

Curriculum Vitae

Personal Information

Christine C. Boucard, PhD
81675 Munich
Germany

Date of birth: 10. February 1972
Nationality: French

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cc-boucard-psychotherapy.eu
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Professional Experience

Psychotherapy:

Heilpraktikerin für Psychotherapie, Munich (Germany)

Dec. 2014 – present

Humanistic Integrative Psychotherapy and counselling, private clients.
cc-boucard-psychotherapy.eu

Neuroscience Research:

Researcher at Klinikum Rechts der Isar, Munich (Germany)

Nov. 2011 – Oct. 2014

Various projects on Multiple Sclerosis and Neuroimaging at the department of Neurology.
Projects leader: Dr. Mark Muehlau
<http://www.neurokopfzentrum.med.tum.de/neurologie/425.html>

Researcher at Jikei University School of Medicine, Tokyo (Japan)

Oct. 2007 – Sep. 2011

Project: Neuro-imaging (MRI) of visual pathways in glaucoma pathology
Project leader: Dr. Masaki Yoshida
<http://www.jikei.ac.jp/>

JSPS postdoctoral research fellowship at RIKEN, Saitama (Japan)

Oct. 2006 – Sep. 2007

Project: High-resolution fMRI of IT / FFA area
Project leader: Dr. Keiji Tanaka
<http://www.brain.riken.jp/en/faculty/details/42>

PhD in Neuroscience at University of Groningen (The Netherlands)

Jan. 2002 – Jun. 2006

Project: Neuro-Imaging of Visual Field Defects
Project leader: Dr. Frans Cornelissen
<http://www.bcn-nic.nl/>

Other:

Personal Yoga Teacher of Her Majesty the Queen Mother of Bhutan, Thimphu (Bhutan)

Jul. 2010 – Aug. 2011

Researcher at Samdrup Jongkhar Initiative, a Gross National Happiness (GNH) project (Bhutan)

Jul. 2010 – Aug. 2011

<http://www.sji.bt>

Yoga and counselling at the Rehabilitation centre for drug and alcohol dependence, Thimphu (Bhutan)

Jan. 2011 – Aug. 2011

<http://bhutanrehab.blogspot.com>

Creator, manager & instructor at yoga studio:

Yoga in the Attic <http://yoga-in-the-atic.blogspot.com>, Thimphu (Bhutan)

Jul. 2010 – Aug. 2011

Nyin-Dah Yoga Studio <http://nyin-dah-yoga.blogspot.com>, Thimphu (Bhutan)

Oct. 2009 – Jul. 2010

Yoga instructor and yoga retreat guide in Bhutan

Oct. 2009 – Aug. 2011

Uma Paro Resort <http://www.uma.paro.como.bz>

Zhiwaling Hotel in Paro <http://www.zhiwaling.com>

Amancora Resorts in Bhutan <http://www.amanresorts.com/amankora/home.aspx>

Yoga and counselling at RENEW (Respect-Educate-Nurture-Empower-Women), Thimphu (Bhutan)

