

JUAN MAILLO

PERSONAL INFORMATION

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EDUCATION

- 2023 Internal Family Systems (IFS) *Online*
- Level 2 of the IFS training of approximately 2-week duration where I developed advanced techniques and knowledge of the method that can be applied to a wide range of psychological problems.
- 2017 Cognitive-Behavioral Therapy Felton Inst. SF, CA
- Advanced 8-days CBT and CBT for psychosis training with on-going supervision. It ended in 2018.
- 2017 Motivational Interviewing Felton Inst. SF, CA
- Advanced training and coaching circle successfully completed.
- 2013-2014 Internal Family Systems (IFS) Berkeley, CA
- I successfully completed the 108 hours formal IFS training. IFS is an evidence-based approach (NREPP-SAMHSA) that incorporates system-thinking, mindfulness and guided imagery to support a self-led recovery.
- 2012-2013 Integral Counseling Center (CIIS) San Francisco
- Therapist in training under supervision. Regular duties performed: one-on-one therapy, couples therapy, intakes, and phone consultation with clients.
- 2010-2013 California Institute of Integral Studies San Francisco
- MA in Marriage and Family Therapist (MFT): focus on humanistic, transpersonal psychology and diversity. Licensed MFT #103938 since 2017.
- 2000-2007 Universidad de Granada Spain
- BA and MA in Education Sciences: I honed skills essential for the classroom, including expertise in instructional techniques, curriculum design, and assessment methodologies. The degree equipped me with the ability to create engaging, student-focused lessons, adapt to diverse learning needs, and use research-based strategies to foster an effective learning environment.

WORK EXPERIENCE

- 2026-Present Amana Wellness California, US
Bilingual Therapist
- Providing ethical, integrity-driven clinical care centered on the concept of "Amanah," prioritizing sustainable healing and long-term wellness through a trauma-informed lens.
 - Integrating evidence-based modalities with culturally responsive and faith-informed frameworks to support the diverse needs of individuals, couples, and families.
- 2024-2026 Umbra Institute Perugia, Italy
Adjunct Professor
- I joined the faculty of Umbra Institute where I have been teaching Psychopathology to International University students from across the US.
- 2024 IFS Institute Online, International
Assistant Trainer
- Supported the Lead Trainer in a multi-week IFS Level 1 training, providing instructional support and facilitating experiential exercises. Delivered psychoeducational content, guided small group processes, and offered individualized support to participants to enhance integration of IFS principles and practice.
- 2023-present Juan Maillo Psychotherapy *Telehealth (CA)*
Bilingual therapist
- I started my own private practice to provide psychotherapy to single adults and couples experiencing a wide range of mental health and relationship issues.
- 2020-2023 Lyra Health *Telehealth (CA)*
Blended Care therapist
- Using a cutting-edge online platform, I conducted diagnostic assessments and offered psychotherapy via telehealth to adults with a breadth of psychological complaints.
- 2018- 2020 Marin Treatment Center San Rafael, CA
Senior Therapist
- As Senior therapist I served adult clients with substance use and mental health disorders often co-occurring, performing: diagnosis, treatment planning, and individual counseling.
 - I led two outpatient substance recovery groups where I taught about substance use, mental health, and facilitated different forms of treatment.
 - I also provided supervision to substance use counselor staff.

2016- 2018 Early Psychosis and Bipolar Program San Francisco
Bilingual Staff Therapist

- I served transitional age youth (ages 14 - 35) with or at risk for Psychosis and Bipolar Disorders. My main duties were: diagnostic evaluations and weekly psychotherapy to individuals using Cognitive-Behavioral Therapy.
- Running Multi-Family psychoeducational Group and presenting on the topic of early psychosis.

2014-2016 Instituto Familiar de la Raza San Francisco
Mental Health Specialist

- As part of the Mission Neighborhood Health Center clinic I provided culturally competent mental health services in Spanish/English. I was part of a team specialized in treating the Latino HIV positive population of SF. My main duties were: providing psychotherapy for adults in Spanish/English, collaboration with other providers, assessments for immigration cases, and evaluations for gender affirming surgery referrals. I also provided psychoeducational groups on different mental health topics.

2013 California Institute of Integral Studies San Francisco
Teaching Assistant

- Acted as TA for two consecutive semesters of the Human Development class with Dr. Alan Kubler. My role as TA involved conducting group activities, leading class discussions on the material studied, and evaluating student assignments.

2008-2014 Progress Foundation San Francisco
Mental Health Counselor

- I assisted a diverse population with mental health and substance abuse issues performing chiefly: mental health assessment, treatment planning and counseling.
- I conducted psychoeducational groups on a variety of psychological treatment topics.

ADDITIONAL SKILLS

- Exceptional communication and teaching skills; ability to communicate complex ideas with clarity and simplicity
- Natural disposition to working in a team environment; enthusiastic collaborator and a passion for supporting personal growth
- Excellent interpersonal skills with good awareness of boundaries, self-motivated, dependable
- Outstanding organizational skills
- Advanced skills on Microsoft Office Suite and other common software
- Complete fluency in English/Spanish/Italian