

PROFESSIONAL SUMMARY

Clinical Psychologist, with over 20 years of clinical experience, specializing in Complex Trauma, Eating Disorders and Obesity, Psychosomatic and Somatoform Disorders, Dissociative Disorders, and EMDR. Director of NS Psychotherapy and Trauma Center since 2000. Published author and co-author of numerous publications since 2012. Extensive teaching and public speaking experience dating back to 1994.

CLINICAL EXPERIENCE

2022 - Current – **Intervision Network Group Coordinator**. Originated in the Clinical Psychology Section of the Official Psychology School of Galicia.

2003 - Current – **Group Therapy Coordinator**. Clinical experience with dissociative disorders, complex trauma, eating disorders, psychosomatic disorders with victims of domestic violence and abuse.

2000 - Current - **Director of NS Psychotherapy and Trauma Center**, specializing in the treatment of trauma, psychosomatic disorders, dissociation, and attachment.

EMDR TEACHING EXPERIENCE

2024 - Current – **EMDR Trainer**

2022 – **Facilitator at the EMDR Europe Consultants Training** celebrated online

2017 - Current – **Facilitator in EMDR Level 1 and Level 2 trainings** in developing countries such as Cuba, Lithuania, and Armenia

2016 - Current – **Professor at Master Program of EMDR** teaching *EMDR and Eating Disorders* and *EMDR and Psychosomatic Disorders*. UNED University, Spain

2013 - Current – **Instructor of advanced EMDR trainings** (see detailed list in upcoming pages)

2009 - Current – Participation in **national and international EMDR conferences** (see detailed list in upcoming pages)

2004 - Current - **Facilitator in EMDR Level 1 and Level 2 trainings** for Spain EMDR Association and Spanish EMDR Institute

OTHER TEACHING EXPERIENCE

2019 - Current. – **Co-Director of Master Program in Eating Disorders**. Complutense University of Madrid, Spain

2016-2017 – **Expertise Program of Eating Disorders for Clinicians**. (October 2016 - February 2017). INTRA-TP: A Coruña, Spain.

2012 - Current – **Professor at BA in Psychology** teaching *Practice Training*. University of Santiago de Compostela, Spain

1994 - Current – **National and international presenter and instructor**. Speaking engagements at conferences, symposiums, universities, hospitals (see detailed list in upcoming pages)

PUBLICATIONS

Published **author and co-author** (see detailed list in next page).

CONTACT INFORMATION



EDUCATION

- Currently. - **Doctoral Thesis** Prevalence of Dissociative Disorders in Psychiatric outpatients. UNED University, Spain
- 2005 - **Doctorate Program**. Research on Eating Disorders comparing results after five years of treatment of eating disorders with outpatients. University of Santiago de Compostela, Spain.
- 1997 - **Masters Program** in Clinical Psychology. University of Santiago de Compostela, Spain.



CERTIFICATIONS

- Certified in Family Therapy, 2000
- Expert in Eating Disorders, 2000
- EMDR Europe Consultant, 2006
- EMDR Institute Facilitator, 2007
- Certified in Psychosomatic Medicine and Health Psychology, 2011



