Conference "Anxiety in the digital age, between Pathology and Health. 12-10- 2019. Auditorium "Giancarlo DeCarlo"-Benedictine Monastery, Catania.
- Participation in the Webinar: Hope in Action - Applying an integrated counseling / coaching approach, 30-11-2020, The International Association for Educational and Vocational Guidance and Euroguidance
- Participation in "IOLAVORO digital edition and / or Orientation to Professions WorldSkills digital edition" organized by the Piemonte Lavoro Agency, 2-3 December 2020, with the webinar entitled ORIENTATION IN DIGITAL, Orientation System, Piedmont Region.
- Participation in the course "Acceptance, Mindfulness and Compassion to cross the second wave of COVID-19", 16-12-2020, with Prof. Paolo Moderato
- Participation in "The orientation in support of the National Recovery and Resilience Plan", 05-07-2021, Italian Society for Vocational Guidance (SIO).
- Participation in the in-depth course "Connecting Career Counseling and Human Resource Development in Enterprises for Higher Education and Training in Practice", as part of the program: Erasmus + KA2 - Strategic Partnerships for Higher Education Project No .: 2019-1-DE01-KA203 . Coordinator: Hochschule der Bundesagentur für Arbeit (HdBA - Mannheim, Germany). Participating countries: Italy, Austria, the Netherlands, Greece, Serbia, Lithuania. 18 and 26 May and 1 June 2022.
- Participation in the workshop "Psychotherapy with the LGBTQIA + population", 28/29-05-2022, held by Dr. Antonella Montano and Dr. Roberta Rubbino, organized by the Tolman Institute, School of Cognitive Behavioral Psychotherapy.

● DIGITAL SKILLS

Good knowledge of SPSS & Jamovi & JASP statistical software ■ Excellent knowledge of the Office package (Word, Power Point, Excel)

● DRIVING LICENSE

Driving license: B

● FURTHER INFORMATION

Scientific society membership

- Member of the **working group "Orientation across the life span" of the Order of Psychologists of the Sicily Region**, with the aim of spreading the culture of orientation throughout the life span, in different contexts and with different types of people .
- Affiliated member of the **Italian Association of Psychology (AIP)** which, since 1992, is the national reference point for psychologists working in universities and research institutions.
- Adherent member of the **Italian Society for Vocational Guidance (SIO)**, which brings together teachers, university researchers and professionals working in the field of guidance in order to protect people through different tools and methodologies, including the increase of self-determination, self-regulation, empowerment, assertiveness and the increase of available supports and resources.
- Affiliated member of the **Italian Society of Positive Psychology (SIPP)** which brings together professors, university researchers and professionals who promote the theory, research and practice of Positive Psychology, in order to promote the Quality of Life, Psychological Wellbeing and Health, in individual life, in the working one and in the family and social one.

Lessons by invitation

- Lecture in the project "Evaluation of agro-ecological development potential through transnational cooperation and entrepreneurial innovation". Project activity: short-term joint staff training events of Project Erasmus + 2019-1-RO01-KA203-063939. Title of the lesson: "Nudging for Agenda 2030: Encouraging Sustainable Food Choices". 09-06-2022
- Lecture in the project "Paths for Cross Skills and Orientation", entitled "The figure of the researcher in Education Sciences", approved by the Department of Education Council of the University of Catania. Title of the lesson: "Sustainable careers", at the Mario Cutelli National High School. 04-05-2022.
- Laboratory entitled "Psychological tests and deontology of psychological research: in-depth study on the ethical formulation of items", as part of the "Cycle of guided workshops" Deontology and ethics in research "relating to the indirect internship for degree courses in Science and Psychological Techniques (L-24) and Psychology (LM-51), at the Department of Education, University of Catania. 05-14-2022, 9.00 - 13.00.

Publications in international scientific journals

- Zammitti, A., **Russo, A.**, Magnano, P., & Guarnera, M. (2022). Work Engagement as a Moderating Factor between Positive Attitude toward Smart Working and Job and Life Satisfaction. *European Journal of Investigation in Health, Psychology and Education*, 12(7), 781-791. <https://doi.org/10.3390/ejihpe12070057> (SCOPUS Index; EISSN 2254-9625)
- **Russo, A.**, Santoro, G., & Schimmenti, A. (2022). Interpersonal Guilt and Problematic Online Behaviors: The Mediating Role of Emotion Dysregulation. *Clinical neuropsychiatry*, 19(4), 236–247. <https://doi.org/10.36131/cnfiorteditore20220406> (SCOPUS Index; EISSN 2385-0787).

