

EUROPEAN FORMAT
FOR CURRICULUM
VITAE



PERSONAL INFORMATION

First and last name SERENA ILARIA LAI
Address 83 WARREN CLOSE, CB2 1LE, CAMBRIDGE, UK
Telephone PERSONAL: +44 (0) 7961 250993;
WORK: +393318075133; +44 (0)7980 911978
Fax
E-mail PERSONAL: serenailai@gmail.com
WORK: dott.ssalaiserenailaria@gmail.com, serena.lai@cpft.nhs.uk
Nationality ITALIAN
Date of birth 5 NOVEMBER 1982

WORK EXPERIENCE

- Dates (from – to) 30/01/2017 to 27/01/2017
- Name and address of employer Cambridge Peterborough Foundation Trust NHS
- Type of business or sector Cameo North Team/ Acute Assessment Unit OAK 3
- Occupation or position held Consultant Psychiatrist
- Main activities and responsibilities
 - Inpatient care in an acute assessment unit ward for Adult, age between 18 and 65.
 - Outpatient care in Early intervention in psychosis.

- Date (from – to) October 2016 to date
- Name and address of employer Private Specialist. Centro Bini, Via Cavalcanti 28 Cagliari.
- Type of business or sector Self-employed
- Occupation or position held Psychiatrist
- Main activities and responsibilities
 - Outpatient care.
 - Day and night on-call phone duty for urgent psychiatric care.

- Date (from – to) September 2014 to 27/01/2017
- Name and address of employer Cambridge Peterborough Foundation Trust NHS
- Type of business or sector George Mackenzie House, Fulbourn Hospital, Cambridge Road, Cambridgeshire
- Occupation or position held Specialty Doctor
- Main activities and responsibilities
 - Inpatient care in a low secure psychiatric ward for Adult, age between 18 and 65.
 - Outpatient care in the clinic and the community.

- Date (from – to) November 2011 to August 2016
- Name and address of employer Private Specialist. Centro San Michele Via dei Passeri, 8 Cagliari.
- Type of business or sector Self-employed
- Occupation or position held Psychiatrist
- Main activities and responsibilities
 - Outpatient care.
 - Day and night on-call phone duty for urgent psychiatric care.

- Date (from – to) September 2013 to March 2015
- Name and address of employer Private Specialist
- Type of business or sector Self-employed
- Occupation or position held Party-appointed expert witness on medical/psychiatric matters
- Main activities and responsibilities
 - Observing the forensic psychiatric examinations conducted as part of legal proceedings.
 - Preparing a reasoned expert report addressing the medical/psychiatric questions raised by the judge.

- Date (from – to) 16 October 2013 to March 2015
- Name and address of employer Court of Lanusei
- Type of business or sector Self-employed
- Occupation or position held Court-appointed expert witness on medical/psychiatric matters
- Main activities and responsibilities
 - Conducting forensic psychiatric examinations during legal proceedings.
 - Preparing a reasoned expert report addressing the medical/psychiatric issues questions raised by the judge.

- Date (from – to) 26 November 2012 to 22 August 2014
- Name and address of employer Oristano Mental Health Centre at Ospedale Vecchio, Piazzale San Martino
- Type of business or sector Local Health Unit 105
- Occupation or position held Unsupervised Psychiatrist on fixed-term contract
- Main activities and responsibilities
 - Outpatient care in the clinic and the community, and urgent psychiatric care at the Oristano Mental Health Centre.
 - Holiday duty shifts at the Psychiatric Diagnosis and Care Service (Psychiatry Department) of Oristano.
 - Clinic and urgent psychiatric care at Massama Prison (OR)

- Dates (from – to) January 2014 to 28 August 2014
- Name and address of employer Isforcoop (Sardinia Cooperative Training Institute)
- Type of business or sector Training courses for the qualified Health and Social Care Assistants in the province of Oristano.
- Occupation or position held Teacher of Child Psychiatry and Neuropsychiatry.
- Main activities and responsibilities Teaching candidates preparing to qualify as Health and Social Care Assistants.
Topic areas covered:
 - Health interventions in children, adolescents, and in people with mental distress.
 - Psychosocial and assistance interventions in children, adolescents and in psychiatric patients.

- Date (from – to) 16 July 2012 to 22 November 2012
 - Name and address of employer Olbia Mental Health Centre. Via Baronia, 12 Olbia. Italy.
 - Type of business or sector Local Health Unit 102
 - Occupation or position held Unsupervised Psychiatrist on fixed-term contract
 - Main activities and responsibilities
 - Outpatient care in the clinic and the community, and urgent psychiatric care at the Olbia Mental Health Centre.
 - On-call phone duty on weekday nights, and day and night on-call phone duty on holidays, for provision of urgent psychiatric care.
 - Participation in running the Day Centre and organising therapeutic, rehabilitation and educational-occupational activities.
-
- Date (from – to) 2008 to March 2012
 - Name and address of employer General Medicine Service. Cagliari Local Health Unit.
 - Type of business or sector Local Health Unit 108
 - Occupation or position held Physician
 - Main activities and responsibilities
 - Occasional substitutions for Primary Care Physicians for outpatient care in the clinic and the community.
 - Daytime on-call phone duty for urgent medical care.
-
- Date (from – to) 1 April 2008 to 31 March 2012
 - Name and address of employer Psychiatric Clinic, Via Liguria 13, Cagliari
 - Type of business or sector University of Cagliari
 - Occupation or position held Trainee in Psychiatry
 - Main activities and responsibilities
 - Outpatient care in the clinic and the community, and provision of urgent psychiatric care.
 - Research work and participation in Phase 1, 2 and 3 trials.
 - Leading of psychiatric rehabilitation and psychoeducation groups for patients and family members, and dietary psychoeducation groups for patients of the Mental Health Centre.
 - Internship work at various facilities of Local Health Unit 108 in Cagliari: Psychiatric Diagnosis and Care Service, Addictions Service, Department of Neurology of the University Polyclinic of Monserrato.
-
- Date (from – to) 2008 to 2011
 - Name and address of employer Out-of-Hours Urgent Care Service, Sanluri Local Health Unit
 - Type of business or sector Local Health Unit 106
 - Occupation or position held Physician
 - Main activities and responsibilities Out-of-hours urgent care service for a total of 96 hours. Outpatient care in the clinic and the community for patients with urgent medical conditions.
-
- Date (from – to) 16 June 2011 to 29 November 2011
 - Name and address of employer Substitute for General Practitioner Dr. Renata Cittadini.
 - Type of business or sector Local Health Unit 108
 - Occupation or position held General Practitioner

