



## EDUCATION

### **Ph.D. in Psychology - conferred Aug/2019) | University of Otago – New Zealand**

OCT 2015 – JUN 2019

Dissertation

- “Mindfulness, acceptance and meaning in life for adults with advanced cancer”

### **Trained in Mindfulness Based Stress Reduction (MBSR) | eMindful - USA**

APR 2016 – JUN 2016

### **BSc Psychology (Hons) | University of Vale do Itajaí - Brazil**

AUG 2007 – DEC 2011

Dissertation

- “Psychological interventions in palliative care”



## EMPLOYMENT HISTORY

### **Psychographic Analyst | MONTAGE interactive - Christchurch, New Zealand.**

OCT 2019 – APR 2020

Employed to analyse data of psychographic project based on traits and sub-traits of personality associated to vocations.

### **Mindfulness practitioner/psychology graduate | University of Otago Christchurch, New Zealand**

OCT 2019 – PRESENT

Employed to deliver mindfulness as a psychological intervention to postgraduate students for managing stress reduction and reflections on meaning in life.

### **Mindfulness practitioner/psychology graduate | Cancer Society of New Zealand Canterbury-West Coast Division Inc, New Zealand**

MAR 2020 – APR 2020

Employed to co-facilitate groups on mindfulness as a psychological intervention for patients with cancer and their cares.

### **Research Assistant | Psychological Medicine Department - University of Otago Christchurch, New Zealand**

JUL 2018 – JUN 2019

Employed to co-facilitate groups on mindfulness-based cognitive therapy (MBCT) for patients with colorectal cancer and their cares.

**Research Assistant | Centre for Postgraduate Nursing Studies - University of Otago  
Christchurch, New Zealand**

NOV 2015 – JAN 2017

Employed to work on practical organization of the education group sessions on the project titled: “Life balance: a pilot intervention study for people living with long-term conditions”. Then, writing the study design for further article publication.

**Customer Service Executive | Booking.com international customer service centre –  
Cambridge, UK**

JAN 2014 – JUL 2015

Employed to work with international accommodation service support to English, Portuguese and Spanish customers.

**Intern administrative | Univida - University for Elderly People - Itajaí, Brazil**

MAY 2009 – DEC 2011

Employed to carry out teaching and research duties. Involved in the administration of degree and graduate courses as well as responsible for the departmental administrative tasks organizing lectures and seminars.

**Intern psychologist | Univida - Pequeno Anjo University Hospital - Itajaí, Brazil**

OCT 2010 – DEC 2010

Employed to interview patients’ relatives at the hospital Emergency Room regarding their major concerns and emotional health. I also worked on the data’s compilation for analysis of project results, along with my supervisor Professor Kátia Ploner.

**Intern psychologist | Association of Cancer “Amor próprio” (Non-Governmental  
Organization) - Itajaí, Brazil**

JUL 2010 – DEC 2010

Employed to assist patients and families dealing with loss – physical, mental loss, loss of independence and adjusting to new routines. I presented a support system to help the family to cope better during the course of the patients’ illness and with their own bereavement process.



## PUBLICATIONS

Zimmermann, F. F., Jordan, J., & Burrell, B. (2020) Coping with cancer mindfully: A feasibility study of a mindfulness intervention focused on acceptance and meaning in life for adults with advanced cancer. *Eur J Oncol Nurs* 44:101715. <https://doi.org/10.1016/j.ejon.2019.101715>

Zimmermann, F. F., Burrell, B., & Jordan, J. (2020). Patients’ experiences of a mindfulness intervention for adults with advanced cancer: a qualitative analysis. *Supportive Care in Cancer*. [doi:10.1007/s00520-020-05331-1](https://doi.org/10.1007/s00520-020-05331-1)

Zimmermann, F. F., Burrell, B., & Jordan, J. (2018). The acceptability and potential benefits of mindfulness-based interventions in improving psychological well-being for adults with advanced cancer: A systematic review. *Complementary Therapies in Clinical Practice*, 30, 68-78. [doi:https://doi.org/10.1016/j.ctcp.2017.12.014](https://doi.org/10.1016/j.ctcp.2017.12.014)