- Zammiti A., Imbroglia C., **Russo A.**, Zarbo R., Magnano P. (2021). The Psychological Impact of Coronavirus Pandemic Restrictions in Italy. The Mediating Role of the Fear of COVID-19 in the Relationship between Positive and Negative Affect with Positive and Negative Outcomes. *European Journal of Investigation in Health, Psychology and Education*. 11(3):697-710. <https://doi.org/10.3390/ejihpe11030050> (SCOPUS Index; ISSN Number: 2254-9625)
- Zammiti A., Scuderi V., **Russo A.** (2020). Perceived career parental support and identity development: a study on adolescents. *Interdisciplinary Journal of Family Studies*, XXV,1/2020, 27-46. (SCOPUS Index; ISSN Number: 2282-2011)
- Zammiti, A., **Russo, A.**, Santisi, G., & Magnano, P. (2021). Personal Values in Relation to Risk Intelligence: Evidence from a Multi-Mediation Model. *Behavioral Sciences*, 11(8), 109. <https://doi.org/10.3390/bs11080109> (ISSN Number: 2076-328X)

Organization of Scientific Congresses

- Member of the Organizing Committee and of the Scientific Committee of the Congress "Career counseling as a tool to achieve the objectives of the 2030 Agenda", proposed by the "Orientation across the life span" Group of the Order of Psychologists of the Sicily Region and organized in collaboration with Kore University of Enna. December 2, 2022. University of Enna. Themes: orientation and social orientation, orientation and school, work and decent work, tools to promote professional planning, training of counselors and active labor policies.

Publications of abstracts

- **Russo A.** (2023, January 23–25). *Online psychological flexibility training for career development* [Congress presentation abstract]. Canada's Career Development Conference, Cannexus conference23 by CERIC, Virtual + In-Person, Shaw Centre, Ottawa, Canada.
- **Russo A.**, Scaglione S., Scala M., Zammiti A. (2022, Dicembre 2). *Thinking about the future during detention: qualitative research on representations of work, decent work and life planning* [Congress presentation abstract]. Congress "Guidance as a tool to achieve the objectives of the 2030 Agenda", Order of Psychologists of the Sicily Region, Kore University of Enna, Italy
- **Russo A.**, Santisi G. (2022, September 26–30). Psychological flexibility and work engagement as moderators in the relationship between the workaholism antecedents of perfectionism and workload and the consequence of well-being [Congress presentation abstract]. XXX Congress of the Italian Psychology Association, University of Padua.
- **Russo A.** (2022, September 26–30). Self-efficacy, optimism, and hope as boosters of the effect of perceived parental career-related support on adolescent life satisfaction. [Conference presentation abstract in **Symposium**: "Negotiating the challenges for a sustainable and inclusive society: the role of psychological resources and external support"]. XXX Congress of the Italian Psychology Association, University of Padua.
- **Russo A.**, Zammiti A., Zarbo R., Magnano P., Santisi G. (2022, September 6-10). Promoting psychological flexibility for career development: pilot study of an online psychological flexibility training with future support teachers [Conference presentation abstract]. Network for Innovation in Career Guidance and Counseling in Europe - Deep-Human Competences, Career Development and Counseling, Pristina, Kosovo.
- Santoro G., **Russo A.** (2022, September 26–30). *Guilty in virtual environment: the mediating role of emotion dysregulation in the relationship between interpersonal guilt and problematic online behaviors*. [Conference presentation abstract in **Symposium**: "Psychodynamic, clinical, and psychosocial domains of problematic online behaviors: towards an integrated framework"]. XXX Congress of the Italian Psychology Association, University of Padua.
- **Russo A.**, Zammiti A., Zarbo R., Magnano P., Santisi G. (2022, 10-11 June). *Psychological flexibility and career adaptability as resources to promote subjective well-being* [Presentation of abstracts at the Congress]. XIV National Days 14th National Days of the Italian Positive Psychology Society, Federico II University of Naples.
- **Russo A.**, Zammiti A., Zarbo R., Magnano P., Santisi G. (2022, 10-11 June). *Meaning of Work, Psychological Flexibility and Work Engagement as Resources to Promote Wellbeing* [Abstract Presentation at Congress]. XIV National Days 14th National Days of the Italian Positive Psychology Society, Federico II University of Naples.
- **Russo A.**, Magnano P., Zarbo R., Zammiti A., Imbroglia C., Santisi G. (2022, January 14). *Career Indecision and Quality of Life: The Role of Career Readiness and Coping Strategies* [Abstract Presentation at Congress]. Preatti of the XXI National Congress of the Italian Society for Vocational Guidance (SIO). The orientation that is on the right side: of inclusion, sustainability and social and environmental justice, University of Padua.
- Zammiti A., Zarbo R., **Russo A.**, Imbroglia C., Magnano P. (2022, January 14). *Thinking about the future during the pandemic period: a career intervention to favor the professional planning of university students* [Presentation of abstracts at the Congress]. Preatti of the XXI National Congress of the Italian Society for Vocational Guidance (SIO). The orientation that is on the right side: of inclusion, sustainability and social and environmental justice, University of Padua.
- **Russo A.**, Imbroglia C., Zammiti A., Magnano P. (2020, 8-9 October). *Emotions, satisfaction and life orientation at the time of COVID-19*. [Abstract in Symposium: Studying and working at home in times of lockdown: resources, strategies and future perspectives]. Preatti of the XX National Congress SIO. Culture and orientation: trajectories to defeat inequalities and prevent school and work exclusion.
- Zammiti A., **Russo A.** (2020, 8-9 October). *From upper secondary school to university: orientation experiences for easy choices* [Presentation of abstracts at the Congress]. Preatti of the XX National Congress SIO. Culture and orientation: trajectories to defeat inequalities and prevent school and work exclusion.
- **Russo A.**, Magnano P. (2019, October 17-19). *Self-image in institutionalized children: an exploratory study conducted in Sri Lanka* [Abstract presentation at Congress]. Preatti of the XIX National Congress SIO. Inclusive and sustainable orientation: research, tools, actions. University of Catania - Kore University of Enna.
- Magnano P., Zammiti A., Broccio L., Failla F., **Russo A.** (2018, 21 - 23 June). *The representation of decent work in people with social vulnerability* [Abstract in Symposium: Orientation in situations of hardship]. Preatti of the XVIII SIO Congress. The contribution of guidance and counseling to the 2030 Agenda, University of Roma Tre.

