CLINICAL PSYCHOLOGY / RESEARCH / GLOBAL MENTAL HEALTH

MARÍA ALEJANDRA ABRIL NOVA

Psychologist | Mental Health Program, microscopIA

Department	Service	Commitment
Global Health & Philanthropy	Online, telemedicine-based mental health assessment	20 hours / week

PROFESSIONAL PROFILE

Psychologist educated at Universidad de los Andes (Colombia), with a neuroscience emphasis and training in third-wave clinical approaches. Her experience integrates outpatient and hospital-based psychological assessment, brief intervention, emotional regulation, and support for patients managing anxiety, depression, and complex medical conditions. She combines direct patient care with applied clinical research, quantitative analysis, and interdisciplinary collaboration.

EDUCATION

Psychology degree · Universidad de los Andes, Colombia · 2021–2025

Emphasis in neuroscience; training in third-wave clinical intervention, including Acceptance and Commitment Therapy (ACT) and Dialectical Behavior Therapy (DBT).

CURRENT APPOINTMENT

Psychologist · Mental Health Program

microscopIA | Department of Global Health & Philanthropy

Provides online, telemedicine-based mental health assessment for program participants, with a commitment of 20 hours per week. Her clinical and research background informs an evidence-oriented, patient-centered approach.

CLINICAL EXPERIENCE

Clinical and Health Psychology Intern

Hospital de San José · Sociedad de Cirugía de Bogotá | 2024

Conducted psychological assessments and brief interventions in emergency care, oncology, cardiology, pediatrics, internal medicine, and outpatient settings. Provided psychoeducation, clinical follow-up, medical-record documentation, and multidisciplinary case presentations. Developed an academic resource for rapid intervention and emotional regulation in patients with generalized anxiety disorder.

RESEARCH & PROFESSIONAL EXPERIENCE

Research informed by clinical practice

Her work spans social connection and cardiovascular health, intergenerational trauma, clinical intervention, field research, and academic program coordination.

RESEARCH APPOINTMENTS

Clinical Psychologist & Researcher

ContigoLab · Universidad de los Andes | 2024–present

Leads quantitative data analysis in English using SPSS for a multilevel social connection study at Cencardio and contributes to English-language manuscript preparation. Also analyzes data from a prior Fundación Santa Fe de Bogotá study and participates in intergenerational trauma fieldwork with vulnerable populations.

Research Assistant

Universidad de los Andes | Aug 2025–present

Contributed to field research on intergenerational trauma and stress across Bogotá, collecting cortisol samples and administering specialized assessment batteries, including FAPIS, with migrant populations and survivors of armed conflict.

Research Intern

Universidad de los Andes · ContigoLab | 2024

Coordinated recruitment, interviews, and participant screening for the Multifamily Project; supported six clinical sessions, technical transcription, Qualtrics data organization, and quantitative/qualitative dataset preparation. For the Cencardio Social Connection project, conducted clinical interviews and cardiovascular patient follow-up, implemented ecological momentary assessment (EMA) informed by ACT, and delivered values-based psychoeducation.

ACADEMIC AND PROGRAM COORDINATION

Academic Support Assistant

Educación Continua, Universidad de los Andes | Jan 2025–present

Supported the ACT continuing-education program, coordinating participants, faculty, learning platforms, course content, and attendance tracking while handling personal information in accordance with institutional policies.

Academic Coordination Assistant

Educación Continua, Universidad de los Andes | Sep–Oct 2025

Provided academic and operational support for the “Conscious, Effective and Powerful Communication” program, including digital learning platforms, course materials, participant liaison, and Excel-based attendance automation.

CLINICAL AND RESEARCH COMPETENCIES

- Psychological assessment, brief intervention, psychoeducation, and interdisciplinary patient care.
- ACT and DBT-informed approaches; emotional regulation, stress, anxiety, and medical-treatment adherence.
- Quantitative research, psychometric instruments, field data collection, and scientific writing in English.

ADDITIONAL TRAINING & TECHNICAL SKILLS

Continuing professional development

Selected certificates from university and professional education programs, as documented in her curriculum vitae.

CERTIFICATES AND COURSES

Managing Emotions in Times of Uncertainty & Stress
Yale University · Coursera | 2025

Health After Cancer: Cancer Survivorship for Primary Care
Stanford University · Coursera | 2025

Suicide Prevention
Wesleyan University · Coursera | 2025

Understanding Depression Across the Life Span
Universidad de los Andes | 2022

Psychological First Aid (APA)
Servicio Nacional de Aprendizaje (SENA) | 2025

Psychosocial Care for Victims of Armed Conflict
SENA | 2025

Approaching People at Risk of Psychoactive Substance Use
SENA | 2025

Prevention and Management of Gender-Based Violence
SENA | 2025

Well-being, Equity and Human Rights
Universidad de los Andes | 2020

Developing Emotional Intelligence in Personal and Professional Life
SENA | 2020

TOOLS & TECHNOLOGIES

- Clinical and research: SPSS, R (listed in source CV), Qualtrics, electronic health records, and psychometric data workflows.
- Data and operations: advanced Excel; Word, PowerPoint, OneDrive, OneNote, Microsoft Teams, and Zoom.
- Applied AI: prompt engineering and natural-language tools for qualitative coding, behavior-analysis workflows, and ACT/DBT training simulations.

CARE PHILOSOPHY

Evidence-informed psychological assessment combined with clinical experience, research rigor, and an interdisciplinary approach to patient care.