PROFESSIONAL MEMBERSHIPS

- Spanish Eating Disorders Association, 2000
- Spain EMDR Association, 2003

PUBLICATIONS
AS AUTHOR

- Seijo, N. (2023). Imagen corporal. In E. Torres et al., *Abordaje de los trastornos alimentarios. La persona tras la escafandra*, (pp. 277-303). Editorial Sentir.
- Seijo, N. (2022). Traitement psychothérapeutique des troubles de l'alimentation (TCA) avec l'EMD. In Tarquinio, C. (Ed.), *Pratique de la psychothérapie EMDR* (pp. 447-468) - 2e édition. France: Dunod.
- Seijo, N.. (2021). No One is on My Side: The Role of Abuse in Eating Disorders. 99-104. 10.18411/scienceconf-06-2021-22.
- Seijo, N. (2018). EMDR Therapy Protocol for Body Image Distortion. In M. Luber (Ed.), *Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets: Treating Eating Disorders, Chronic Pain and Maladaptive Self-Care Behaviors* (217-245). New York: Springer.
- Seijo, N. (2018). EMDR Therapy Protocol for Eating Disorders. In M. Luber (Ed.), *Eye Movement Desensitization and Reprocessing (EMDR) Therapy Scripted Protocols and Summary Sheets: Treating Eating Disorders, Chronic Pain and Maladaptive Self-Care Behaviors*, (pp.143-216). New York: Springer.
- Seijo, N. (2018). Key Points in the Psychotherapeutic Treatment of Obesity. *Journal of Obesity and Nutritional Disorders*. DOI: 10.29011/2577-2244. 100028.
- Seijo, N. (2016). The Rejected Self: Working with Body Image Distortion in Eating Disorders.. *ESTD Newsletter*, 5 - 4 .. <https://www.estd.org/rejected-self-working-body-image-distortion-eating-disorders>
- Seijo, N. (2015). Eating Disorders and Dissociation. *ESTD Newsletter*. Volume 4, number 1. <https://www.estd.org/eating-disorders-and-dissociation>
- Seijo, N. (2012). El Yo Rechazado: EMDR y Trastornos Alimentarios. *Revista hispanoamericana de psicotraumatología (REVIBA)*

PUBLICATIONS
AS CO-AUTHOR

- González, A., Seijo, N., Díaz del Valle, J.C., López, E. & Santed, M.A. (2017). Revisiting the concept of severe mental illness: severity indicators and healthcare spending in psychotic, depressive and dissociative disorders. *Journal of Mental Health*, 670—676. <https://doi.org/10.1080/09638237.2017.1340615>
- González, A., Del Río-Casanova, L., Seijo, N., Cabaleiro, P., Seoane, T., Justo, A. & Santed, M.A. (2017). Validity and reliability of the Spanish version of the Somatoform Dissociation Questionnaire (SDQ-20). *Psicothema*, 29(2), 275—280. <https://doi.org/10.7334/psicothema2016.346>
- Mosquera, D., González, A., & Seijo, N., (2012). El Lenguaje Disociativo. Capítulo del libro en *EMDR y disociación: El abordaje progresivo*. Ediciones Pléyades, S.A..

EATING DISORDERS & EMDR

Treating Eating Disorders with EMDR Therapy

- 2023 - Institut Français d'EMDR - Paris, France
- 2022 - EMDR Argentina Association - Online
- 2022 - EMDR Romania Association - Online
- 2021 - EMDR Poland Association
- 2021 - Institut Français d'EMDR - Paris, France
- 2021 - EMDR Argentina Association - Online
- 2019 - EMDR Brazil Association
- 2019 - Institut Français d'EMDR - Paris, France
- 2018 - Organized by Ana Gómez - Online
- 2016 - Integrativa Centre - Brussels, Belgium

History Gathering, Conceptualization, Understanding and Treatment Plan in Eating Disorders and Obesity

- 2023 - EMDR Uruguay Association

Working with Emptiness and the Internal World of Eating Disorders with EMDR Therapy

- 2023 - EMDR Argentina Association

Working with the Inner World in Eating Disorders with EMDR

- 2022 - EMDR Argentina Association - Online
- 2020 - EMDR Brazil Association

The Rejected Self: EMDR Therapy Protocol for Body Image Distortion

- 2022 - Webinar at International Society for the Study of Trauma and Dissociation (ISSTD). Online

Conceptualization and Treatment Plan in Obesity with EMDR Therapy

- 2021 - EMDR Chile Association - Online
- 2021 - EMDR Spain Association

Treating Defenses in Psychotherapy with EMDR Therapy.

- 2021 - EMDR Chile Association - Online
- 2021 - EMDR Brazil Association
- 2021 - Espaço da Mente - Brasilia, Brazil
- 2021 - EMDR Russia Association

Addressing Eating Disorders and Obesity from an EMDR perspective

- 2020 - EMDR Canada Association - Toronto, Canada
- 2020 - Espaço da Mente - Brasilia, Brasil.
- 2019 - EMDR Portugal Association
- 2019 - Agate Institut - Canada. Online
- 2017 - EMDR Brazil Association

Treating Overeating and Restrictive Disorders with EMDR Therapy

- 2020 - St. Petersburg, Russia

Treating Overeating Disorders with EMDR Therapy

- 2019 - Sonoma Psychotherapy Training Institute - California, US

Clinical Applications of EMDR Therapy in Eating Disorders.