- Main activities and responsibilities
 - Substitute primary care physician managing outpatient care in the clinic and community for a total of 49 days.
 - Daytime on-call phone duty for managing urgent medical conditions.

- Date (from – to) 18 July 2011 to 20 August 2011
- Name and address of employer Substitute for General Practitioner Dr. Giorgio Murru
- Type of business or sector Local Health Unit 108
- Occupation or position held Primary care physician with over 100 patients
- Main activities and responsibilities
 - Substitute primary care physician for outpatient care in the clinic and the community.
 - Daytime on-call phone duty for managing urgent medical conditions.

- Date (from – to) July to August 2011
- Name and address of employer Tourist Medical Service, at Gutturu and Flumini
- Type of business or sector Local Health Unit 106
- Occupation or position held Physician
- Main activities and responsibilities Tourist Medical Service physician for a total of 252 hours. Provision of outpatient care to tourists (patients from other Local Health Units, or of non-Italian nationality) with urgent medical conditions.

- Date (from – to) 6 September 2010 to 4 November 2010
- Name and address of employer Substitute for General Practitioner Dr. Giuseppe Cardia
- Type of business or sector Local Health Unit 108
- Occupation or position held Primary care physician with over 100 patients
- Main activities and responsibilities
 - Substitute primary care physician for outpatient care in the clinic and the community.
 - Daytime on-call phone duty for managing urgent medical conditions.

- Date (from – to) 2 August 2010 to 31 August 2010
- Name and address of employer Substitute for General Practitioner Dr. Dario Delpin
- Type of business or sector Local Health Unit 108
- Occupation or position held Primary care physician with over 100 patients
- Main activities and responsibilities
 - Substitute primary care physician for outpatient care in the clinic and the community.
 - Daytime on-call phone duty for managing urgent medical conditions.

- Date (from – to) 14 June 2010 to 16 July 2010
- Name and address of employer Substitute for General Practitioner Dr. Giuseppe Leoni
- Type of business or sector Local Health Unit 108
- Occupation or position held Primary care physician with over 100 patients
- Main activities and responsibilities
 - Substitute primary care physician for outpatient care in the clinic and the community.
 - Daytime on-call phone duty for managing urgent medical conditions.

- Date (from – to) July to August 2010
- Name and address of employer Tourist Medical Service, at Portu Maga
- Type of business or sector Local Health Unit 106

<ul style="list-style-type: none"> • Occupation or position held • Main activities and responsibilities 	<p>Physician</p> <p>Tourist Medical Service physician for a total of 216 hours. Provision of outpatient care to tourists (patients from other Local Health Units, or of non-Italian nationality) with urgent medical conditions.</p>
<ul style="list-style-type: none"> • Date (from – to) • Name and address of employer • Type of business or sector • Occupation or position held • Main activities and responsibilities 	<p>May 2009 and June 2010</p> <p>Out-of-Hours Urgent Care Service, Local Health Unit of Lanusei, Italy.</p> <p>Local Health Unit 104</p> <p>Physician</p> <p>Out-of-hours urgent care physician for a total of 68 hours. Outpatient care in the clinic and the community for patients with urgent medical conditions.</p>
<ul style="list-style-type: none"> • Date (from – to) • Name and address of employer • Type of business or sector • Occupation or position held • Main activities and responsibilities 	<p>June—July 2009</p> <p>Tourist Medical Service, at Torre dei Corsari, Italy.</p> <p>Local Health Unit 106</p> <p>Physician</p> <p>Occasional substitute physician for the Tourist Medical Service for a total of 12 hours. Provision of outpatient care to tourists (patients from other Local Health Units, or of non-Italian nationality) with urgent medical conditions.</p>
<ul style="list-style-type: none"> • Date (from – to) • Name and address of employer • Type of business or sector • Occupation or position held • Main activities and responsibilities 	<p>January 2009 and December 2009</p> <p>Out-of-Hours Urgent Care Service Cagliari Local Health Unit, Italy.</p> <p>Local Health Unit 108</p> <p>Physician</p> <p>Out-of-hours urgent care physician for a total of 60 hours. Outpatient care in the clinic and the community for patients with urgent medical conditions.</p>

EDUCATION AND TRAINING

- Date (from – to) 1 April 2008 to 31 March 2012
- Name and type of organisation providing education or training School of Specialisation in Psychiatry, University of Cagliari, Faculty of Medicine and Surgery, at the Psychiatric Clinic - Via Liguria, 13 Cagliari.

