

PORTFOLIO

CLINICAL PSYCHOLOGY

ALTERNATIVES TO THE LONG AND COSTLY
TRADITIONAL THERAPIES



BRIEF STRATEGIC THERAPY AND HYPNOTHERAPY WITHOUT TRANCE: TWO
EFFECTIVE TREATMENTS TO SOLVE COMPLEX PROBLEMS IN A SHORT TIME (1)

LARISSA^{del Rio}
ESPACIOS PARA EL CAMBIO

PROFILE LARISSA DEL RÍO



STUDIES AND TRAJECTORY

- Psychologist graduated from the University of Los Andes (Colombia)
- Spanish Psychologist (Autonomous University of Barcelona Spain)
- Master in Brief Strategic Psychotherapy. (Brief Strategic Therapy Center Italy. Training with the well-known Psychologist Giorgio Nardone)
- Postgraduate studies in Ericksonian Hypnosis (Erickson Institute Madrid Spain).
- Postgraduate studies in Applications of Ericksonian Hipnopsicothérapie (Fundació Universitat de Girona (Spain).
- Academic Bachelor: Marymount School (Colombia).

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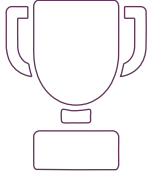
CAREER PATH

In her professional career she has had experience in several recognized Clinics and Universities in the country. Currently, she is an independent Consultant, as a Lecturer, Seminarian and University Professor of Brief Strategic Psychotherapy programs and Hypnoterapia without trance.

ENTITIES IN WHICH SHE HAS WORKED:



MASTERS



- Master in High Training in Brief Strategic Psychotherapy. Center of Strategic Therapy. Arezzo-Italy.
- Master's Degree in Clinical Psychology in Brief Strategic Therapy. Center of Strategic Therapy. Rome Italy.
- Specialization in Psychotherapy and Ericksonian Hypnosis. Erickson Institute- Madrid Spain.
- Postgraduate in Applications of Ericksonian Hipnopsychotherapy. Fundación Universitat de Girona-Spain.

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COURSES

IN BRIEF STRATEGIC THERAPY (CTS-ITALY)

- Intensive course in Communication and Strategic Solution of problems in Educational Contexts.
- Workshop Management Problem Solving
- The Evolutions of Eating Disorders
- Advanced treatment of Phobic Disorders
- Advanced treatment of Obsessive, Compulsive, Paranoid Obsessive Disorders, Persecution Manias and Paranoias
- Advanced treatment of Post-Traumatic Stress Disorder
- Treatment of Personality Disorders and Borderline subject management
- Confrontation of three voices: Camillo Loriedo, Giorgio Nardone and Jeffrey Zeig
- Seminar "Hypnotherapy Without Trance". (Giorgio Nardone -Florence, Italy)
- Symposium "Knowing Man, His Feeling, Acting and Evolution" (Florence - Italy).

CLINICAL HIPNOSIS

- The Strategic Hypnosis of Giorgio Nardone
- International Seminar in Hypnosis for pain management. Dr Alberto Cobián
- Practical and Clinical Hypnosis Course. Brazilian Academy of Clinical and Experimental Hypnosis
- Practical and Clinical Hypnosis Course. Brazilian Academy of Clinical and Experimental Hypnosis. Dr Jao Jorg Cabral.
- Hypnosis in Weight Loss. PanAmerican and Caribbean Hypnosis Congress. II HipnoColombia
- Hypno-Psycho-Oncology-Clinic. An approach from the Psychoneuroendocrinoimmunology. PanAmerican and Caribbean Hypnosis Congress. II HipnoColombia



Larissa Del Río's Office

THERAPY

- The therapy is performed by being BRIEF (average 10 sessions).
- Highly effective and efficient (86% of final success of therapies).
- Integrated to Hypnotherapy Without Trance, that is based on suggestive therapeutic communicative maneuvers, able to lower the resistances to change and move quickly to new ways of perceiving the problematic reality, that trigger new emotions and influence a new mode of action.
- Her approach serves to develop in the human being the potential of their inner gaze in the communication with himself, the others, the world and the spaces they inhabit.

¿WHAT PROBLEMS DOES SHE WORK?