- 2012 - Official College of Psychology of Galicia. Santiago de Compostela, Spain

PSYCHOSOMATIC DISORDERS AND EMDR

Somatic and Somatoform Dissociation.

2023 - Newman Institute - Mexico City, Mexico

2022 - Institut Français d'EMDR - Paris, France

The Treatment of Eating and Psychosomatic Disorders

2023 - EMDR Colombia Association

Addressing Psychosomatic Disorders with EMDR Therapy

2021 - Institut Français d'EMDR - Paris, France

2020 - EMDR Spain Association - Madrid, Spain

2020 - Espaço da Mente - Brasilia, Brazil

2020 - Institut Français d'EMDR - Paris, France

2018 - EMDR Spain Association - Madrid, Spain

2017 - Zaragoza, Barcelona and Madrid. Spain

TRAUMA, ATTACHMENT AND DISSOCIATION WITH EMDR

Trauma, Attachment and Dissociation with EMDR Therapy

2021 - EMDR Poland Association

Treating Trauma, Attachment and Dissociation in Eating Disorders with EMDR Therapy

2020 - EMDR Brazil Association - Brasilia, Brazil

2012 - 2018 – Basic and Advanced levels - Spain EMDR Association

How to Work with Trauma and Dissociation using EMDR Therapy

2019 - Hospital of Mérida, Spain

OTHER
WORKSHOPS

TRAUMA TREATMENT

Conceptualization of Dissociation

2023 – Acotrauma - Costa Rica (co-presenter)

Evaluation and Treatment of Trauma

2022 - Hospital Padre Menin - Santander, Spain

Defenses in Psychotherapy

2022 - Hospital Sant Joan de Deu - Barcelona, Spain - Online

Defenses in Trauma

2022 - Hospital Sant Joan de Deu - Barcelona, Spain - Online

Identifying Defenses in Therapy.

2020 - COP (Official College of Psychology) of Las Palmas – Canary Islands, Spain

Working with Emptiness in Therapy

2019 - Boston, US (co-presenter)

Working Traumatic and Adverse Experiences through the Body

2019 - Trauma Association of Costa Rica - Costa Rica

Body and Therapy in Therapy

2019 - Trauma Association of Costa Rica - Costa Rica

Working with Defenses in Psychotherapy

2018 - Official Medical College - Málaga, Spain

The Therapeutic Work of Trauma and Dissociation in Patients of Specific Hospital Units

2018 - Clinical Hospital of Zaragoza - Zaragoza, Spain.

Relational Difficulties in Patients with Dissociative Disorders and Complex Trauma

2009 - Oza Hospital - A Coruña, Spain (co-presenter)

Defense and Protection in Stress; Motivation and Self-esteem

2007 - Arquitecto Marcide Hospital - A Coruña, Spain

Crises Management

1994 – University of A Coruña. Spain

TREATMENT OF EATING DISORDERS

Eating Disorders at Perinatal and Post-perinatal Period

2022 - Perinatal Association - Spain - Online

Conceptualization in Eating Disorders

2020 – Area Trauma - Venezia, Italy.

Conceptualization and Treatment Plan in Eating Disorders and Obesity

2019 - Trauma Association of Costa Rica - Costa Rica

Treatment of Eating Disorders

2017 - Santa Isabel Psychiatric Hospital - León, Spain

Treatment and Diagnosis of Eating Disorders

2014 - Institute for the Study of Trauma & Personality Disorders. A Coruña, Spain

Specialization course in Eating Disorders.(5-month program)

2016 - Institute for the Study of Trauma and Personality Disorders - A Coruña, Spain

Anorexia and Bulimia Nervosa

1999 - 2002 - Social Services. Xunta de Galicia - Spain

Prognosis of Eating Disorders in Young Adolescents.