- Principal subjects / occupational skills covered

Practical work

Practical experience in outpatient care of Mental Health Service patients, in the clinic and the community, and in emergency and urgent psychiatric care.

Research activities involving psycho-diagnostic testing to assess the psychopathological conditions and the psychopharmacological therapies of Mental Health Service patients.

Leading of psychiatric rehabilitation and psychoeducation groups.

Theory

Biological psychiatry and neuropsychopharmacology area.

- Subjects studied. Biochemistry, endocrinology, neuroanatomy, medical genetics, epidemiology, statistics, neurology, theoretical psychopharmacology and clinical applications.
- Skills obtained: Knowledge of the anatomy-physiology of nervous structures correlated with mental processes, of the biochemical, physiological, endocrinological and structural correlates of psychiatric pathologies. Understanding of the concepts of gene and genetic transmission in relation to mental diseases; principal methods of genetic research in psychiatry. Use of personal computers and tools for communicating with remote databases, and application of statistical methods to research in psychiatry. Knowledge of neurological diseases with clinical expression of a psychiatric nature. Theoretical knowledge and practical experience of neuropsychopharmacology; study of the classification of each molecule, the spectrum and mechanisms of action, kinetics, indications, contraindications, undesired effects, toxicity, withdrawal syndromes and clinical use. Knowledge of other biological therapies.

Psychopathology and psychiatric methods area

- Subjects studied. Clinical methods in psychiatry, psychopathology, psychodiagnostics.
- Skills obtained: In-depth knowledge of the psychopathology of different manifestations of mental disorders. Adequate interpretation of differential diagnostic profiles and rational approach to the indication and verification of treatments. Ability to employ diagnostic tools through correct application of the psychological and neuropsychological tests and the evaluation scales commonly used in psychiatry.

Clinical psychiatry area

- Subjects studied. Introductory elements of psychiatry, mental disorders according to DSM IV, psychiatric manifestations in the elderly and in adolescents, psychosomatic models, psychopathological consequences of somatic diseases.
- Skills obtained: Knowledge of the etiopathogenesis, clinical characteristics, and prognosis of psychiatric diseases in adults. In-depth knowledge of the peculiarities of psychiatric pathologies in adolescents, of the psychobiological and psychosocial problems of adolescents, and practical experience in the diagnosis and treatment of psychiatric conditions in children-adolescents. Knowledge of the specific features of psychiatric pathologies in the elderly, with specific reference to mechanisms of cerebral aging and mental deterioration. In-depth study of the psychosocial problems of the elderly; practical experience in the diagnosis and treatment of psychiatric conditions in the elderly, and of the aspects relating to institutionalisation and home assistance. In-depth knowledge of the relationship between internal medicine or surgical conditions and mental disorders, the problems relating to consultation-liaison psychiatry and psychosomatic medicine, the psychological aspects of non-psychiatric patients, of medical and other workers, and of care facilities in general. Practical experience, in the above-listed areas, in diagnosis and treatment and appropriate training in the doctor-patient relationship. Knowledge of the integrated use of different psychiatric therapies.

Psychotherapy area

- Subjects studied. General elements of psychotherapy, psychodynamic psychotherapy, cognitive-behavioural psychotherapy.
- Skills obtained: Knowledge of general and developmental psychology, of the theoretical basis and techniques of various forms of individual, family and group psychotherapy, and acquisition of the tools for psychotherapeutic interventions.

Social psychiatry area

- Subjects studied. Transcultural psychiatry, mental hygiene, psychiatric rehabilitation, forensic psychiatry, pharmaceutical drug addictions.
- Skills obtained: Knowledge of the social correlates of mental illness and of the principles of mental hygiene. In-depth theoretical and practical experience relating to psychiatric legislation and the ethical and legal aspects of psychiatric work pertaining to the relationship with the patient, professional responsibility, inspections, and voluntary and mandatory health treatments. Preparing psychiatric expert reports dealing with questions of diminished responsibility due to mental illness, as well as the professional responsibility of psychiatrists. Theoretical knowledge and practical experience of the principal psychiatric rehabilitation techniques and their correlation with other forms of therapeutic intervention. Study of the mechanisms of dependence, tolerance, withdrawal, and craving of psychoactive drugs and abused substances; practical experience in diagnosis and treatment of pharmaceutical dependence; experience in the problems relating to psychiatric comorbidity in drug addiction.

• Title of qualification awarded

Specialization in Psychiatry with thesis title: “Recovery in Schizophrenia Spectrum Disorders. First results of a Prospective Cohort Study”.

• Level in national or international classification (if relevant)

50/50 cum laude

- Date (from – to)
- Name and type of organisation providing education or training
- Principal subjects / occupational skills covered

September 2001 to July 2007.

Faculty of Medicine and Surgery, University of Cagliari.

Practical work

Professional internships in measurement and data analysis laboratories on nutrition, human physiology, and general and microbiological pathology, and in the units of pathological anatomy, gastroenterology, ophthalmology, urology, nephrology, orthopaedics, cardiology, pulmonology, internal medicine, allergology, rheumatology, radiology, oncology, haematology, otorhinolaryngology, dermatology, neurology, paediatrics.

From 2004 to 2007, student internship at the Cagliari Psychiatric Clinic.

From June 2006 to March 2007, attendance for a total of 250 hours at the Adult Haematology Department Thalassemia DH of the Mirocythemia Hospital in Cagliari.

