



PROFESSIONAL GOALS

My main interest is to investigate consciousness from a neuro-phenomenological approach, that is, the study of the brain and the mind considering the experience and see how this influences the body and well-being.

Developing this research would allow us to demonstrate which are the healthiest practices for the lifestyle of people and their environment, impacting at a clinical level by refining evidence-based therapeutic practices; and at a social level by transforming system's of lifestyle into more ecological and healthier ones.

I am interested in learning more about consciousness and sharing that knowledge with the community, whether through research, therapy, instruction and/or teaching.

Therapeutically, I aspire to continue developing skill in the therapeutic relationship and theoretical-practical background and co-construct a space based on compassion, trust, support, kindness and without judgment to facilitate conscious self-exploration and healing.

CONSUELO RUIZ MOYA

Clinical Psychologist

EDUCATION

Primary and secondary education, María Auxiliadora School, Los Andes.

[2005-2017] Academic performance, student representative and outstanding activities throughout secondary education.

Higher Education, Adolfo Ibañez University, Viña del Mar.

[2018 - 2021] Participative, interested and responsible student, she successfully passes the corresponding academic credits each year. Constant sports practice throughout the course of the Degree.

Clinical Master, Adolfo Ibañez University, Santiago.

[2022-2023] Student with a great interest in integrative studies on mental health care. She carries out professional practice at the Center for Studies and Care for People (CEAP for its acronym in Spanish), Espacio Agua de Luz and Fundación Cicatrices. She bases her thesis on addressing the Complex Trauma of her client, obtaining the maximum grade in terms of the theoretical and practical approach.

Course on Psychedelics from a Neuroscience Perspective, UAI and ECOH.

[January 2024] Course on understanding and discussing the scientific foundations of psychedelic substances and their therapeutic potential in the field of mental health, personal development and ethical implications.

WORK EXPERIENCE

Independent of the profession

From 2016 to 2024, she has carried out different tasks, from volunteering in children's homes to seasonal work selling products [self-managed], catering, cafeteria and sales assistant.

Professional

Psychotherapeutic care and support [Professional practice]

2022 Espacio Agua de Luz, brief psychotherapy care.

My future goal is to continue exploring consciousness through research based on scientific and experimental evidence to find healthy ways to connect with ourselves and our environment, bringing this knowledge to people so they can apply it autonomously and consciously.

Specifically, I would like to demonstrate how increasing awareness of ourselves and our body could be a tool for self-regulation and self-knowledge (both from embodied experience with mindfulness, to therapies with entheogenic psychedelics for clinical treatments of more crucial cases such as complex traumas). In addition to demonstrating how expanding our consciousness has a positive effect on collective well-being.

HOBBIES

Development of sports disciplines (climbing, yoga and physical training).

Personal development through continuous study, self-exploration and meditation.

CONTACT

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2022-2023 Center for Studies and Care for People, psychotherapeutic care from childhood to older adulthood.

2023 Fundación cicatrices, psychological support for women victims of gender violence.

Children's group psychotherapy [Volunteer]

From April to June 2024, he participates in a group of volunteer psychologists in charge of doing group psychotherapy through art for students of the Pan American school (Kindergarten, 1st and 2nd grade) who were affected by the fire that occurred in different areas of Viña del Mar in 2024.

Clinical psychology

Provides individual face-to-face and online psychotherapeutic care for children, adolescents, adults and older adults, in private consultation and at the Center for the Study and Care of People (CEAP) in Viña del Mar.

Current

Particular clinical psychotherapy

2025 Develop online individual psychotherapy care in adults from an integral approach.

CEAP Assistant

2025 Is responsible for receiving and referring patients and therapist interns and organizing clinical supervision at CEAP.

ESDLab Research Assistant

2024-2025 Research assistant at the Neuroscience Laboratory Emotions and Social Decision Lab at Adolfo Ibáñez University in Viña del Mar.

SKILLS

- Organization, disposition and participation
- Proactive
- Emotional intelligence
- Active listening and empathy
- Resilience
- Teamwork
- Leadership
- High sense of achievement
- Openness, exploration and flexibility