1997 – Xunta de Galicia. Spain

OTHER
WORKSHOPS
(CONT.)

TRAUMA, ATTACHMENT AND DISSOCIATION IN EATING DISORDERS

Childhood Wounds and Transgenerational Trauma in Eating Disorders and Obesity

2023 - Clinical Center of Trauma and Therapy - Zaragoza, Spain - Online

2022 - Centre for Emotional Regulation - Málaga, Spain

Sexual Abuse in Eating Disorders and Body Image

2023 - AEFDP Spain

Therapeutic Relationship and Attachment in Eating Disorders.

2022 - NS (Natalia Seijo) Centre of Trauma - Ferrol, Spain - Online

Eating Disorders, Obesity and Complex Trauma

2022 - Newman Institute. Mexico

Trauma and Dissociation in Eating Disorders

2021 - Liquid Plan. Italy - Online

Abuse in Eating Disorders

2019 - Official Medical College - Málaga, Spain

Trauma, Attachment and Dissociation in Eating Disorders.

2017 - Official Medical College - Málaga, Spain

2017 - University of Torino - Torino, Italy

2017 - Institut de Trastorns Alimentaris. ITA - Barcelona, Spain

2016 - Clinical Hospital of Lugo - Lugo, Spain

Eating Disorders, Trauma and Dissociation

2013 - Institute for the Study of Trauma and Personality Disorders - A Coruña, Spain

EATING DISORDERS AND PERSONALITY DISORDERS

Histrionism, Dissociation, and Eating Disorders

2023 - Eating Disorders Hospital, ITA ABB Unit – Seville, Spain

Histrionism in Eating Disorders and Psychosomatic Disorders.

2021 - Trauma Association Costa Rica

Working with Emptiness in Personality Disorders and Eating Disorders

2021 - Dolores Mosquera and Natalia Seijo - Online

Eating Disorders and Personality Disorders

2012 - Institute for the Study of Trauma and Personality Disorders - A Coruña, Spain

PSYCHOSOMATIC DISORDERS

Treating Psychosomatic Disorders in Therapy.

2019 - Psychiatric Hospital of Santa Isabel - León, Spain

2018 - Official College of Psychology - Zaragoza. Spain

Trauma and Psychosomatic Disorders

2013 - Institute for the Study of Trauma & Personality Disorders - A Coruña, Spain

GENDER VIOLENCE

Attachment, Trauma and Dissociation in Victims of Gender Violence

2019 - Galicia's Official College of Psychology - Santiago de Compostela, Spain

2019 - Cabildo of Canarias - Canary Islands, Spain

Techniques and Resources for Stabilization and Self-Regulation in Therapy for Victims of Gender Violence and Aggressors

2017 - Official College of Psychologists of Galicia – Santiago de Compostela, Spain

PRESENTATIONS
AT EMDR
CONFERENCES

EMDR INTERNATIONAL ASSOCIATION CONFERENCES

EMDR and Eating Disorders

2023 - Seminar at EMDRIA Virtual Summit - Online

Treating Eating Disorders with EMDR Therapy

2021 – EMDRIA Conference: Changes Lives - US. Online

2015 - EMDRIA Conference - Philadelphia, USA

Understanding Dissociative Language

2010 – EMDRIA Conference: EMDR: from Trauma to Dissociation - Minneapolis, USA (co-presenter)

EMDR in Complex Trauma and Dissociative Disorders.

2009 – EMDRIA Conference: *Looking back, Moving forward* - Atlanta, USA (co-presenter)

EMDR EUROPE CONFERENCES

EMDR and Obesity

2018 - 19th EMDR Europe Conference - Strasbourg, France

Treating Eating Disorders and Obesity with EMDR.

2017 - 18th EMDR Europe Conference - Barcelona, Spain

Advanced EMDR for Body Image Distortion Treatment in Eating Disorders

2014 - 15th EMDR Europe Conference - Edinburgh, Scotland

EMDR ASIA CONFERENCES

The Role of Sexual Abuse in Eating Disorders and Obesity

2020 – EMDR Asia Conferences - Bangkok, Thailand

Treating Eating Disorders with EMDR Therapy

2017 - 3rd EMDR Asia Conference - Shanghai, China

EMDR and Working with the Rejected Self in Eating Disorders.