From 10 July 2006 to 15 July 2007 attendance for a total of 16 hours at the Surgical Pathology Unit of San Giovanni di Dio Hospital in Cagliari.

From October 2006 to February 2007 attendance at the Emergency Department of Marino Hospital in Cagliari.

From 21 November 2006 to 14 December 2006 attendance for a total of 60 hours at the Clinical Obstetrics and Gynaecology and Human Reproductive Physiopathology Unit of the Department of Infant and Maternal Surgery and Imaging science of San Giovanni di Dio hospital in Cagliari.

From 18 December 2006 to 16 March 2007 attendance for a total of 207 hours at the General Surgery I Unit of San Giovanni di Dio Hospital in Cagliari.

Theory

Year I

Biology and genetics; Chemistry and prerequisites for biochemistry; physics and elements of informatics; approach to emergency medicine; biochemistry and molecular biology; histology and embryology; scientific English 1.

Year II

Medical and bioethical ethics; history of medicine; human anatomy; human physiology; general immunology and microbiology; statistics; scientific English 2.

Year III

Laboratory medicine and clinical microbiology; pathological anatomy; general pathology; clinical methodology; pharmacology;

Year IV

Gastroenterology and immune system diseases; diseases of the respiratory and cardiovascular system; urology and nephrology; diseases of the locomotor system; diseases of the visual system; internal medicine and general surgery 1.

Year V

Allergology, clinical immunology and rheumatology; special diagnostic imaging; clinical oncology and haematology; otorhinolaryngology and odontology; public health and hygiene; skin and venereal diseases and infectious diseases; occupational medicine; legal medicine; psychiatry, clinical psychology and neurology.

Year VI

General surgery II; Internal medicine II; medical-surgical emergencies; gynaecology and obstetrics; general and specialist paediatrics.

During the course of studies in medicine, also took various elective courses: Introduction to advanced statistical methods; interactive course on functional limb anatomy; observation and discussion of macro- and microscopic preparations of human parasites; normal radiological anatomy; molecular analysis of genetic diseases; First Interdisciplinary Meeting of Thyroid Pathology; dietetics in normal conditions and under physical exertion; First Congress of the Mario Aresu Department of Internal Medicine Science.

• Title of qualification awarded	Degree in Medicine and Surgery with thesis on psychiatry titled: “Obesity and Axis I disorders of the DSM IV TR”.
• Level in national or international classification (if relevant)	110/110 cum laude
• Date (from – to)	1996-2001
• Name and type of organisation providing education or training	Liceo Classico (secondary school specialising in classics) Istituto Salesiano “Don Bosco” Cagliari
• Principal subjects / occupational skills covered	<p><i>Italian Literature.</i> Study of Italian literature, with readings of texts and passages characterising the styles of individual authors or entire periods. Prose and poetry of authors from the 14th to 20th century, Italian prose of the 1200s and 1300s. Humanism. The principal authors of the second half of the 15th century. The major authors of the 16th century. The 17th century and its traits. The 18th century, societal and artistic renewal. The 19th century. Romanticism. Positivism and Verism. The 20th century. Study of French, German, Russian, English, American literature.</p> <p><i>Latin Language and Literature</i> Study of the Latin language, morphology and syntax. Analysis of texts, of morphosyntactic structures, and their arrangement. Translations from Latin to Italian. Study of an anthology of authors. Historical mapping of literature from the origins to the age of Caesar, from the age of Caesar through all the Augustan age, and from the Tiberian age to the 5th century A.D.</p> <p><i>Greek language and literature</i> Study of the ancient Greek language, phonetics, morphology and syntax. Analysis of texts, of morphosyntactic structures, and their arrangement. Translations from Greek to Italian. Study of an anthology of authors. Historical map of the literature from the origins to Pindarus, of the Attic period, of the Hellenistic period and of the Greco-Roman period.</p> <p><i>English language.</i> Study of the English language, phonetics, grammar and syntax. Exercises in conversation and oral composition. Dictation exercises, oral and written translation exercises.</p>

Geography. Study of Europe and of extra-European continents. Analysis of the physical conformation, original conditions of life and civilization, and progressive adaptation and transformation of countries, of the economic, political and cultural relations, and of ethnic similarities and conflicts.

History. Study of the various historical periods. Prehistory. Civilizations of the ancient Mediterranean populations. The Greeks. Roman civilization in its chief phases and expressions. The Middle Ages. The Renaissance. Reformation and Counter-Reformation. The European situation in the 18th century. The American revolution, Enlightenment and the Reformation movement. The French revolution. Napoleon. The Congress of Vienna. The year 1848 in Europe and Italy. The major world problems at the close of the 19th century. The world wars. Decline of colonialism and new nations in the world.

Philosophy. Study of pre-Sophist thought. The Sophists. Socrates, Plato, Aristotle. The academic and peripatetic teachers. Historians and Epicureans. Scepticism. Christian revelation and the doctrinal foundations of Christianity. The thinking of the Middle Ages. Philosophy of the Renaissance. Positions and problems of modern philosophy. Characteristics of the philosophy of Italian Unification. Evolutionism. Historical idealism, relativistic phenomenalism, pragmatism and their main developments in contemporary thought.

History of Art. Prehistoric art. Greek art. Etruscan art. Roman art. Christian art. Byzantine art. Pre-Romanesque and Romanesque period. Gothic art. The Renaissance. The art of the 16th century. The Baroque. The 18th century. Neoclassical art. Romantic art. Realism. Impressionism and divisionism. The 20th century.

