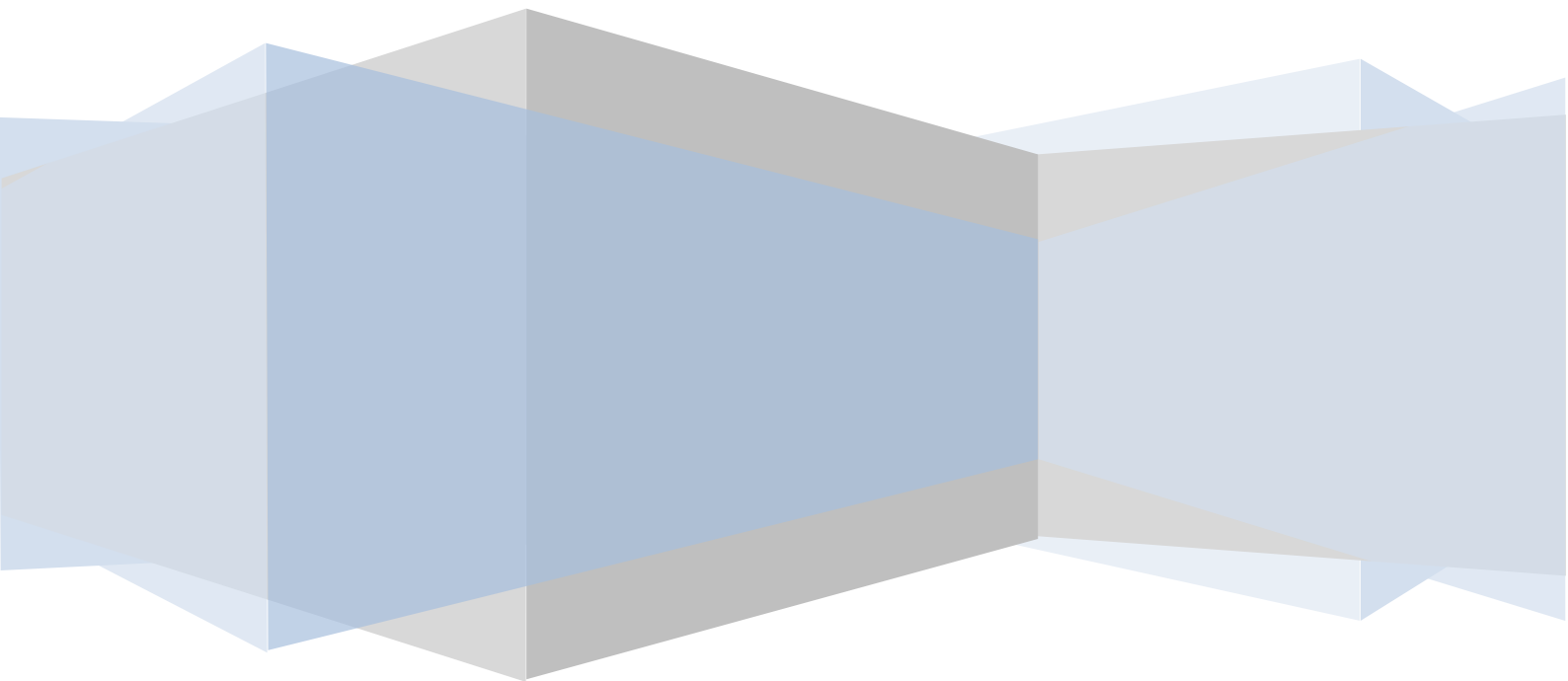


# **CURRICULUM VITAE**

**Dr. Fabrizio Didonna, Psy. D.**

**January 2023**



## BRIEF OVERVIEW OF SCIENTIFIC CAREER



Prof. Fabrizio Didonna, Psy D, is an internationally known Clinical Psychologist, Adjunct Professor of Clinical Psychology at the School of Medicine, University of Padova, Professor in the Institute for Lifelong Learning of the University of Barcelona, Spain and Visiting Professor at Shanghai Jiao Tong University. He is also a Director of the International Center of MBCT for OCD, in Vicenza, Italy (<https://mbctforocd.com/centro-mbct-per-il-doc-vicenza/>). He is the developer of the therapeutic model, and author of the related manual, *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder* (Guilford Press, 2020, translated in Chinese, Spanish, Italian, French and Russian), the first manualized and validated mindfulness-based treatment model for OCD. He is also a founder and Honorary President of the Italian Institute for Mindfulness (IS.I.MIND). He presented scientific papers, lectures and workshops at a number of international conferences and universities worldwide, including Harvard and Oxford, and published numerous articles, several chapters and three books. He is the Editor of the *Clinical Handbook of Mindfulness (2009, Springer)*, the first manual on the clinical applications of mindfulness meditation (translated in five languages). He was for 25 years a Director of a Unit for Mood and Anxiety Disorders and a Unit for OCD at the Villa Margherita Private Hospital in Vicenza, Italy, where he implemented his therapeutic model for hundreds of severe and hospitalized patients. He is the founder of *The Mindful Space Lab – Mindfulness at Work*, a leading training company for the application of mindfulness based interventions in the workplace, and a Scientific Director of the Institute-sponsored One-Year Master's Program in Mindfulness-Based Therapy in Milan. He is an experienced instructor of mindfulness-based interventions and has trained more than 2,000 patients in inpatient and outpatient settings. He gives workshops and training retreats in the field of mindfulness and MBCT for OCD internationally, including United States, United Kingdom, China, Mexico, Spain, Panama, Israel, Finland and Poland.