2014 - EMDR Asia International Conference - Manila, Philippines.

EMDR IBEROAMÉRICA CONFERENCES

The Rejected Self: EMDR protocol to work with body image distortion

2019 - Virtual Conferences of EMDR Iberoamérica. Organized by Ana Gómez. Online

NATIONAL EMDR ASSOCIATIONS CONFERENCES

Working with Defenses in EMDR Therapy Trauma & EMDR

2022 - I EMDR Argentinian Congress: Past, Present and Future - Online

Defenses, Resources, and Inner World in the Regulation-Stabilization Phase

2021 – EMDR Brazil Association Conference . Brazil, Online

The Role of Sexual Abuse in Eating Disorders and Obesity from the Perspective of EMDR Therapy

2019 - EMDR Spain Association National Conference - Madrid, Spain

PRESENTATIONS
AT OTHER
NATIONAL AND
INTERNATIONAL
CONFERENCES
AND VENUES

Working with Defenses in Therapy

2022 –Trauma Conferences - Venice, Italy

Conceptualization and New Developments in the Treatment of Eating Disorders

2022 – Trauma Conferences - Venice, Italy

The Connection Between Complex Trauma, Dissociation and Eating Disorders

2022 – Conferences of Trauma and Dissociation. Area of Trauma - Venezia, Italy

When Eating Disorders is the Protection of Sexual Abuse

2022 - Conferences on Sexual Abuse. Xunta de Galicia - Santiago de Compostela, Spain

History of Trauma Therapy

2022 – International Trauma Conferences. Canary Islands, Spain

Eating Disorders and Complex Trauma

2022 – International Trauma Conferences - Canary Islands, Spain

Dissociation in Eating Disorders

2021 – ISSTD Conferences - US. Online

Trauma and Attachment in Eating Disorders

2018 - Attachment Conference - Seville, Spain

Function of Food in Eating Disorders

2017 – Trauma Conferences - Venice, Italy

Trauma and Dissociation in Eating Disorders

2016 - 5th Biennial Conference of the European Society for Trauma and Dissociation (ESTD) - Amsterdam, The Netherlands

Eating Disorders and Obesity with EMDR Therapy

2016 - International Conferences of Eating Disorders (ITA) - Barcelona, Spain

Trauma, Attachment and Dissociation in Eating Disorders

2014 – ESTD Conference - Copenhagen, Denmark

Dissociation, Trauma and Eating Disorders

2012 – Psychiatry Congress. www.psiquiatria.com

Common Defenses in Trauma and Eating Disorders

2011 – II Conference on Personality Disorders - Santiago de Compostela, Spain

The Rejected Self: Treating Defenses in Eating Disorders with EMDR

2011 – IX National Conference on Clinical Psychology - San Sebastián, Spain

Dissociation and EMDR. A Progressive Approach

2011 - ISSTD 28th Annual Conference: Complex Trauma and Dissociation across the life span - Montreal, Canada (co-presenter)

Processing Dissociative Phobias with EMDR

2010 – ESTD Conference: Healing from Traumatic Relationships: Psychological and Societal Perspectives on Trauma and Dissociation - Belfast, Northern Ireland (co-presenter)

A Case of Bulimia

1999 - Psychology Symposium - University of Vigo. Spain

Cognitive-Behavioral Intervention in a Case of Hyperphagia

1995 – Poster at National and International Behavioral Conference - Granada, Spain

Il presente documento è conforme a quanto previsto dagli artt. 46, 47 e 76 del DPR 445 del 28.12.2000.

Autorizzo al trattamento dei dati ai sensi del Dlgs 196/2003 e dell'art. 13 GDPR (Regolamento UE 679/2016).

Dichiaro l'assenza di interessi commerciali in ambito sanitario negli ultimi due anni dalla data del presente CV.

Data: 10/04/2024