Oct. 2009– Dec. 2010

<http://renewbhutan.org>

Thai Yoga Massage therapist	May 2009 – present
Yoga instructor at Tanuki Yoga. http://www.tanukiyoga.blogspot.com , Tokyo (Japan)	Sep. 2007 – Aug. 2009
Various translations from English to Spanish and French	Oct. 2006 – present
Administration at General de Juntas, SL., Barcelona (Catalunya / Spain)	Sep. 1993 – Dec. 2001
<u>Awarded Grants</u>	
YSI Yoga Studies Institute scholarship (USA) permitted the 300h teacher training on Tibetan Heart Yoga. 2009 – 2010.	
JSPS Japan Society for the Promotion of Science (Japan) permitted 2 years of post-doctoral research in Japan at RIKEN and at the Jikei University Medical School. 2006 - 2008.	
Prof. Mulder Foundation (The Netherlands) permitted to acquire equipment during my PhD studies as well as a visit to the Athinoula A Martinos Center, MGH and Harvard Medical School (USA). 2005.	
Ubbo Emmius grant (The Netherlands) permitted to carry out my PhD studies at the University of Groningen (The Netherlands). 2002 – 2006.	
Beca de col.laboració amb department (Universitat de Barcelona) permitted 3 months of research at the University of Barcelona (Spain). 2001.	
Erasmus programme (European Union) permitted 6 months of research at the Université de Liège (Belgium). 2000 - 2001.	
<u>Educational Background</u>	
Specialization in Child Psychotherapy; Integrative Humanistic Psychotherapy Centre Besai Psicoterapia Integradora Humanista (Catalunya / Spain) http://www.centrebesai.com	2018 - 2019
Postgraduate specialization in Integrative Humanist Body Psychotherapy Instituto Erich Fromm de Psicoterapia Integradora Humanista, Barcelona (Catalunya / Spain) http://psicoterapiahumanista.es	2018
Master in Integrative Humanistic Psychotherapy Instituto Erich Fromm de Psicoterapia Integradora Humanista, Barcelona (Catalunya / Spain) http://psicoterapiahumanista.es	2011 – 2013
Tibetan Heart Yoga Teacher Training 300h; Arizona,(USA)	2010
Thai Yoga Massage with Jonas Westring; Tokyo (Japan)	2008
Yin Yoga Teacher Training with Paul Grilley and Sarah Powers; Tokyo (Japan)	2007 – 2008
PhD in Neuroscience University of Groningen, LEO Laboratorium of Experimental Ophthalmology, UMCG University Medical Centre Groningen and BCN-NIC NeuroImaging Centre (The Netherlands) Title of Thesis: Neuro-Imaging of Visual Field Defects Specialisation: Neuroimaging Project leader: Dr. Frans Cornelissen	2002 – 2006
Psychology Master's degree Faculty of Psychology; UB Universitat de Barcelona (Catalunya / Spain) Practicum at the University of Liège (Belgium). Research project: Perception of motion in static images.	1997 – 2001
Baccalauréat Lycée Français de Barcelone (Catalunya / Spain)	1989 – 1990

List of Journal Publications

Boucard CC, Hernowo AT, Yoshida M.

Neurodegeneration of the structures along the visual system in glaucoma patients: a DTI-MRI study.

In preparation.

Boucard, CC.

Cómo Cultivar Valores Éticos a través de la Práctica del Yoga.

Revista De Psicoterapia. 2017; 28(107):143-154

[link](#)

Biberacher V, Schmidt P, Keshavan A, **Boucard CC**, Righart R, Sämann P, Preibisch C, Fröbel D, Aly L, Hemmer B, Zimmer C, Henry RG, Mührlau M.

Intra- and interscanner variability of magnetic resonance imaging based volumetry in multiple sclerosis.

Neuroimage. 2016 Nov 15;142:188-197

[link](#)

Boucard CC, Hanekamp S, Ćurčić-Blake B, Ida M, Yoshida M, Cornelissen FW.

Neurodegeneration beyond the primary visual pathways in a population with a high incidence of normal-pressure glaucoma.

Ophthalmic Physiol Opt. 2016 May;36(3):344-53

[link](#)

Doll A, Hölzel BK, Mulej Bratec S, **Boucard CC**, Xie X, Wohlschläger AM, Sorg C.

Mindful attention to breath regulates emotions via increased amygdala-prefrontal cortex connectivity.

Neuroimage. 2016 Mar 24;134:305-313

[link](#)

Doll A, Hölzel BK, **Boucard CC**, Wohlschläger A, Sorg C.

Mindfulness is associated with intrinsic functional connectivity between default mode and salience network.