## PERSONAL DATA

**Full name:** Fabrizio Didonna.

**Date of Birth:** January 18, 1966; Milano, Italy

**Nationality:** Italian

**Work Address:** MBCT for OCD Center  
Via Massignan, 4/B – 36100 Vicenza, Italy

**Phone:** +39 3917394707 (MBCT for OCD Center)  
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**Email:** [fabrizio.didonna@unipd.it](mailto:fabrizio.didonna@unipd.it)  
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**Fiscal Code:** DDNFRZ66A18F205D

## HIGHER EDUCATION

<i>NHS qualification as Psychotherapist</i>	2000
Internship at the Department of Psychiatry, University of Oxford, Unit for OCD, with Prof. Paul Salkovskis.	1999
Psy. D.: 4-year School of CBT – APC – Roma (for NHS qualification as Psychotherapist)	1996 – 1999
<i>NHS qualification as clinical psychologist</i>	1996
Internship: University of Padova and Center for Developmental Psychology	1995
M.A.: University of Padova <i>Clinical Psychology</i>	1994

## ***Additional Professional Training***

- Professional Training in Schema Therapy – Prof. Jeffrey Young, Grosseto 2007
- Professional Training in EMDR II – 2° Level Certificate. Led by Dott. Roger Solomon. Milano, 2007
- Professional Training in EMDR – 1° Level Certificate. Dott. Roger Solomon. Milano, 2006
- Workshop: “Roadblocks in Cognitive-Behavioral Therapy” – Prof. Robert Leahy. Tessaloniki (Greece), 2005.
- Workshop: Mindfulness-Based Stress Reduction – Prof. Jon Kabat Zinn. Milano (2005)
- Workshop: “Compassionate-Mind Therapy” – Prof. Paul Gilbert. Tessaloniki (Greece), 2005.
- 5-day Intensive Professional Training-Retreat in Mindfulness-Based Cognitive Therapy – Prof. Zindel Segal. Cret Berard (Switzerland), August 2004.
- Workshop: “Mindfulness-Based Cognitive Therapy” – Prof. Mark Williams and Prof. John Teasdale. Manchester (Great Britain), September 2004.

