

Gloria Diaz Arnal

Licensed Marriage and Family Therapist #109706
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PROFESSIONAL EXPERIENCE

Bilingual Mental Health Clinician

September 2024-currently

Barcelona Brief Therapy practice, in person and online, Spain.

August 2018-currently

San Francisco Brief Therapy. Online Private practice, San Francisco, CA

Professor courses at Master's Degree Programs

September 2023- currently

Girona University, Spain

September 2016- currently

Abat Oliva University, Barcelona, Spain

September 2018- currently

Brief Therapy Center

September 2014- 2018

Valencia International University, Spain

Co-director and Coordinator Spanish Residency Program of Brief Therapy

September 2015- December 2017

Mental Research Institute: Brief Therapy Center, Palo Alto, CA

Clinic Manager

September 2014- December 2017

Mental Research Institute: Latino Brief Therapy Center Palo Alto, CA

Bilingual Mental Health Clinician

August 2015- December 2017

Mental Research Institute: Strategic Family Therapy Clinic and Brief Therapy Center, Palo Alto, CA

School-Based Counselor

August 2016-February 2017

MRI; Grupo Palo Alto. East Palo Alto Phoenix Academy High School and Middle School, East Palo Alto, California

August 2013-June 2016

MRI; Grupo Palo Alto and Room To Talk: Cesar Chavez Middle School and Elementary, East Palo Alto, CA

Mental Health Clinician

September 2009-December 2011

Consulta Diez Soto, Barcelona, Spain

Coordinator recreational activities

September 2006-December 2007

Associació Catalana d'Asperger (ASAC), Barcelona, Spain

PUBLICATIONS

- Díaz G. (2021). Si supieras que le estás dando veneno a tu hija, ¿qué harías?. En K. Schlanger (ed.). *Sobrevivir a la crianza de los hijos. Práctica para pasarla bien juntos*. (pp.111-120). Barcelona: Herder
- Schlanger K., Sánchez A. P., Arnal D. G. and Viorreta, R.T. (2019). MRI/Problem-Solving Brief Therapy: The Evolution of the Model as Illustrated in the Case of an Adolescent Girl That Proves Difficult for the Therapist. *Journal of Systemic Therapies, Vol. 38(2)*, page 47-63.
- Serrat L. Aiguabella, A. , Díaz G. and Schlanger K. (2018). Terapia breve y trauma complejo a través de un caso clínico en el Centro de Terapia Breve del Mental Research Institute. *Apuntes de Psicología, Vol. 36, n°3*, page 173-180.
- Aiguabella, A., Serrat L., Díaz G. and Schlanger K. (2018). Problem Solving Brief Therapy/MRI style and Cognitive-Behavioral therapy. A brief comparison of models: a clinical case comparing two different therapeutic approaches. *Revista de Psicoterapia, Vol.29, n°110*, page 273-286.
- Schlanger, K., Cinella, M., Díaz, G. & González, P. (2014). Hoy en Palo Alto: un trabajo en las escuelas californianas con población inmigrante. En R. Medina, E. Laso & E. Hernández. *Pensamiento sistémico: nuevas perspectivas y contextos de intervención*. (pp. 73-95). México: Litteris

International appearances on Courses of Brief Therapy

Brief Therapy Conference, Ananheim, California

December 2016

Jornadas aplicaciones del modelo de Terapia Breve, Universidad Católica, Chile

June 2016

Jornadas sistémicas, Universidad Autónoma Mexico, Mexico

January 2015

Jornadas Internacionales Relates - Red Europea y Latinoamericana de Escuelas Sistémicas, México

June 2014

EDUCATION

Degree Program in Psychology

Barcelona University, Spain

June 2004

Certificate in Expertise Pedagogical

Barcelona University, Spain

June 2007

Masters in Advances in Clinical Psychoanalysis in Children and Adolescents

Barcelona University, Spain

June 2008

Postgraduate in Brief Therapy

Girona University, Spain

June 2011

Degree Piano

Conservatory Music Liceu, Barcelona, Spain

September 2003

Languages: Spanish, Catalan and English

PUBLICATIONS

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