Zimmermann, F. F., Jordan, J., & Burrell, B. (2017). POSTER ABSTRACTS. Mindfulness, acceptance and meaning in life for adults with cancer. COSA’S 44<sup>th</sup> Annual Scientific Meeting – Sydney - Australia. *Asia-Pacific Journal of Clinical Oncology*, 13, 107-224. doi:10.1111/ajco.12799 <http://onlinelibrary.wiley.com/doi/10.1111/ajco.12799/full>



## TEACHING EXPERIENCE AND WORKSHOPS

**Living With & Beyond Workshop | Canterbury-West Coast Division of the Cancer Society, Christchurch, New Zealand**

19/NOV 2019

Workshop topic: "Mindfulness as a psychological intervention for patients with cancer"

**School of Health Sciences | University of Canterbury, Christchurch, New Zealand**

23/OCT 2019, AND 17/OCT 2018

Lectures topic: "Mindfulness as a psychological intervention in the health clinical practice"

**Master of Health Sciences (MHealSc) endorsed in Nursing (Clinical) NURS430 |**

**University of Otago, Christchurch, New Zealand**

03/MAR 2019, 18/AUG 2018, AND 19/JUL 2017

Lectures topic: "Mindfulness as a psychological intervention in cancer care"



## COMMUNITY WORK

*Part-time volunteer*

**Arthur Rank Hospice, Cambridge, UK**

JAN 2013 – JUN 2015

**Position:** Clinical Psychologist - Bereavement Support Group

Employed to work with cancer patients and bereaved relatives coordinating group sessions along with a supervisor.

**Arthur Rank Hospice, Cambridge, UK**

FEB 2013 – JAN 2014

**Position:** Clinical Psychologist - Family Support Team

Employed to work with bereavement assessment, care/palliative counselling individual sessions and complementary therapy to patients' relatives. I attended the Family Support Team meetings/training and supervision.

**Institute of Psychology "Sentir," Balneário Camboriú, Brazil**

OCT 2009 – NOV 2009

**Position:** Psychologist intern

Employed to work supporting a group of carers of people with Alzheimer's disease.



## TRAINING ATTENDANCE

### **COSA's (Clinical Oncology Society of Australia) Annual Scientific Meeting**

**2017 | International Convention Centre - Sydney, Darling Harbour, New South Wales**

13 – 15 NOV/2017

### **Mindfulness-based cancer recovery: an experiential workshop - by Dr Linda Carlson |**

**Psychosocial Oncology New Zealand Conference - Christchurch, New Zealand. 03 NOV 2017**

**RescueReady Onsite AED Training Course | New Zealand Red Cross - Christchurch, New Zealand. 10 FEB 2016**

**A range of courses at The Saunders education centre | Arthur Rank Hospice, Cambridge, UK. 12 SET 2013 – 19 FEB 2014**

- The concept of total pain (19/02/2014)
- In the front line, for non-clinical staff (04/03/2014)
- How to support someone with palliative diagnosis (13/03/2014)
- Tired to the end (27/03/2014)
- Families and funerals: Death in society today (26/02/2014)
- The management of Oncology related lymphoedema (28/11/2013)
- End of life care in heart and respiratory disease (12/11/2013)
- Grief and loss (22/10/2013)
- Care of elderly vulnerable patients (21/10/2013)
- Care of dying patients and family in the last few days of life (15/10/2013)
- Working with young people (16 - 22 years old), facing loss and bereavement (14/10/2013)
- Communication skills in End of life Care; breaking bad news techniques and End of Life discussions (12 and 13/09/2013)



## REFEREES

### **Dr Jennifer Jordan**

**Position:** Senior Lecturer & Clinical Psychologist, Department of Psychological Medicine, University of Otago - Christchurch, New Zealand. **Email:** [jenny.jordan@otago.ac.nz](mailto:jenny.jordan@otago.ac.nz)

### **Mrs Carole Acheson**

**Position:** Professional Practice Fellow in Student Learning Development, Department of Student Learning Development, University of Otago - Christchurch, New Zealand. **Email:** [carole.acheson@otago.ac.nz](mailto:carole.acheson@otago.ac.nz)

### **Dr Beverley Burrell**

**Position:** Senior Lecturer, Centre for Postgraduate Nursing Studies, University of Otago - Christchurch, New Zealand. **Email:** [beverley.burrell@otago.ac.nz](mailto:beverley.burrell@otago.ac.nz)



## LANGUAGES

**Portuguese:** Native

**Spanish:** Advanced

**English:** Advanced