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After completing her doctoral studies with a research fellowship (1990-1994), she received a doctoral degree in Clinical Psychology at the Complutense University of Madrid. Before starting her academic career in 1993, she worked as clinical psychologist and program coordinator of the Rescue and Emergency Volunteer Unit of Spanish Red Cross and as technical director and clinical psychologist of “Ex-Moker” Smoking Cessation Centre.

She received the degree of Specialist in Clinical Psychology from the Spanish Ministry of Education and Science and the Spanish Ministry of Health, and the European Certificate of Specialist Expertise in Psychotherapy from the European Federation of Psychologists Associations (EFPA).

During 5 years, she served as member of the Deontological Commission of the Spanish Psychological Association. From 2010 to 2011, she served as executive President of the Spanish Society for the Advancement of Health and Clinical Psychology (SEPCyS). From 2011 to 2014, she served as President-Elect of the Division 6 (Clinical and Community Psychology) of the International Association of Applied Psychology (IAAP), and now she serves as President of the Division 6 of the IAAP. She is also member of the Clinical Psychology Division and the Academic Division of the Spanish Psychological Association. She is Spanish Delegate in the IUPsyS (International Union of Psychological Science)

She is member of the editorial committees of three Spanish scientific journals [“Psicopatología Clínica Legal y Forense”, “Psicooncología” and “Papeles del Psicólogo”] and has served as referee for a variety of scientific journals such as “Behaviour Research & Therapy”, “Clínica y Salud”, “Ansiedad y Estrés”, “Spanish Journal of Psychology”, “Anxiety, Stress, & Coping”, and “Journal of Substance Abuse Treatment”.

She has published more than 108 scientific papers, including books, chapters in books and journal articles, has presented more than 120 oral communications and posters in national and international scientific congresses, and has participated in or directed 39 granted or funded research projects. Her research has focused on the treatment of a variety of mental disorders and physical health problems, especially, in the treatment of tobacco addiction, essential hypertension, and psychopathological consequences of disasters and terrorist attacks.