- ❑ 3-year Intensive Professional Training in DBT and Cognitive-Evolutionary Therapy of Borderline Personality Disorder, Prof. Giovanni Liotti and Prof Lavinia Barone, 2000-2003.
- ❑ Workshop: “Mindfulness-Based Cognitive Therapy for Depression” – Led by Prof. John Teasdale. Istanbul (Turchia), September 2001.
- ❑ 3-Day Intensive Professional Training in Cognitive Therapy for Obsessive-Compulsive Disorder - Prof. Paul Salkovskis – University of Oxford, Vicenza, 2000.
- ❑ Workshop: Dialectical Behavioral Therapy for Borderline Personality Disorders - Prof. Marsha Linehan. Dresden (Germany), September 1999.
- ❑ Workshop: Cognitive Therapy for Generalized Anxiety Disorder – Prof. Adrian Wells. Dresden (Germany), 1999.
- ❑ Workshop: Cognitive Therapy with Challenging Problems - Prof. Aaron Beck. Dresden (Germany), 1999.
- ❑ Workshop: Cognitive Therapy for Social Phobia and PTSD - Prof. David Clark. Dresden (Germany), 1999.
- ❑ Master-class in Cognitive therapy - Prof. Aaron Beck. Dresden (Germany), 1999.
- ❑ 5-Day Intensive Professional Training in Cognitive-Behavioral Treatment of Eating Disorders, Prof. Beatrice Bauer - Verona, 1997.
- ❑ Professional Training in Cognitive Therapy of Bulimia Nervosa - Prof. Christopher Fairburn-Oxford, Centro A.D.A. - Verona, 1995.
- ❑ 5-Day Intensive Professional Training in Rational-Emotive Behavioral Therapy (REBT) from the Institute for Rational-Emotive Therapy of New York - 1994.

## Membership in Professional Organizations

- ❑ **Scientific Director** of the *One-Year Master Program in Mindfulness-Based Therapy*. Milano, 2010- Present.
- ❑ Member of Scientific Committee of *Gaia Project*. Web-site: <http://progettogaia.eu> December, 2019 - Present
- ❑ Honorary Member of AEMIND – Asociación Española de Mindfulness y Compasión - October 2017
- ❑ Honorary President of ISIMIND – *Istituto Italiano per la Mindfulness* – January 2021
- ❑ Advisory Board Member of the Dorset Mindfulness Centre (Dorset, U.K.) <http://www.dorset-mindfulness.co.uk/advisory-board> : 2016 - Present
- ❑ Member of Scientific Committee *Tages Onlus Association*. Web-site: <http://tagesonlus.org/comitato-scientifico/> : 2015 - Present

- Senior Member of AIAMC (Associazione Italiana Analisi e Modificazione del Comportamento): 2010 – 2018.
- Founder and Honorary President of IS.I.MIND (Istituto Italiano per la Mindfulness), [www.istitutomindfulness.com](http://www.istitutomindfulness.com) : 2008 - Present
- Founder and member of the board of AIM (Associazione Italiana per la Mindfulness: 2005 - 2008.
- Founder and Vice-President of AIDOC (Associazione Italiana Disturbo Ossessivo Compulsivo) 2002 – 2013.
- Senior Member of SITCC (Società Italiana di Terapia Comportamentale e Cognitiva): 2000 – Present.
- Member of EABCT (European Association for Behaviour and Cognitive Therapy): 2000- Present.

## CLINICAL, SCIENTIFIC AND TEACHING APPOINTMENTS

- Adjunct Professor of Clinical Psychology at the School of Medicine, **University of Padova**, Italy
- Teacher at the Cognitive Therapy Training School of CTC Como, 2022 - present
- Dal 1/10/2020 al 30/09/21 Teacher at the **University of Oxford**, The Oxford Mindfulness Centre, Department of Psychiatry, Warneford Hospital, Oxford, U.K. <https://www.oxfordmindfulness.org/>
- November 2020 - Teacher at **Harvard University**, Cambridge Health Alliance, Center of Mindfulness and Compassion, Boston, U.S.A. <https://www.harvard.edu/>
- Professor part-time in Mindfulness-Based Therapy at the **University of Barcelona** (Spain) 2016 – present
- Visiting Professor of Psychology at the Joao Tong Shanghai University – China. 2016 – Present
- Teacher at the Cognitive Therapy Training School of Basilicata, 2021 – Present
- Scientific Director of the One-Year Master in Mindfulness-Based Therapy for the Mindfulness Teacher Certificate, with Istituto Italiano per la Mindfulness (Isimind), held in Milano, Vicenza, Torino, Pescara, Palermo. 2010 – Present.

