

# Dr Melania Duca PhD

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## Profile

A flexible, articulate and accomplished Psychotherapist with a wealth of transferable talents acquired during an impeccable career in psychotherapy and an impressive academic background. A natural born leader with outstanding communication skills, is skilled at writing / formulating research papers swiftly and to a high standard while pioneering a new branch of psychotherapy called Biops psychoanalysis®.

- Possesses a substantial list of publications and articles, including the first comprehensive history of Italian forensic medicine
- Often sought after to participate in TV debates and shows, displaying expertise across various subjects such as femicide / violence against women, mental health and issues related to applied behavioural science on Sky and the BBC as well as national newspapers
- Capitalises on teaching skills in order to impart knowledge in a succinct and clear manner

## Skills Matrix

Leadership | Problem Resolution | Client Engagement | Client Development | Client Management | Strategic Thinking | Medical Writing | Academic Writing | Publications | Articles | Psychotherapy Management | Biops psychoanalysis® | Research Management | Research Development | Research Enhancement | Training | Team Building | Team Engagement | Mental Health Management | Sports Psychology | Therapy Management | Therapy Development | People Management | People Engagement | Team Work | Relationship Building |

## Career Detail

Athena Mental Health, Wellbeing & Training Ltd - CEO

**2020-Present**

- Undertaking a holistic and 360 degree approach when delivering a first-rate, comprehensive service to clients including psychotherapy, meditation, nutritional therapy and physical exercise
- Offering psychotherapy services and postgraduate training to license of private mental health professionals
- Specialising in neurodiversity and personality disorders when treating families, adults and couples in person and online
- Counselling marginalised and vulnerable groups such as LGBTQ+ clients, families of people with EUPD (Emotionally Unstable Personality Disorder) and marriages with AS (Asperger's Syndrome) and OCPD (Obsessive Compulsive Personality Disorder) as well as victims of domestic violence, sexual and narcissistic abuse
- Playing a key role in court cases involving coercive control and emotional / psychological abuse providing expert reports in collaboration with solicitors
- Motivating and supervising two members of staff to perform to their potential at all times
- Teaching students in a private school of psychotherapy with trainees staying on as associates and bringing in their own portfolio of clients

## Key Achievements

- Pioneered Biops psychoanalysis®, a new method of treatment of the psyche helping athletes and patients with mental health issues with over 200 satisfied clients
- Secured a trademark as the only company in the world offering Biops psychoanalysis®
- Only school of Biops psychoanalysis® teaching future psychotherapists at a postgraduate level, with the course accredited by the National Council of Psychotherapists

MC International Events & Training Ltd (MCI) - CEO | Director of IBPI®

**2017-2020**

- Coordinated numerous different events including a summer school to learn English and an educational programme for gifted children as Director of the Gifted Education Programme
- Additionally served as Director of International Biops psychoanalysis Institute® and Director of the MCI Research Foundation

## Key Achievement

- Delivered the teaching of Biops psychoanalysis® online across the globe

## Career Detail cont.

### Self-Employed Integrative Psychotherapist

2017-2020

- Clocked up over 5,000 hours of therapy with neurodivergent and personality disordered patients working in the UK and abroad
- Supervised and motivated other Psychotherapists and taught psychotherapy students
- Counselling active and retired police officers as well as lawyers to prevent burn-out

### e-Campus University

2011-2019

#### Professor of Logic & Philosophy of Mind, Communication of Scientific Research & Bioethics

2014-2019

- Meticulously prepared and produced creative and engaging lectures in psychology presented in an appealing and persuasive format while maintaining a high standard
- Evaluated learning goals, monitored student progress, provided constructive feedback and assessed any work accurately and promptly
- Tasked as a member of the Research Ethics Committee and the Quality Assurance Committee
- Founded and undertook the role of Director of Sto.ri.o.s.s between 2015 and 2018, a research centre with 20 members across three countries producing high quality research for the university and participating in conferences
- Offered placements to students, guiding and supporting some in having work published and others being awarded prizes
- Used an open and inclusive approach by blending innovative methods with traditional formats to produce a firm foundation for lifelong learning
- Encouraged student engagement, boosted confidence and enhanced the educational, learning and personal development of students
- Identified and responded appropriately to individual needs of students and mentored / monitored their welfare within a pastoral context

#### Key Achievements

- Contributed towards raising the standards of teaching and research by working on governance
- Created and held the first ever chair of Communication of Scientific Research in Italy
- Devised and directed the first multidisciplinary research centre in medical humanities in Italy

