

## DR IONA NAISMITH

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### EDUCACIÓN

University College London, GB	Doctorado en Psicología Clínica	2013 - 2016
Universidad de Oxford, GB	Diploma en Psicología y Filosofía	2008 - 2011

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### PUBLICACIONES CIENTÍFICAS

**Naismith I**, Kerr, S., Mwale, A., Feigenbaum, J. (En prensa). A thematic analysis of compassion-focused imagery for people with personality disorder: inhibitors, facilitators and clinical recommendations. *Clinical Psychologist*.

**Naismith, I.**, Zarate-Guerrero, S. & Feigenbaum, J. (2019). Abuse, invalidation and lack of early warmth show distinct relationships with self-criticism, self-compassion and fear of self-compassion in personality disorder. Advanced online publication. *Clinical Psychology & Psychotherapy*. doi: 10.1002/cpp.2357

**Naismith I**, Duran Ferro, C., Ingram G. P. D., Jimenez-Leal W. (2019). Compassion-focused imagery reduces shame and is moderated by shame, self-reassurance and multisensory imagery vividness. Advanced online publication. *Research in Psychotherapy: Psychopathology, Process and Outcome*. Doi: 10.4081/ripppo.2019.329

Castro-Camacho, L., Moreno, J. & **Naismith, I.** (2018). Contextual adaptation of the Unified Protocol for the Transdiagnostic Treatment of Emotional Disorders in victims of the armed conflict in Colombia: A Case Study. *Cognitive and Behavioral Practice*. Doi: 10.1016/j.cbpra.2018.09.002

**Naismith, I.**, Mwale, A., Feigenbaum, J. (2018). Inhibitors and facilitators of Compassion-Focused Imagery in Personality Disorder. *Clinical Psychology & Psychotherapy*, 5(2):283-291. doi: 10.1002/cpp.2161.

Buckman, J.E.J., **Naismith, I.**, Saunders, R., Morrison, T., Linke, S., Leibowitz, J., & Pilling, S. (2018). The impact of alcohol use on dropout and psychological treatment outcomes in Improving Access to Psychological Therapies services: an audit. *Behavioural and Cognitive Psychotherapy*, 46(5):513-527. doi: 10.1017/S1352465817000819.

Veale, D., **Naismith, I.**, Miles, S., Gledhill, L. J., Stewart, G., & Hodsoll, J. (2016). Outcomes for residential or inpatient intensive treatment of obsessive-compulsive disorder: A systematic review and meta-analysis. *Journal of Obsessive Compulsive and Related Disorders*, 8: 38-49.

Veale, D, Miles, S, **Naismith, I**, Gilbert, P. (2016). Development of a Compassion Focused and Contextual Behavioural Environment and validation of the Therapeutic Environment Scales (TESS). *BJPsych Bulletin*, 40: 12-19.

Veale, D., **Naismith, I.**, Miles, S, Childs, G., Ball, J., Muccio, F. and Darnley, S. (2015). Outcome of intensive cognitive behaviour therapy in a residential setting for people with severe Obsessive-Compulsive Disorder: a large open case series. *Behavioural and Cognitive Psychotherapy*, 30: 1-16.

Veale, D., Gilbert, P., Wheatley, J. & **Naismith, I.** (2014). A New Therapeutic Community: Development of a Compassion-Focussed and Contextual Behavioural Environment. *Clinical Psychology & Psychotherapy*, 22(4): 285 -303. DOI: 10.1002/cpp.1897

**Veale, D, Naismith, I, Eshkevari, E, Ellison, N, Costa, A, Robinson, D, Kavouni, A. Cardozo, L.** (2014). Psychosexual outcome after labiaplasty: a prospective study. *International Urogynecology Journal*, 25: 831-839

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## PRESENTACIONES/POSTERS EN CONGRESOS

**ABCT (Association of Behavioural and Cognitive Therapies), Estados Unidos, Noviembre 2018**  
**Simposio:** Global mental health applications of CBT: Contextual adaptation and outcomes of a RCT of the unified protocol for the treatment of emotional disorders in victims of armed conflict in Colombia

**National Council on Family Relations', Estados Unidos, Noviembre 2018.**

**Poster 1:** Título: 'Female survivors of gender violence in Latin America: The role of self-criticism, guilt and gender role beliefs in development of psychological symptoms'

**Poster 2:** "The Struggle to Take their Lives Back: Colombian Women and Gender Violence".

**Congreso de 'Compassionate Mind Foundation', Reino Unido, Octubre 2018**

**Poster 1:** Título 'Measuring inhibitors of compassion - Validation of a new scale, the MICS'

**Poster 2:** Título 'Compassion focused therapy for survivors of intimate partner violence: Quantitative and Qualitative findings'

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## EXPERIENCIA PROFESIONAL

**Dic 2016 - Actual**

**Profesora Asistente de Psicología, Universidad de Los Andes (Bogotá, Colombia)**

Investigación: sobre cómo aumentar la eficacia de terapia cognitiva conductual y terapias de tercera generación.

Docencia (en inglés y español): Cursos de pregrado (Aprendizaje, Entrevista Psicológica, Electivas en psicología clínica) y de maestría (Trastornos de ansiedad). Supervisión clínica de la maestría de psicología clínica.

**Sept 2013 - Sept 2016**

**Doctorado en Psicología Clínica, University College London (GB)**

*Tesis: Adaptación de la terapia enfocada en la compasión para pacientes con trastornos de personalidad.*

- Trabajo con un amplio rango de edades (niños, adolescentes, adultos, ancianos).
- Especializada en la CBT y la terapia sistemática y la terapia psicodinámica.
- Con varios trastornos incluso la depresión, trastornos de ansiedad, TEPT, la psicosis, las dificultades de aprendizaje, el autismo y la demencia.

**Febrero 2012 – Mayo 2013**

**Asistente de Investigación en King's College (Londres, GB)**

**Sept 2011 – Febrero 2012**

**Asistente Psicóloga para el National Health Service (Londres, GB)**

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## INFORMACIÓN ADICIONAL

**Idiomas:** Inglés (lengua materna). Español (profesional).