- ❑ Teacher at the Cognitive Therapy Training School of SBPC Institute, Bologna-Forlì 2008 – Present
- ❑ Teacher at the Cognitive-Behavioral Therapy Training School of Ipsico Institute, Firenze. 2012 - 2017
- ❑ Teacher at the Cognitive-Behavioral Therapy Training School of CPC - Centro Psicoterapia Cognitiva, Pescara. 2010 – 2014
- ❑ Teacher at the Cognitive-Behavioral Training School - ASCCO, Parma: 2009.
- ❑ Teacher at the Childhood Cognitive-Behavioral Therapy Training School of Reggio Emilia associated to the *Academy of Behavioural Science*: 2008 – 2010
- ❑ Guest Reviewer, *Behavioural and Cognitive Psychotherapy* (BABCP) – Cambridge University Press, 2010.
- ❑ Guest Reviewer, *Psicoterapia Cognitivo-Comportamentale* (Erickson): 2009
- ❑ Teacher at the Cognitive Therapy Training School of APC di Roma: 1999 - 2004
- ❑ School and Professional Training and Orienting at Centro E.S.P.- E.N.Gi.M. (Ente Nazionale Giuseppini del Murialdo), Vicenza: 1996
- ❑ Teacher of Psychology and Mental Health and Child Neuropsychiatry at *Istituto Europa*, S. Bonifacio (VR): 1995-1997 .
- ❑ Teacher of Mental Health and Child Neuropsychiatry presso l'*Istituto "G. Mazzini"* (Istituti "B. Croce") - Jesolo (VE): 1995

## CONSULTING AND CLINICAL WORK

- ❑ Director of the *MBCT for OCD Center* in Vicenza – Italy – 2018 - Present
- ❑ Coordinator of the Unit for Obsessive-Compulsive Disorder at "Villa Margherita" Private Hospital, Arcugnano (Vicenza) - Italy. 2017 - 2021
- ❑ Senior Mindfulness and MBCT Teacher. 2001 - Present

- Coordinator of the Unit for Mood and Anxiety Disorder, at “Villa Margherita” Private Hospital, Arcugnano (Vicenza) - Italy. 1997 - 2021
- Private practice as Clinical Health Psychologist, Individual and Group psychotherapy, supportive and CBT: 1995 – present

## INVITED TALKS AND LECTURES (Invited Plenaries, Keynotes & Public lectures)

- Invited Speaker: Didonna, F. (March, 2022). Webinar in *Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder*. **Japanese Mindfulness Association. Japan**, March 3 2022.
- Invited Keynote Speaker at the **Chinese Congress of Mindfulness** on “*Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder*”. Didonna, F. (June, 4<sup>th</sup> 2021) for 5P-China
- Invited Keynote Speaker at **XX Congresso Nazionale SITCC. Bologna, 18 settembre 2021:**  
- Round Table n°2: “*La Terza Ondata nel Cognitivismo Clinico Italiano*  
Chair: A. Fenelli; Discussant: N. Marsigli, G. Rezzonico  
Relatori: F. Didonna, N. Petrocchi, E. Rossi”
- Invited Keynote Speaker on “Mindfulness and Compassion for Clinical Problems: Where New and Old Paths to Dealing with Suffering Meet” for **SHANGHAI YULU EDUCATIONAL TECHNOLOGY CO., LTD.** October 27<sup>th</sup>, 2021
- Invited Keynote Speaker at the **University of Harvard** on “Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder”. Didonna, F. (September, 2020). Harvard University, Cambridge, Massachusetts, USA, September 11<sup>th</sup> 2020.
- Invited Keynote Speaker. Webinar at the **UCSD (University of California – San Diego)** San Diego on “Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder”. San Diego, California, USA, February 28<sup>th</sup> 2020.
- Invited Keynote Speaker at the *II Congresso Nazionale Psicoterapie di Terza Generazione – CBT of Third Generation*, – University of IULM, Milano, November 14-15<sup>th</sup>, 2018:
  - Invited speaker: *Mindfulness-Based Cognitive Therapy for OCD: un nuovo approccio per trattare la patologia ossessiva*