Natural Science. Study of botany and zoology. Study of chemistry. Overview of Mineralogy. Study of biology. Principles of anatomy, and plant, animal and human physiology. Study of astronomical geography.

Mathematical Sciences: Study of algebra, geometry and trigonometry.

Physics. Study of mechanics, thermology, acoustics and optics. Overview of the speed of light and the wave nature of light; frequency and wavelength. Overview of spectroscopy and overview of interference. Study of electricity and magnetism. Constituents of matter: molecules, atoms, nuclei, electrons.

• Title of qualification awarded

Secondary-school diploma specializing in Classics with thesis title "Freud and Psychoanalysis: an unknown world".

• Level in national or international classification (if relevant)

97/100

PERSONAL SKILLS AND COMPETENCIES

Acquired through life and career experiences but not necessarily recognized with official certificates or diplomas.

Psychiatrist

Specialist Associate of the Royal College of Psychiatrists since 8th July 2015, Membership Number 926050.

Approved Clinician.

Section 12 Approved under the Mental Health Act 1983.

Registered in the Register of Medical Practitioner and Specialist of the General Medical Council with full registration since January 2014 under No 7467522.

Registered in the Register of Medical Practitioner of Cagliari since 19 February 2008 under No 8913.

From 30th January 2017, employed by the NHS as a Consultant Psychiatrist for Early intervention in psychosis and Acute Assessment Unit ward in Peterborough City Hospital.

From September 1st 2014 to January 2017, employed by the NHS as a Specialty Doctor at George Mackenzie House, Fulbourn Hospital, Cambridge, providing inpatient care in a low secure psychiatric ward for female and male Adult, aged between 18 and 65. Assess psychiatric and physical needs on the ward. Prior to admission carrying out initial assessment in prisons, other intensive care units and hospitals. Preparation of psychiatric reports for the Court. Preparation of various reports relating to patient's care during their admission. Outpatient care in the community with regular clinic to adult patients, and managing urgent psychiatric interventions. Home visits and assessment.

From September 2013 to date, party-appointed expert witness on medical-psychiatric matters. Duties include observing, on behalf of the party concerned, the forensic psychiatric examinations conducted as part of legal proceedings, and submitting a reasoned expert report addressing the medical/psychiatric questions raised by the judge to the court-appointed judicial expert.

From 18 June 2013 to date, court-appointed expert witness on psychiatric-medical matters. Duties include conducting forensic psychiatry examinations as part of legal proceedings, and preparing a reasoned expert report addressing the medical/psychiatric questions raised by the judge.

From November 2011 to date, private specialist Consultant in Cagliari. Planning of psychopharmacological therapies and patient follow-up, based on a biological-clinical approach. Good theoretical and clinical experience in the mechanisms of

action of drugs, their use, indications, undesired effects and interactions in the case of polytherapy.

From January 2014 to 28 August 2014, teacher of child psychiatry and neuropsychiatry at the training courses for Health and Social Care Assistants offered by the Sardinia Cooperative Training Institute, in Oristano province. The topics covered in the lessons were:

- Health interventions in children, adolescents, and in people with mental distress. An understanding of pathological behaviours in order to adjust interventions and regulate interactions with patients accordingly.
- Psychosocial and assistance interventions in children, adolescents and in psychiatric patients; knowing how to select the correct intervention based on the individual's assistance program, and working as part of a health-care team based on the individual assistance program and the integrated intervention program. Particular emphasis is placed on learning how to contribute to educational and psychosocial interventions aimed at helping patients and their families re-integrate into the community and regain social and occupational functioning.

From 26 November 2012 to 22 August 2014, employed by Local Health Unit 105 as a clinician at the Oristano Mental Health Centre, providing outpatient care in the clinic and the community to adult and elderly psychiatric patients, and managing urgent psychiatric interventions.

Departmental holiday duty shifts, for a total of at least 18 hours per month, at the Oristano Psychiatric Diagnosis and Care service.

Employed as a psychiatrist at Massama Prison. Planning pharmacological interventions on psychiatric patients in the prison, managing emergency and urgent psychiatric interventions, follow-up examinations of patients, and interventions to prevent self-harm or self-destructive behaviours. Therapeutic and rehabilitation interventions working in conjunction with the prison's professional educators and social workers.

From 16 July 2012 to 22 November 2012, clinician at the Olbia Mental Health Centre (Local Health Unit 102) handling outpatient care in the clinic and the community and urgent psychiatric interventions. Participated in running the Day Centre and in organising therapeutic, rehabilitation and occupational-educational activities, working as part of a team comprising the facility manager, the psychiatric medical officer, the psychological medical officer, the professional nurse, the professional educator and the social worker. Phone duty shifts on weekday nights, and on days and nights during holidays, for urgent psychiatric interventions in the community and in the facilities of the Mental Health Centre.

From 2008 to March 2012, occasional substitutions for primary care physicians at Local Health Unit 108 in Cagliari. Management of outpatient care in the clinic and the community, of integrated, planned and residential home care, and provision of urgent medical care also with daytime phone duty: from 8 a.m. to 8 p.m. Monday to Friday and from 8 a.m. to 10 a.m. on Saturdays.

From 1 April 2008 to 31 March 2012 attended the School of Specialization in Psychiatry at the Psychiatric Clinic of Cagliari.

Outpatient care in the clinic and the community, and provision of urgent psychiatric care.

Research activities involving psycho-diagnostic testing to assess the psychopathological conditions and the psychopharmacological therapies of Mental Health Service patients, with participation in various Phase 1, 2 and 3 trials.

