



# CARLA PEREZ MARTINEZ

Ph.D in Perinatal & Infant Psychology

## PERSONAL PROFILE

I am a Doctor in Psychology specialized in offering emotional support to mothers, babies and families during pregnancy, postpartum and parenting. I am a Certified Lactation Counselor and an Educator in Infant Massage. I combine my experience in research and clinical practice with my passion for teaching.

## SCIENTIFIC FOCUS

- Early detection and intervention of Alarm Distress Baby Signs (ADBB scale) in infants with a medical condition.
- Psychological impact of prenatal diagnosis and infant medical condition on parent's mental health.
- Prematurity and Kangaroo Care Program.
- Maternal and women's mental health.

## CONTACT INFORMATION

Web: [www.psicologiaconbebes.com](http://www.psicologiaconbebes.com)  
Cellphone: (617) 710 8471  
E-mail: [cpm.perinatal@gmail.com](mailto:cpm.perinatal@gmail.com)

## PROFESSIONAL EXPERIENCE

### Perinatal & Infant Psychologist

PSICOLOGÍA CON BEBES | MARCH 2020 - PRESENT

- Psychotherapist (online therapy)
- Certified Lactation Counselor
- Infant Massage Educator
- Evaluation and treatment of perinatal mood and anxiety disorders
- Parenting consultant
- Developmental Evaluation and Early Intervention
- Workshops for parents and professionals

### Mental Health Specialist (Cambridge MA)

RIVERSIDE COMMUNITY CARE | AUGUST 2018 - FEBRUARY 2020

- Home-based psychotherapist
- Emotional support to Pregnant Women and Moms (mostly new moms and immigrant moms)
- Mother-Baby support groups coordinator
- Developmental Evaluation and Early Intervention
- Parenting Consultant

## EDUCATION

### University of Valencia (Spain)

PH.D IN PERINATAL & INFANT PSYCHOLOGY

- Completed in December 2017 | CUM LAUDE | International Distinction
- Doctoral dissertation: "*Social withdrawal behavior in infants with cleft lip and palate: the psychological impact of the malformation on parents and on parent-infant relationship*".
- Internships: Bichat-Claude Bernard Hospital (Paris, France), University Hospital Colombia, and Javeriana University (Bogota, Colombia).

### University of Valencia (Spain)

MASTER IN PERINATAL & INFANT PSYCHOLOGY

- Completed in June 2014 | SPECIAL AWARD
- Master Final Project: "*An approach to psychosomatic symptoms in early childhood: the effect of maternal sensitivity*".
- Internships: University Hospital La Fe.

### National Autonomous University of Mexico

DEGREE IN PSYCHOLOGY

- Completed in June 2012 | SPECIAL AWARD
- Research Assistant.
- Scholarship as an Exchange student at University of Barcelona.



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## MAIN RESEARCH ARTICLES

- **Análisis del retraimiento social infantil en participantes en el Programa Madre Canguro.** Acta Psiquiátrica y Psicológica de América Latina, 2020, 66 (3), 188-196.
- **Alarm Distress Baby Scale in assessing social withdrawal in infants with underlying organic illness -Congenital Heart Disease, Prader Willi Syndrome, Cleft Lip and/or Palate- An overview.** Internal Medicine Review 6 (4).
- **The impact of having a baby with cleft lip and palate on parents and on parent-baby relationship: the first French prospective multicentre study.** BMC Pediatrics, 2020, 20:230.
- **Réflexions sur l'accompagnement psychologique proposé aux familles accueillant un enfant porteur d'une fente labio-palatine.** Devenir, 2017, 29 (2), 77-89.
- **Una aproximación a la sintomatología psicósomática en la primera infancia: el efecto de la sensibilidad materna.** Revista de Psicopatología y Salud Mental del niño y del adolescente, 2016, 27, 9-17.
- **Le retrait relationnel chez les enfants porteurs d'une fente labio-palatine et l'impact sur les parents. Une revue de la littérature et un protocole de recherche clinique.** Devenir, 2015, 27 (4), 269-280.
- **Retraimiento social en la primera infancia. Implicaciones en el desarrollo del psiquismo.** Revista Uruguaya de Psicoanálisis, 2015, 120, 120-132.

