



Ximena Tiscareno Osorno

Health Psychologist, Ph.D Candidate

✉ xime.tisc@gmail.com

🌐 <https://www.linkedin.com/in/ximena-tiscareno/>

www.ximenatiscareno.com

📅 Mexico. December 1985

EDUCATION

● Doctorate in Health Science

Technical University of Munich

Nov. 2018 - Present

- Focus in Environmental Psychology
- Collaboration in the "[Gogreen Routes Project](#)" funded by the European Union's Horizon 2020

● Master in Clinical Psychology

Anahuac University

Jan. 2014 - Dec. 2015

● Bachelor in Psychology

Iberoamerican University

Jan. 2006 - Dec. 2010

AWARDS

Acknowledgment for outstanding performance from the National Institute on Drug Abuse (NIDA)- Florida Node Alliance) Dec. 2011)

PROFILE

I am a qualified and empathetic clinical psychologist and doctorate candidate with experience in clinical, research, and educational settings. My mission is to enhance people's quality of life and mental health, contributing to societal transformation.

EXPERTISE. Nature Connectedness, Mindfulness, Self-Compassion

WORK EXPERIENCE

Research Assistant and Lecturer

Technical University of Munich (TUM)

Germany

Jun. 2019 - Present

- Conducted a systematic review with European partners
- Taught seminars on Mental Health and Stress Management

Achievement: Development of a research project collaboration with Mexico

Intern

Technical University of Munich (TUM)

Germany

Feb. 2018 - Nov. 2018

Developed a research project on contact with nature in the workplace

Lecturer, Promotion Coordinator and Course Designer

Monterrey Institute of Technology and Higher Education (ITESM)

Mexico

Jan. 2016 - May. 2019

- Coordinated the admissions process to medicine
- Designed and taught psychology lectures
- Marketing promotion coordination

Achievement: 30% surge in medical school applicants

Clinical Psychologist

Valencian Institute of Infertility (IVI)

Mexico

Nov. 2014 - Dec. 2015

- Psychotherapist
- Evaluated candidates for Ovo-donation

Achievement: Implemented pioneering psycho-education strategy for reducing anxiety in ovarian puncture patients.

CERTIFICATIONS

- **Mindfulness Trainer**
International Mindfulness Teachers Association
Jun. 2020 – Nov. 2020
- **Thanatology**
National Autonomous University of Mexico
Jul. 2013 – Sept. 2014
- **Hospital Psychology**
Iberoamerican University
Apr. 2013 – Dec. 2013

PERSONAL STRENGTHS

- Perseverant
- Empathetic
- Team player
- Responsible
- Analytical

LANGUAGES

Spanish (Native)
English (B2)
German (A2)

IT SKILLS

Microsoft and Macintosh (Advanced)
Office (Advanced)
Endnote (Proficient)

Healthbreak

Jan. 2012 – Nov. 2014

Research Assistant

National Institute of Psychiatry “Ramon de la Fuente Muniz”
Mexico

Jan. 2011 – Jan. 2012

Coordinated the implementation of the MET project in Mexico together with the NIDA

Intern

General Electric

Mexico

Jan. 2010 – Dec. 2010

Coordinated the logistics of trainings

FURTHER EDUCATION

- **Compassion Cultivation Online Training**

Instructor: Gonzalo Brito PhD (CL)
Oct. 2022

- **Forest Bathing Online Workshop**

Instructor: Jan Cafiro (UK)
Oct. 2022

- **Acceptance and Commitment Therapy Level 2**

Instructor: Benjamin Schoendorff (CA)
Mar. 2016

PUBLICATIONS

- Scientific Publications
- Self-help book: Tiscareno, X. (2021). ¿Por qué a mí? La vida después de un accidente o enfermedad (Why me? Life after an accident or a disease). Mexico: Galaxia Literaria

VOLUNTEERING

Counsellor during CV Pandemic
Mar. 2020 – Germany

Psychological first aid after earthquake
Sept. 2017 – Mexico

Coping strategies talk for parents of children with special needs
Jan. 2016 – Mexico