Jointly with another specialisation student, leading of a psychiatric rehabilitation group called the “Free Time Group”, aimed at helping participants develop individual autonomy and interpersonal skills, and involvement in the recreational and socialization activities for Mental Health Centre patients.

From November 2012 to March 2011 participation in the clinical trial “Recovery” for evaluating the recovery and symptomatic and functional remission in a cohort of outpatients diagnosed with schizophrenia spectrum disorders.

From September 2009 to June 2010, working in a team with a psychologist and another specialisation student, as part of the national “Project Wellbeing”, leading of a Dietary Psychoeducation group aimed at providing healthy lifestyle and weight control information to patients diagnosed with bipolar disorder or schizophrenia spectrum disorders under treatment with conventional and atypical antipsychotics.

For approximately two years, together with two other specialisation students and a psychological medical officer, leading of a Family Psychoeducation group and a Psychoeducation group for patients with mood and personality disorders.

Internship work within various facilities of Local Health Unit 108.

- From November 2011 to January 2012, internship at the Psychiatric Diagnosis and Care Service 1 of S.S. Trinità Hospital in Cagliari.
- From July to August 2011, internship at the Addictions Service in Via Liguria, Cagliari.
- From September to October 2009, internship at the Neurology Department of the University Polyclinic of Monserrato.

From 2008 to September 2011, occasional service as out-of-hours urgent care physician for the Local Health Units of Sanluri, Lanusei and Cagliari. Provision of urgent medical care to outpatients in the clinic and the community.

In the years 2010 and 2011, during July and August, served as Tourist Medical Service physician at Portu Maga, Gutturu and Flumini. Provision of urgent medical care, inside and outside the clinic, to tourists (patients from other Local Health Units, or of non-Italian nationality).

From September 2001 to July 2007 attended the Faculty of Medicine and Surgery of the University of Cagliari, receiving the degree with a grade of 110 cum laude.

As a student, various internship activities in measurement and data analysis laboratories on nutrition, human physiology, and general and microbiological pathology, and in the units of pathological anatomy, gastroenterology, ophthalmology, urology, nephrology, orthopaedics, cardiology, pulmonology, internal medicine, allergology, rheumatology, radiology, oncology, haematology,

otorhinolaryngology, dermatology, neurology, paediatrics.

From 2004 to 2007 student internship attendance at the Cagliari Psychiatric Clinic.

From 10 July 2006 to 15 July 2007 attendance for a total of 16 hours at the Surgical Pathology Unit of San Giovanni di Dio Hospital in Cagliari.

From June 2006 to March 2007, attendance for a total of 250 hours at the Adult Haematology Department Thalassemia DH of the Mirocythemia Hospital in Cagliari.

From 18 December 2006 to 16 March 2007 attendance for a total of 207 hours at the General Surgery I Unit of San Giovanni di Dio Hospital in Cagliari.

From October 2006 to February 2007 attendance at the Emergency Department of Marino Hospital in Cagliari.

From 21 November 2006 to 14 December 2006 attendance for a total of 60 hours at the Clinical Obstetrics and Gynaecology and Human Reproductive Physiopathology Unit of the Department of Infant and Maternal Surgery and Imaging science of San Giovanni di Dio hospital in Cagliari.

MOTHER TONGUE

OTHER LANGUAGES

- Reading ability
- Writing ability
- Spoken production

INTERPERSONAL SKILLS AND COMPETENCIES

Living and working with other people, in a multicultural setting, occupying posts where communication is important and in situations where it is essential to work as a team (e.g. in culture and sport) etc.

ORGANISATIONAL SKILLS AND COMPETENCIES

e.g. coordinating and administering people, projects, budgets; in the workplace or in volunteer activities (e.g. sport and culture), at home, etc.

TECHNICAL SKILLS AND COMPETENCIES

With computers, special equipment, machinery, etc.

ARTISTIC SKILLS AND COMPETENCIES

Music, writing, drawing, etc.

DRIVING LICENSE

ADDITIONAL INFORMATION

ITALIAN

ENGLISH

Very Good

Good

Good

Strong propensity to work as part of a team and to take on leadership roles.

- From 1999 to 2001 held the post of student representative at the Istituto Don Bosco Secondary School.
- From 2001 to 2005 was class president for the “Corso Dispari” of the Faculty of Medicine and Surgery at the University of Cagliari.
- From 2001 to 2005 was faculty representative at the University of Cagliari, for the Course in Medicine and Surgery.

Good ability to use personal computers with Windows or Apple operating systems, the Office productivity suites, and the browsers: Explorer, Firefox, Safari.

A theatre enthusiast, I have for the past four years taken part in several theatre workshops, as well as taking various other acting courses. I also enjoy of literature, contemporary non-fiction, philosophy and politics.

Type B. European Community

Type B. European Community

Speaker at training courses and conferences:

“I Disturbi dell’Umore in comorbidità con i disturbi di Personalità: implicazioni cliniche e terapeutiche”. Cagliari 23 Ottobre 2009.

Publications in Journals:

- Il disturbo Bipolare e la comorbidità con i disturbi di personalità. Italian Journal of Psychopathology, Marzo 2011 (p.159).
- Vittimizzazione e disturbi mentali: risultati di uno studio caso-controllo. Italian Journal of Psychopathology, Marzo 2011 (p.166).