## CERTIFICATIONS AND TRAININGS

### Certified Lactation Counselor

THE ACADEMY OF LACTATION POLICY AND PRACTICE | 2019

### Infant Massage Educator

WORLD INSTITUTE FOR NURTURING COMMUNICATION | 2019

### Introduction to Childbirth for Doulas

DONA INTERNATIONAL | 2019

### Newborn Behavioral Observation

THE BRAZELTON INSTITUTE | 2018

### Alarm Distress Baby Scale (ADBB)

WAIMH SPAIN | 2017

### Lausanne Trilogue Play (LTP)

UNIVERSITY OF LAUSANNE | 2015

## FELLOWSHIPS

### CONACYT-COCYT

FOR DOCTORAL STUDIES | MEXICO | 2014-2017

### Luisa Cardona

FOR MASTER'S STUDIES | UNIVERSITY OF VALENCIA | 2012-2014

### México Nación Multicultural

FOR UNDERGRADUATE INDIGENOUS STUDENTS | NATIONAL AUTONOMOUS UNIVERSITY OF MEXICO | 2008-2011

## MAIN RESEARCH PROJECTS

**Oxytocin treatment in Neonates and Infants aged from 0 to 4 months with Prader-Willi Syndrome.**  
PI: NATHALIE HANTZPERG | TOULOUSE HOSPITAL | 2020-PRESENT.

**Relational development in children with cleft lip and palate: influence of the waiting period prior to the first surgical intervention and parental psychological perceptions of the abnormality.**  
PI: BRUNO GROLLEMUND AND ANTOINE GUEDENEY | UNIVERSITY OF STRASBOURG | 2014-2019.

**The use of oxytocin to improve feeding and social skills in infants with Prader-Willi Syndrome.**  
PI: MAÏTHÉ TAUBER | TOULOUSE HOSPITAL | 2015.

**Influence of factors pre and perinatal on the vulnerability to develop mental disorder. Longitudinal study on twin's samples.**  
PI: LUIS ROJO-MORENO | UNIVERSITY AND POLYTECHNIC HOSPITAL LA FE | SPAIN | 2013-2015.

## TEACHING EXPERIENCE

### Workshops coordination and facilitation

HARVARD STUDENT'S SPOUSES AND PARTNERS | CAMBRIDGE MA USA | 2020-PRESENT.

MIT SPOUSES AND PARTNERS | CAMBRIDGE MA USA | 2020-PRESENT.

### Mother-Baby Groups coordination and facilitation

RIVERSIDE COMMUNITY CARE | BOSTON MA USA | 2018-2020.

### Guest Lecturer and Examiner

MD RESEARCH SKILLS | UNIVERSITY OF MELBOURNE | AUSTRALIA | 2020.

PERINATAL AND INFANT PSYCHOLOGY MASTER | UNIVERSIDAD DE VALENCIA | SPAIN | 2016.

PSYCHOLOGY DEGREE | PONTIFICIA UNIVERSIDAD JAVERIANA | COLOMBIA | 2016.



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## MAIN TALKS

**Guest Speaker:** "Introductory course to the ADBB scale. Indicators of emotional distress in infants". Chilean Society of Pediatrics | Santiago | 2021.

**Guest Speaker:** "Psychological monitoring of the premature baby and their family" | *Children's Hospital* | Oaxaca | 2020.

**Guest Speaker:** "Motherhood during pandemic". *International Book Fair* | Oaxaca | 2020.

**Guest Speaker:** "Social withdrawal behavior in infants with Cleft Lip and Palate using both the ADBB and the m-ADBB scales". Symposium: Ongoing research with the ADBB and the m-ADBB scales. *XVI Congress of the World Association for Infant Mental Health (WAIMH)* | Rome, Italy | 2018.