### Lecturer, History of Educational Institutions & Practices

2013-2014

### Subject Expert | Tutor, Logic & Philosophy of Mind

2011-2012

### National Museum of Rome - Curator | Librarian

2010-2012

## Further Career Detail

### Orthoderm Clinic - Consultant Psychotherapist

2019-Present

- Set up the psychotherapy department created specifically following acceptance as Consultant and as the only private medical clinic offering psychotherapy as a service in Northern Ireland
- Pioneering a psychoanalytic approach to therapy that is integrated into a medical facility

### Italian Equestrian Federation - Performance Enhancement Expert | Head Tutor

2016-Present

- Heading up the Biopschoanalysis<sup>®</sup> applied to sport performance module as part of the first European project involving British and Italian equestrian federations to educate instructors

### Lola Sports Ltd - Performance Enhancement Expert

2018-2020

- Improved the performances of a soccer team using Biopschoanalysis<sup>®</sup> for a scouting agency

#### Key Achievement

- Resulted in some footballers being offered professional contracts with one going on to play for Liverpool FC

### Innovation Factory - Consultant Psychotherapist

2018-2020

- Conducted full mental health check-ups for staff and customers
- Delivered Biopschoanalysis<sup>®</sup> within a business context treating entrepreneurs and their employees

## Awards

### Italy

- National Award of Excellence in Medical History Research (2015)
- Nominated, National Award of Scientific Dissemination (2012)
- Awarded a gold plaque for 'having contributed to the Cultural Development of the Apulia region' (2012)
- Awarded two silver plaques in recognition of the scientific value of work from two published books (2012)

### Northern Ireland

- Corporate Livewire Prestige Awards Northern Ireland "Psychotherapy Practice of the Year 2020"

## Professional Development

- **Expert Witness Certificate in Criminal Law Proceedings, University of Cardiff**
- Certificate in Phlebotomy, Kingsbridge Training Academy
- Caring for People with Psychosis & Schizophrenia course, King's College London
- Medicines Adherence: Supporting Patients with their Treatment course, King's College London
- Integrating Care: Depression, Anxiety & Physical Illness course, King's College London
- Medicines Adherence: Understanding & Changing Patient Behaviour course, King's College London
- Certificate in Rational Emotive Behavioural Therapy (REBT)
- Certificate in Dialectical Behavioral Therapy (DBT)
- Cognitive Behavioral Therapy course (CBT), KTA
- Teaching English as Foreign Language (TEFL), JA

## Professional Membership

- International Integrative Psychotherapy Association
- International Neuropsychoanalysis Society
- International Association for Forensic Psychotherapy
- National Council of Psychotherapists, UK (Fellow & Ethics Committee Member)
- National Register of Psychotherapists & Counsellors, UK
- Complementary Medical Association, UK
- Centre for Crime & Justice Studies, London
- American Psychological Association, Division 39: Psychoanalysis & Psychoanalytic Psychology

## Publications

- Publications found on <https://orcid.org/0000-0003-4579-1582>

## Education and Qualifications

- **PGDip in Clinical Psychiatry, University of South Wales (2022)**
- PhD in History of Science, University of Bari, Italy (2015)
  - Dissertation: *Corpses in Court: Forensic Medicine in Italy (1865-1913)*
  - Published in the book *Corpses in Court: Forensic Medicine in Italy (1865-1913)*, Duca MA, Mantua: Universitas Studiorum (2015)
- MA (Hons) in Philosophical Sciences (Psychology Curriculum), summa cum laude, University of Salento, Italy (2011)
- BA (Hons) in Philosophy (Psychology Curriculum), summa cum laude, University of Salento, Italy (2009)
- Humanistic Studies, Linguistics Curriculum, Gifted Support Programme, High School of Tricase, Italy (2006)
- Scientific Studies, Biology Curriculum, Gifted Support Programme, High School of Tricase, Italy (2003)
  
- Diploma in Criminal Psychology, EC (2018)
- Diploma in Forensic Science & Profiling, EC (2018)
- Diploma in Smoking Cessation Hypnotherapy, COE (2018)
- Diploma in Psychoanalysis, COE (2017)
- Diploma in Event Management, OHSC (2017)

## Languages

- Fluent English & Italian (mother tongue)
- Advanced French
- Basic Portuguese & Spanish