



CONSUELO RUIZ MOYA

Clinical Psychologist

PROFESSIONAL GOALS

My main academic interest lies in the study of consciousness from a neurophenomenological perspective—integrating neuroscience with subjective experience to understand how brain–mind processes influence the body, well-being, and behavior. Advancing research in this area can help identify evidence-based and sustainable practices that enhance individual and collective health, with applications in both clinical and social contexts.

Clinically, I aim to contribute to the development and refinement of therapeutic interventions grounded in scientific evidence, incorporating practices that foster self-regulation and self-awareness. At a broader societal level, I seek to promote more conscious, ecological, and compassionate ways of living, supporting systemic change toward healthier and more sustainable lifestyles.

I am deeply motivated by the ongoing study of consciousness and by sharing this knowledge through research, therapy, teaching, and community engagement. Therapeutically, I aspire to continue developing relational and

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.

theoretical-practical skills that support the co-creation of safe, empathic, non-judgmental spaces that encourage conscious self-exploration and healing.

My long-term goal is to build an academic career focused on the interdisciplinary exploration of consciousness, integrating empirical research with experiential insight. I am particularly interested in investigating how increased bodily and emotional awareness—through practices such as mindfulness or the therapeutic use of psychedelics in clinically controlled settings—can serve as powerful tools for emotional regulation, the treatment of complex trauma, and the promotion of collective well-being.

HOBBIES

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

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

CONTACT

Phone
978076718

Email
consuelo.rm.psico@gmail.com

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

Private Clinical Psychotherapy

2025 Provides individual online psychotherapy for adults, using an integrative therapeutic approach.

University Teaching Assistant

2025 Teaching assistant for two sections of the course *Development of Dialogical Skills*, which is part of an ongoing research project conducted by the ESD Lab.

Research Assistant – ESD Lab, Universidad Adolfo Ibáñez

2024– Present Research assistant at the *Emotion and Social Decisions Lab* (ESDLab) at Universidad Adolfo Ibáñez (Viña del Mar campus). Responsible for coordinating and managing the laboratory's research activities and internal operations.

Research Assistant – FONDECYT Project

2025 Supports the management and coordination of the FONDECYT project led by Sebastián Contreras, principal investigator of ESDLab.

SKILLS

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