**Poster:** "Infant social withdrawal behavior and maternal depressive symptoms in a Kangaroo Mother Care Program sample". *XVI Congress of the World Association for Infant Mental Health (WAIMH)* | Rome, Italy | 2018.

**Guest Speaker:** "Introduction to the ADBB scale. Use, prevention and possible interventions". *National Conference of the Spanish Society of Social Pediatrics SEPS-ASMI "Attachment and prevention of psychopathology in childhood"* | Almeria, Spain | 2017.

**Guest Speaker:** "The quality of the parent-infant relationship in families with babies with cleft lip and palate". *ASMI-WAIMH XV Scientific Conference* | Valencia, Spain | 2016.

## OTHER POSITIONS

### Board of Directors

ASMI WAIMH | SPAIN | 2013-2020

### Guest speaker

MIT Spouses and Partners

Harvard Student's Spouses and Partners Association

Radio and Television Corporation of Oaxaca

International Book Fair of Oaxaca

Technological University of the Central Valleys of Oaxaca

Children's Hospital (Oaxaca, Mexico)

### Consultant

Roots for Change | Madison Wisconsin | 2020-Present

### Journal Reviewer

Naciendo | SPAIN | 2020

### Columnist

Baby Creysi | Mexico | 2021-Present

Mamarama | Mexico | 2020-Present

### Volunteer

MIT Spouses and Partners | 2017- Present

Family Services | Zaachila, Oaxaca | 2017-2019

## CONFERENCE ATTENDANCE

- 2020 | **Advanced Perinatal Mental Health Psychotherapy Training** | Postpartum International Support | USA.
- 2020 | **Human Lactation in COVID-19 context** | National Institute of Perinatology | Mexico.
- 2020 | **III International Conference on human lactation for health professionals** | UTEG PILU | Guadalajara, Mexico.
- 2019 | **Certification for Lactation Counselors | Academy of Lactation Policy and Practice** | USA.
- 2019 | **Early Intervention Conference** | Boston, MA, USA.
- 2018 | **XVI Congress of the World Association for Infant Mental Health (WAIMH)** | Rome, Italy.
- 2017 | **National Congress of the Spanish Society of Social Pediatrics (SEPS)** | Almeria, Spain.
- 2016 | Workshop: **Attention Deficit Hyperactivity Disorder: research, theory, and clinical work with video intervention therapy.** International Attachment Conference Association (AIACB) | Barcelona, Spain.
- 2016 | **XV Congress of the World Association for Infant Mental Health** | Prague, Czech Republic.
- 2016 | **Workshop: Perinatality and Autism.** Association for Infant Mental Health (ASMI WAIMH) | Valencia, Spain.
- 2016 | **XV National Conference of the Association for Infant Mental Health (ASMI WAIMH)** | Valencia, Spain.
- 2015 | **International Congress of Infant and Adolescent Clinical and Health Psychology** | Madrid, Spain.
- 2015 | **IV Conference of the Marcé Society in Perinatal Mental Health** | Barcelona, Spain.
- 2014 | **IX International Conference on Eating Disorders** | Valencia, Spain.
- 2014 | **XIII National Conference of the Association for Infant Mental Health (ASMI WAIMH)** | Valencia, Spain.
- 2013 | **XXV Congress of the Spanish Society of Infant and Adolescent Psychiatry and Psychotherapy (SEPPNA)** | Spain.
- 2012 | **XI National Conference of the Association for Infant Mental Health (ASMI WAIMH)** | Valencia, Spain.
- 2011 | **XIX Mexican Congress of Psychology** | Mexico.

## OTHER SKILLS

- ORGANIZATION OF SCIENTIFIC EVENTS.
- EXPERTISE IN THE STATISTICAL PACKAGE SPSS.

## LANGUAGES

- SPANISH: NATIVE.
- ENGLISH: PROFESSIONAL.
- FRENCH: INTERMEDIATE.
- CATALAN: INTERMEDIATE.