Presentations at conferences and congresses

- **Russo A.** (2023, January 23–25). *Online psychological flexibility training for career development* [Congress presentation abstract]. Canada's Career Development Conference, Cannexus conference23 by CERIC, Virtual + In-Person, Shaw Centre, Ottawa, Canada.
- **Russo A., Scaglione S., Scala M., Zammiti A.** (2022, Dicembre 2). *Thinking about the future during detention: qualitative research on representations of work, decent work and life planning* [Congress presentation abstract]. Congress "Guidance as a tool to achieve the objectives of the 2030 Agenda", Order of Psychologists of the Sicily Region, Kore University of Enna, Italy
- **Russo A., Santisi G.** (2022, September 26–30). Psychological flexibility and work engagement as moderators in the relationship between the workaholism antecedents of perfectionism and workload and the consequence of well-being [Congress presentation abstract]. XXX Congress of the Italian Psychology Association (AIP), University of Padua.
- **Russo A.** (2022, September 26–30). Self-efficacy, optimism, and hope as boosters of the effect of perceived parental career-related support on adolescent life satisfaction. [Conference presentation abstract in Symposium: "Negotiating the challenges for a sustainable and inclusive society: the role of psychological resources and external support"]. XXX Congress of the Italian Psychology Association, University of Padua.
- **Russo A., Zammiti A., Zarbo R., Magnano P., Santisi G.** (2022, September 6-10). Promoting psychological flexibility for career development: pilot study of an online psychological flexibility training with future support teachers [Conference presentation abstract]. Network for Innovation in Career Guidance and Counseling in Europe - Deep-Human Competences, Career Development and Counseling, Pristina, Kosovo.
- **Russo A., Zammiti A., Zarbo R., Magnano P., Santisi G.** (2022, 10-11 June). Psychological flexibility and career adaptability as resources to promote subjective well-being [Presentation of abstracts at the Congress]. XIV National Days 14th National Days of the Italian Positive Psychology Society, Federico II University of Naples.
- **Russo A., Zarbo R., Zammiti A., Magnano P., Santisi G.** (2022, 10-11 June). Meaning of Work, Psychological Flexibility and Work Engagement as Resources to Promote Wellbeing [Abstract Presentation at Congress]. XIV National Days 14th National Days of the Italian Positive Psychology Society, Federico II University of Naples.
- **Russo A., Magnano P., Zarbo R., Zammiti A., Imbrogliera C., Santisi G.** (2022, January 14). Career Indecision and Quality of Life: The Role of Career Readiness and Coping Strategies [Abstract Presentation at Congress]. Preatti of the XXI National Congress of the Italian Society for Vocational Guidance (SIO). The orientation that is on the right side: of inclusion, sustainability and social and environmental justice, University of Padua.
- **Russo A., Imbrogliera C., Zammiti A., Magnano P.** (2020, 8-9 October). Emotions, satisfaction and life orientation at the time of COVID-19. [Abstract in Symposium: Studying and working at home in times of lockdown: resources, strategies and future perspectives]. Preatti of the XX National Congress SIO. Culture and orientation: trajectories to defeat inequalities and prevent school and work exclusion.
- **Russo A., Magnano P.** (2019, October 17-19). Self-image in institutionalized children: an exploratory study conducted in Sri Lanka [Abstract presentation at Congress]. Preatti of the XIX National Congress SIO. Inclusive and sustainable orientation: research, tools, actions. University of Catania - Kore University of Enna.

