

Dr. Lara Bellardita is a psychologist and licensed psychotherapist and consultant in health psychology and behavioral medicine, with both clinical and organizational expertise. She earned her degree in Psychology and later obtained a Master of Science in Applied Psychology from San Diego State University as a Fulbright fellow. In 2008, she completed her Ph.D. in Clinical Psychology and has been a licensed psychotherapist since 2009.

From 2003 to 2008, she collaborated with Università Cattolica of Milan and the Auxological Institute – San Luca Hospital on a groundbreaking telemonitoring project targeting patients with chronic heart failure.

Since 2009, Dr. Bellardita has been active in the oncology field, collaborating with various private and non-profit organizations.

Specifically, from 2009 to 2022, she worked at the National Cancer Institute in Milan, where she co-led consultations alongside the multidisciplinary team of the Prostate Cancer Unit and provided psychological support to patients and their families. She coordinated quality-of-life studies for patients in Active Surveillance, in collaboration with Erasmus Medical Center in Rotterdam. Her expertise encompasses quality of life in cancer patients, coping strategies, patient empowerment, and engagement in decision-making processes. Currently, she focuses on health promotion and healthy lifestyle interventions, designing psycho-educational programs and coaching patients and caregivers on behavior change and stress management. She served for about ten years on the Scientific Committee of the Italian Chapter of Europa Uomo and participated in the PRAISeU committee for prostate cancer screening in the European Community.

Dr. Bellardita also has extensive experience in training and coaching healthcare professionals, emphasizing soft skills in multidisciplinary cancer teams, decision-making, and communication processes; she has designed and implemented a on-the-job training program to facilitate communication between oncologists and patients/families. She is a certified trainer of the Calgary Cambridge Medical Interview. Dr. Bellardita is also a member of the core faculty at the College of European School of Oncology. Additionally, she is deeply engaged in the promotion of psychological well-being of healthcare professionals and prevention and care of burnout. She is a member of the faculty team of the College of the European School of Oncology.

Dr. Bellardita offers psychological counseling and psychotherapy aimed at promoting health and well-being, utilizing an approach inspired by Humanistic Psychology, Positive Psychology, and the work of Milton Erickson. Her clinical practice addresses issues such as stress management, enhancement of character strengths, health-related anxiety, psychosomatic disorders, eating behaviors, and psychological aspects of chronic and oncological diseases. She collaborates with the Centri Psicologia Clinica network. Her therapeutic approach includes techniques and methods such as hypnotic psychotherapy, mindfulness, and Acceptance and Commitment Therapy.

In 2024, she published the first Italian book on the VIA model of character strengths and develops projects integrating Positive Psychology with a focus on the positive aspects of personality. She is the author or co-author of over 50 publications in international journals and has served as a reviewer for journals such as *Frontiers in Clinical & Health Psychology*, *Psycho-Oncology*, and *Quality of Life Research*.

Dr. Bellardita is committed to disseminating scientific information on behavioral aspects of chronic and oncological diseases, lifestyle, and mental health, aiming to stimulate individuals to build paths toward health and psychological well-being within companies, organizations, and communities. She frequently serves as a speaker at scientific conferences and public events, discussing topics such as the biopsychosocial model, salutogenic approaches, decision-making in medicine, and healthy lifestyles.