1. Unlocking fears
2. Anxiety and Stress problems
3. Panic Attacks
4. Phobic and Obsessive Problems
5. Scared of speaking in public
6. Eating disorders
7. Posttraumatic Stress Disorder
8. Problems in childhood and adolescence
9. Problems of mood
10. Face Duel, Crisis, Trauma
11. Depression
12. Purpose of life
13. Labor issues

METHODOLOGY

BRIEF STRATEGIC THERAPY



- Consist in a BRIEF Psychological Intervention, oriented towards the effective and rapid solution of human problems.
- It consists in helping people to do something different, in order to get changes in a short time, but to endure.

WHAT IS THE DIFFERENCE WITH TRADITIONAL THERAPIES?



- Its efficacy of 86% of final success of therapies.
- Speed in solving problems.
- Modality: the intervention is based on knowing problems through their solutions, not on their causes
- The main focus is based on changing the rigid perception of problems with simple solutions..

WHAT IS THE NOVELTY OF BRIEF STRATEGIC THERAPY?

- It's Brief: average 10 sessions.
- It does not resort to the past of the problems nor to their causes (unless it deserves it)
- It focuses on studying how people feed their problems through everything they put into practice to try to solve their problems, without finding a solution.

HYPNOTHERAPY WITHOUT TRANCE

The Psychotherapy I practice is linked to the HIPNOTHERAPHY WITHOUT TRANCE which is based on communicative maneuvers of therapeutic suggestion and Problem Solving tools capable to reduce resistances to change so that people quickly overcome their locks or problems while they are lucidly present.

TESTIMONIES



Valeria Ghia

Bulimia

“There’s no one like her. With Larissa I was able to get out of my illness by improving my eating habits. I stopped suffering from diets and started my transformation process by having better self-esteem, better relationship with myself and my family.”

OBSESSIVE COMPULSIVE DISORDER

“She changed my life. I recommend her for being an excellent professional, who through practical solutions helps to change a person’s life.”



**WE RESPECT
OUR PATIENT'S
CONFIDENTIALITY**



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HYPOCHONDRIA

“She taught me how to help myself and that has no price. Thanks to her therapy I do not think about any disease now. I am a productive person with more security and I live with greater tranquility. I recommend her totally, both her study of psychology and herself, which transmits much peace.”

OBSESSIVE DISORDER

“I managed to liberate myself. Larissa’s reflections made me find the answers on how to free myself from phobias, fears and work stress. Her tools are so useful that I still use them to this day.”



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PHOBIA TO DRIVE A CAR

“Larissa, besides being a professional is a guide with great charisma. She helped me face my fear and with my spiritual growth.

CLAUSTROPHOBIA AND PANIC ATTACK

“To Larissa, you are not a patient but an important human being. Thanks to the Brief Strategic Therapy and her tools my Claustrophobia and Panic Attacks disappeared. With her genuine interest and trust she helps find the way to solve problems.



**Carolina
Escobar**



Judy Rolón

MOTHER OF DAUGHTER WITH BULIMIA

“Larissa was a blessing for my family. Because of her professionalism as a Psychologist, she managed to change our daughter’s Bulimia. We will always be grateful to Larissa and to her Brief Strategic Therapy.”

DEPRESSION

“I understood that peace depends on me. She is an excellent therapist as well as her effective sessions. The change is felt from the first session and thanks to her help I was able to get out of my depression, and I understood that peace only depends on me.



**Angélica
Sánchez**



César Pulido

PURPOSE OF LIFE

“This is not the typical therapy. She changed the way I saw life. I understood that I must be happy and contribute to the world with the best of me.

VICTIM OF DOMESTIC VIOLENCE

“I learned to love and forgive myself. I recommend Larissa’s therapy to all the people who are willing to make a change in their interior; to all the people who have tried to improve their situation but do not have the necessary tools. She gives them to you.



María Juliana Salcedo



Paola Ordoñez

AIRPLANE PHOBIA

“She helped me fly with confidence. In a few sessions, she helped me reduce the anguish I felt when getting on a plane. Her accompaniment works: it is fast and practical.

larissa@larissadelrio.com
+57 310 212 1435 - 617 9621
Calle 93 # 19 - 66 of 501



@larissadelrio.co

www.larissadelrio.com

BOGOTA - COLOMBIA