Posters:

1. L. Lai, S. Pirarba, F. Pinna, P. Milia, E. Sarritzu, S. Piras, **S. Lai**, T. Lepori, R. Maccioni, M. Taberlet, I. Scanu, B. Carpiello. Il disturbo bipolare e la comorbidità con i disturbi di personalità. Lo psichiatra del nuovo millennio: bisogni formativi, competenze cliniche e rischi professionali. SIP giovani, Riccione 16-19 ottobre 2010, P1.23
2. S. Pirarba, D. Aru, L. Lai, F. Pinna, S. Piras, **S. Lai**, P. Milia, E. Sarritzu, M. Taberlet, R. Maccioni, B. Carpiello. Vittimizzazione e disturbi mentali: risultati di uno studio caso-controllo. Volume degli abstract, pag. 22 Lo psichiatra del nuovo millennio: bisogni formativi, competenze cliniche e rischi professionali. SIP giovani, Riccione 16-19 ottobre 2010, P1.23
3. S. Pirarba, D. Aru, L. Lai, F. Pinna, **S. Lai**, S. Piras, P. Milia, E. Sarritzu, M. Taberlet, R. Maccioni, B. Carpiello. Vittimizzazione e disturbi mentali: risultati di uno studio caso-controllo. XV Congresso Nazionale della Società Italiana di Psicopatologia (SOPSI) PSICHIATRIA 2011: Vulnerabilità, esordi, intervento precoce. Roma 15 febbraio - 19 Febbraio 2011, P.63
4. L. Lai, S. Pirarba, F. Pinna, P. Milia, E. Sarritzu, S. Piras, **S. Lai**, T. Lepori, R. Maccioni, M. Taberlet, I. Scanu, C. Sardu, B. Carpiello. Il disturbo bipolare e la comorbidità con i disturbi di personalità. XV Congresso Nazionale della Società Italiana di Psicopatologia (SOPSI) PSICHIATRIA 2011: Vulnerabilità, esordi, intervento precoce. Roma 15 - 19 Febbraio 2011, P.46
5. L. Lai, S. Pirarba, F. Pinna, P. Milia, E. Sarritzu, S. Piras, **S. Lai**, T. Lepori, R. Maccioni, M. Taberlet, I. Scanu, C. Sardu, B. Carpiello. Il disturbo bipolare e la comorbidità con i disturbi di personalità, Volume degli abstract, pag. 119-120, XIV Congresso Nazionale Psichiatria Forense, La psichiatria basata sull’evidenza: aspetti clinici e forensi. Alghero 27 - 29 Maggio 2011.
6. S. Pirarba, D. Aru, L. Lai, F. Pinna, **S. Lai**, S. Piras, P. Milia, E. Sarritzu, M. Taberlet, R. Maccioni, B. Carpiello. Vittimizzazione e disturbi mentali: risultati di uno studio caso-controllo. Volume degli abstract, pag. 167-168, XIV Congresso Nazionale Psichiatria Forense, La psichiatria basata sull’evidenza: aspetti clinici e forensi. Alghero 27 - 29 Maggio 2011.
7. E. Zaccheddu, M. Tusconi, F. Pinna, F. Fatteri, L. Deriu, L. Lai, S. Pirarba, E. Sarritzu, **S. Lai**, T. Lepori, R. Maccioni, P. Milia, M. Taberlet, L. Sanna, V. Perra, R. Pisu Randaccio, E. Piras, E. Diana, B. Carpiello. Differenze di genere nella remissione clinica e recovery nella schizofrenia. Risultati preliminari di uno studio di coorte prospettico. VI Conferenza tematica nazionale Società Italiana di Psichiatria. Cagliari 20 - 22 Ottobre 2011, P.47
8. D. Aru, S. Pirarba, M. Tusconi, F. Pinna, L. Lai, **S. Lai**, S. Piras, P. Milia, E. Sarritzu, M. Taberlet, S.M. Pintore, C. Bandecchi, B. Carpiello. Vittimizzazione e disturbi psicotici: differenze di genere. VI Conferenza tematica nazionale Società Italiana di Psichiatria. Cagliari 20 - 22 ottobre 2011, P.48
9. D. Aru, S. Pirarba, M. Tusconi, F. Pinna, L. Lai, **S. Lai**, S. Piras, P. Milia, E. Sarritzu, M. Taberlet, S.M. Pintore, C. Bandecchi, B. Carpiello. Vittimizzazione e disturbi d’ansia: differenze di genere. VI Conferenza tematica nazionale Società Italiana di Psichiatria. Cagliari 20 - 22 ottobre 2011, P.49

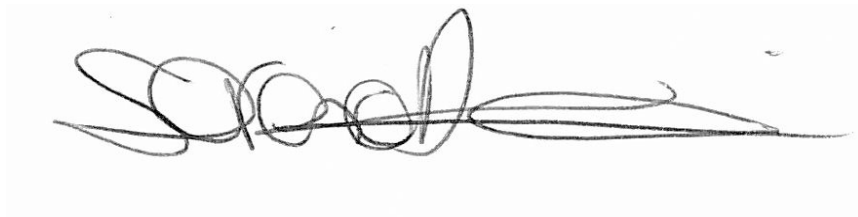
10. F. Pinna, G. Serra, R. Tuveri, S. Piras, M. Taberlet, G. Trincas, A. Cappai, **S. Lai**, E. Piras, F. Manunza, F. Velluzzi, A. Loviselli, W. Orrù, B. Carpiniello. *Obesità e Alessitimia*. XIII Congresso Società Italiana di Psicopatologia. PSICHIATRIA 2009: Clinica, Ricerca e Impegno Sociale.