Publications in national online journals

- "Decent work: what is the necessary competence to obtain it? ", www.antrodochirone.com
- "Compulsive shopping at Christmas: when do you have to stop?", www.antrodochirone.com
- "What is the National Health Service and how does it work?", www.antrodochirone.com
- "How reliable are online" psychological tests "?" www.antrodochirone.com
- "Intelligent parents: how to support the identity development of children" www.antrodochirone.com
- "Living online: between the problematic use of the Internet and the search for well-being" www.antrodochirone.com

Participation in research groups

- Participation in the research group on the relationship between strategies for managing career indecision and quality of life, coordinated by Prof. Paola Magnano (Kore University of Enna). From January 2021 to today. Products:
 - Abstract at a Congress:
 - Russo A., Magnano P., Zarbo R., Zammiti A., Imbrogliera C., Santisi G. - Career indecision and quality of life: the role of career readiness and coping strategies - XXI National Congress of the Italian Society for Vocational Guidance (SIO). *The orientation that is on the right side: of inclusion, sustainability and social and environmental justice*, January 14, 2022. Parallel session: Orientation and work
- Participation in the research group on the relationship between risk intelligence and personal values, coordinated by Prof. Paola Magnano (University of Enna Kore) with the aim of analyzing the relationship between risk intelligence and values. From February 2021 to today. Products:
 - Article in an international journal: Zammiti, A., Russo, A., Santisi, G., & Magnano, P. (2021). Personal Values in Relation to Risk Intelligence: Evidence from a Multi-Mediation Model. *Behavioral Sciences*, 11(8), 109. <https://doi.org/10.3390/bs11080109> (ISSN Number: 2076-328X)
- Participation in the research group on the psychological impact of restrictions on the coronavirus pandemic in Italy, coordinated by Prof. Paola Magnano (Kore University of Enna), with the aim of investigating the mediating role of fear of COVID-19 in the relationship between positive and negative affects with positive (spiritual well-being, flourishing) and negative (PTSD symptoms) outcomes. From April 2020 to today.
 - Abstract at a Congress:
 - Russo A., Imbrogliera C., Zammiti A., Magnano P.** - Emotions, satisfaction and life orientation at the time of COVID-19 - XX SIO National Congress. Culture and orientation: trajectories to defeat inequalities and prevent school and work exclusion, 8-9. October 2020. Symposium: Studying and working at home in times of lockdown: resources, strategies and future perspectives
 - Abstract at a Congress: Zammiti A., Zarbo R., Russo A., Imbrogliera C., Magnano P. - Thinking about the future during the period of the pandemic: a career intervention to favor the professional planning of university students - XXI National Congress of the Italian Society for

'Orientation (SIO). The orientation that is on the right side: of inclusion, sustainability and social and environmental justice, January 14, 2022. Parallel session: Orientation in university contexts

- Article in an international journal: Zammitti A., Imbroglia C., Russo A., Zarbo R., Magnano P. (2021). The Psychological Impact of Coronavirus Pandemic Restrictions in Italy. The Mediating Role of the Fear of COVID-19 in the Relationship between Positive and Negative Affect with Positive and Negative Outcomes. *European Journal of Investigation in Health, Psychology and Education*. 11(3):697-710. <https://doi.org/10.3390/ejihpe11030050> (SCOPUS Index) (ISSN Number: 2254-9625)

- Participation in the research group on the relationship between parental support and adolescent identity development, coordinated by Dr. Andrea Zammitti (University of Catania). From January 2020 to October 2020. Products:

- Article in an international journal: Zammitti A., Scuderi V., Russo A. (2020). Perceived career parental support and identity development: a study on adolescents. *Interdisciplinary Journal of Family Studies*, XXV,1/2020, 27-46. (ISSN Number: 2282-2011)

- Participation in the research group on decent work, coordinated by Prof. Paola Magnano (Kore University of Enna) which aims to define the characteristics of decent work and to develop theoretical and methodological devices to help people, especially in groups of social vulnerability, to plan a dignified work and life. From October 2017 to June 2018. Products:

- Abstract at a Congress: Magnano P., Zammitti A., Broccio L., Failla F., Russo A. - The representation of decent work in people with social vulnerability. Proceedings of the XVIII SIO Conference "The contribution of guidance and counseling to the 2030 Agenda", 21 - 23 June 2018, Rome

The undersigned, Angela Russo, aware that false declarations involve the application of the criminal sanctions provided for by art. 76 of the Presidential Decree 445/2000, Italy, declares that the information contained in the following curriculum vitae, drawn up in European format, corresponds to the truth. I authorize the processing of personal data contained in my curriculum vitae on the basis of art. 13 of Legislative Decree 196/2003 and art. 13 of EU Regulation 2016/679 concerning the protection of individuals with regard to the processing of personal data.