Front Hum Neurosci. 2015 Aug 25;9:461

[link](#)

Boucard CC, Rauschecker JP, Neufang S, Berthele A, Doll A, Manoliu A, Riedl V, Sorg C, Wohlschläger A, Mührlau M.

Visual imagery and functional connectivity in blindness: a single-case study.

Brain Struct Funct. 2016 May;221(4):2367-2374

[link](#)

Biberacher V, **Boucard CC**, Schmidt P, Engl C, Buck D, Berthele A, Hoshi MM, Zimmer C, Hemmer B, Mührlau M.

Atrophy and structural variability of the upper cervical cord in early multiple sclerosis.

Mult Scler. 2015 Jun;21(7):875-84

[link](#)

Mührlau M, Engl C, **Boucard CC**, Schmidt P, Biberacher V, Görsch I, Sorg C, Wohlschläger A, Zimmer C, Hemmer B, Weindl A.

Spinal cord atrophy in early Huntington's disease.

Ann Clin Transl Neurol. 2014 Apr;1(4):302-6

[link](#)

Engl C, Schmidt P, Arsic M, **Boucard CC**, Biberacher V, Röttinger M, Etgen T, Nunnemann S, Koutsouleris N, Reiser M, Meisenzahl EM, Mührlau M.

Brain size and white matter content of cerebrospinal tracts determine the upper cervical cord area: evidence from structural brain MRI.

Neuroradiology. 2013 Aug;55(8):963-70

[link](#)

Mührlau M, Buck D, Förschler A, **Boucard CC**, Arsic M, Schmidt P, Gaser C, Berthele A, Hoshi M, Jochim A, Kronsbein H, Zimmer C, Hemmer B, Ilg R.

White-matter lesions drive deep gray-matter atrophy in early multiple sclerosis: support from structural MRI.

Mult Scler. 2013 Oct;19(11):1485-92

[link](#)

Hernowo AT, **Boucard CC**, Jansonius NM, Hooymans JMM, Cornelissen FW.

Automated morphometry of the visual pathway in primary open-angle glaucoma.

Invest Ophthalmol Vis Sci. 2011 Apr 25;52(5):2758-66

[link](#)

Boucard CC, Hernowo AT, Maguire RP, Jansonius NM, Roerdink JBTM, Hooymans JMM, Cornelissen FW.

Changes in cortical grey matter density associated with long-standing retinal visual field defects.

Brain. 2009 Jul;132(Pt 7):1898-906

[link](#)

Boucard CC, Hoogduin JM, van der Grond J, Cornelissen FW.

Occipital proton magnetic resonance spectroscopy (1H-MRS) reveals normal metabolite concentrations in

retinal visual field defects.

PLoS ONE. 2007 Feb 21;2(2)

[link](#)

Boucard C

Neuro-imaging of visual field defects.

PhD Thesis, University of Groningen, The Netherlands. (2006 Jun 19)

[link](#)

Boucard CC, van Es JJ, Maguire RP, Cornelissen FW.

Functional Magnetic Resonance Imaging of Brightness Induction in the Human Visual Cortex.

Neuroreport. 2005 Aug 22;16(12):1335-8

[link](#)

Boucard CC, Mostert JP, Cornelissen FW, De Keyser J, Oudkerk M, Sijens PE.

Visual Stimulation, ¹H MR Spectroscopy and fMRI of the Human Visual Pathways.

Eur Radiol. 2005 Jan;15(1):47-52

[link](#)

Numerous scientific papers published at various international conferences. The list can be provided in demand.

Language Skills

Spanish (native, born and grown up in Spain)

Catalan (native, born and grown up in Catalunya)

French (native, French father, studies in French)

Italian (native, Italian mother)

English (expert)

German (intermediate)

Dutch (intermediate)

Slovak (basic)

Croatian / Serbian (basic)

Japanese (very basic)

Interests and Activities

Yoga / meditation

Happiness

Travelling

Abstract photography, abstract painting, cinema

Trekking/Mountaineering, Cycling