Participation in training courses and conferences:

- “Nuovo Piano Sanitario Regionale dei Servizi Sanitari Salute Mentale. Prospettive e criticità”. Cagliari 24 Marzo 2007.
- “Il disturbo Bipolare: forme resistenti e trattamento”. Oristano 11 Aprile 2008.
- XI Congresso Nazionale Società italiana Psichiatria Forense. Alghero dal 23-25 Maggio 2008.
- “Depressione: dalla psicobiologia alla clinica”. Cagliari 18 Ottobre 2008.
- “Le dimensioni dell’anedonia e dell’inibizione nella depressione”. Cagliari 7 Novembre 2008.
- “Gestione Clinica e Terapeutica dei Disturbi”. Cagliari 3 Dicembre 2008.
- “Metodologia Clinica e Decision Making In Psichiatria”. Cagliari 20-21 Aprile 2009.
- “Assistenza Aspetti Bio-Psicosociali”. Centro Ippocrate, Cagliari 20 Novembre 2009.
- “Efficacia dell’approccio multidisciplinare nel trattamento dei disturbi psichiatrici”. Cagliari 7 Febbraio 2009.
- “Salute mentale e benessere fisico: nuove evidenze per una corretta gestione clinica del paziente schizofrenico”. Cagliari 28 Novembre 2009.
- “Physical Changes Observed During the Practice of Autogenic Training”. Cagliari 23 Settembre 2009.
- “La complessità della depressione”. Cagliari 12 Maggio 2009.
- “Continuum Depressione Ansia e Dolore”, Carloforte 8-10 Maggio 2009.
- “Disturbi alimentari nell’infanzia: classificazione diagnostica e tipologie specifiche di disturbo”. Cagliari 26 Marzo 2010.
- “L’Errore di Cartesio: fine del dualismo corpo-mente”. Cagliari - Pula 8-9 Ottobre 2009.
- “Il DB I dalle evidenze scientifiche alle evidenze cliniche”, Cagliari 19 Maggio 2010.
- “Campus Psichiatria 2010: il contagio emotivo: dai neuroni specchio al rapporto medico – paziente”. Roma 26-27 Novembre 2010.
- “XVII Congresso Nazionale della Società Italiana di NeuroFarmacologia: Dall’Epigenetica alle basi di neurobiologia sperimentale e clinica”. Cagliari 22 Settembre 2010.
- “Corso di Alta Formazione in psichiatria”. Cagliari 10 Dicembre 2010.
- XIII Congresso Nazionale Psichiatria Forense. Alghero, 28-30 Maggio 2010.
- XVII Congresso Nazionale della Società Italiana di NeuroFarmacologia. Cagliari 22-25 Settembre 2010.
- “I DCA e la comorbidità con i Disturbi dell’Umore: implicazioni cliniche e terapeutiche”. Cagliari 7 Dicembre 2010.
- Congresso Nazionale AIP “Demenza: Assistenza, Prevenzione, Terapia”. Cagliari, 1 Ottobre 2011.
- “Bipolar Disorder: Improving Diagnosis, Guidance and Education”. Cagliari 10 Maggio 2011.
- VI Conferenza tematica nazionale SIP “Differenze di genere e salute mentale”. Cagliari 20-22 Novembre 2011.
- “Shape the future”. Chia 5 Ottobre 2011.
- Ciclo di Seminari “Percorsi Guidati di Psichiatria Forense”:
 - “TSO e responsabilità professionale”. Cagliari 25 Settembre 2009.
 - “La responsabilità Professionale”. Sassari 27 Novembre 2009.
 - “La Perizia Psichiatrica sull’autore di reato”. Sassari 23 Aprile 2010.
 - “La Pericolosità Sociale”. Cagliari 2 Luglio 2010.

- “Disturbi Mentali e Comportamento Violento”. Cagliari 22 Gennaio 2010.
- “Responsabilità e imputabilità”. Cagliari 19 Marzo 2010.
- “Metodologia dell’accertamento peritale”. Cagliari 29 Ottobre 2010.
- “Incontro Introduttivo sull’Ipnosi”. Cagliari 8 Luglio 2011.
 - “I Disturbi di Personalità: Diagnosi, Trattamento e Gestione Integrata del caso”. Cagliari 7 Aprile 2011.
 - “Dal Profilo farmacologico alla pratica clinica”. Cagliari 28 Febbraio 2012.
 - “La Prospettiva Psicosociale nell’Approccio Clinico del DSMD”. Olbia 16-17 Ottobre 2012.
 - “Depressione. La cura con l’Elettroshock. Oltre i miti e i pregiudizi”. Oristano 5 Giugno 2013.
 - Incontri intradipartimentali per gli operatori del Dipartimento di Salute Mentale – Discussione di Casi Clinici finalizzati al miglioramento degli Interventi Terapeutici Assistenziali. Oristano, 23 Settembre 2013, 21 Ottobre 2013.

 - BAP Masterclasses in Clinical Psychopharmacology; Day A Schizophrenia/ Substance Misuse (6 CPD), Day B Bipolar/ Perinatal/ ADHD (6CPD), Day C Depression, Anxiety, Sleep (6 CPD). Hallam Conference Centre, London. 22-23-24 April 2014.
 - S12 (12) Approval Course. Moller Centre Cambridge, 24-25 June 2015.
 - Approved Clinician Course, October 2016.

A handwritten signature in black ink, consisting of several loops and a long horizontal stroke at the end.