

Erminio Spadaro has a strong background in both clinical psychology and research. Originally from Italy, he now resides in Copenhagen but has been regularly commuting to Rome for the past two years to pursue specialized training in Transactional Analysis at Psychotherapy School - Seminari Romani di AT.

He now practices in Copenhagen, offering both group and individual therapy with a specialization in Family Constellations and Transactional Analysis. He provides therapy in both Italian and English and is also available for online sessions, offering flexible options to meet the needs of his clients.

Erminio's expertise includes Family Constellations and Vanishing Twin Syndrome, areas in which he has been actively involved with Italy's Centro Studi - Ad Vitam Geminos. He has contributed significantly to the center's seminars and workshops across Europe, Brazil, and Mexico, where he collaborated closely with Dr. Graziella Concetta Freni, taking an active part in the presentation of her pioneering research on the Twin System.

Since August 2023, Erminio has been an integral part of the Center for Trivsel and Velvære, where he serves as both a teacher and clinician, providing therapy in group and individual settings. Additionally, he joined the team at Nye Veje til Job in Lyngby Taarbæk, Denmark, an initiative by the Center for Young People, Civic Services and the Labor Market (CUBA) and the Center for Sundhed and Omsorg (CSO). This program offers an intensive, interdisciplinary group course aimed at supporting citizens on the edge of the labor market, particularly those suffering from stress and burnout due to overwork. As an Assistant Psychologist, Erminio plays a crucial role in delivering both group and individual therapy to enhance participants' mental well-being and improve their prospects for employment.

Throughout his career, Erminio has developed significant expertise in Systemic Relational Therapy, conducting diagnostic interviews and interventions in line with DSM and PDM guidelines. In his clinical practice, he has concentrated on supporting expatriates and migrants who have faced violence and other challenges impacting their mental health. Through collaboration with local health institutions, he has provided psychosocial support and spearheaded community-building initiatives to promote resilience and healing.

Driven by a deep passion for understanding human behavior and helping individuals overcome mental health challenges, Erminio has been involved in various research projects with the University of Palermo, the University of Copenhagen, and the TREAT-me European Network. Most notably, he contributed to and co-authored an article published in *BMC Psychology* in 2024, titled "[Enhancing Mental Health Interventions: A Study on Tailored Psychotherapy for Youths with Mental Disorders](#)". This publication highlights his commitment to advancing personalized psychotherapy treatments for young people with mental disorders, further emphasizing his dedication to the field.

Publications:

Le Costellazioni Familiari e i Campi Morfici / Family Constellations and Morphogenetic Fields
(<https://portale.unime.it/agon/autori/s-z/spadaro-erminio/>)

Gemello Sopravvissuto e Sistema Gemellare / Vanishing Twin Syndrome and Twin System
(<https://portale.unime.it/agon/autori/s-z/spadaro-erminio/>)

How is Trauma-Focused Therapy Experienced by Adults with PTSD? A Systematic Review of Qualitative Studies
(<https://bmcpsoychology.biomedcentral.com/articles/10.1186/s40359-024-01588-x>)

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