- *Speaker at the panel/round table: “fattori comuni alle diverse psicoterapie cognitivo-comportamentali di terza generazione: dalla relazione ai processi”.*
- Invited Keynote Speaker at the *Fondazione Zoè* for a Keynote Address on: “Mindfulness e sue applicazioni cliniche”. Vicenza, October 20<sup>th</sup>, 2018
- Invited Keynote Speaker at the University of Trento for a Keynote Address on: “Mindfulness e Psicoterapia”. Trento, October 16<sup>th</sup>, 2018
- *Invited Keynote Speaker at the University of Valencia (Spain) October 19<sup>th</sup> 2017:* Keynote Lecture on “Mindfulness and Psychotherapy: When New and Old Paths to Dealing with Suffering Meet.
- *Invited Keynote Speaker at the International Congress on Mindfulness and Compassion in Psychotherapy, University of Malaga (Spain) September 20<sup>th</sup>-23<sup>rd</sup>, 2017*
  - Keynote Address on: “Mindfulness and its application in clinical psychology/ L'aplicació del mindfulness en la psicologia clínica”. September 21<sup>st</sup>, 2017.
  - In-congress Workshop on: *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder*. September 21<sup>st</sup>, 2017.
- *Invited Keynote Address on “Mindfulness e sue applicazioni cliniche” at the Università Europea di Roma – Roma, March 28<sup>th</sup>, 2017.*
- Invited Keynote Speaker at the **I Congresso Nazionale Psicoterapie di Terza Generazione** – Università IULM, Milano, March 23<sup>rd</sup>-24<sup>th</sup>, 2017:
  - Invited In-Congress Workshop leader on *Mindfulness-Based Cognitive Therapy per il Disturbo Ossessivo-Compulsivo*. March 23<sup>rd</sup>, 2017
  - *Invited Speaker at the panel: “Uno sguardo al futuro: psicoterapie o psicoterapia senza aggettivi?”* March 24<sup>th</sup>, 2017
- Invited Keynote Speaker at the **University of Barcelona** for a Keynote Lecture on “Mindfulness and its application in clinical psychology/ L'aplicació del mindfulness en la psicologia clínica” July 1<sup>st</sup>, 2016. <http://canaltv.copc.cat/home/l-aplicacio-del-mindfulness-en-la-psicologia-c.html>
- Invited Keynote Speaker at the **Annual Meeting of SBPC** for a Keynote Lecture on: “Mindfulness e sue applicazioni in Psicoterapia”. Bologna, November 21<sup>st</sup>, 2015.
- Invited speaker at the Plenary session with panel/round table of keynote speakers (Paul Gilbert-U.K., Alan Wallace-USA, Rick Hanson-USA, Rob Nairn-South Africa, Charlie Morley-UK, Fabrizio Didonna-Italy, Choden-Scotland) at the **International Conference on Mindfulness and Compassion: Exploring the Science of the Mind** - Samye Ling Buddhist Center – Lockerbie, Scotland, United Kingdom, 28<sup>th</sup> June, 2015.



- Invited Speaker for a Keynote Address on: "*Mindfulness and Compassion for Clinical Problems: Where New and Old Paths to Dealing with Suffering Meet*", at the **International Conference on Mindfulness and Compassion: Exploring the Science of the Mind** - Samye Ling Buddhist Center – Lockerbie, Scotland, United Kingdom. 27<sup>th</sup> June, 2015
- Invited Keynote Speaker at the “Convegno Nazionale su Meditazione, Spiritualità e Benessere” for a Keynote Lecture on: “Mindfulness e Psicoterapia”. Università Pontificia Salesiana, Roma, October 4<sup>th</sup>, 2014
- Invited Keynote Speaker at the “25° Convegno Nazionale di Psicosomatica (PNEI)” for a Keynote Lecture on: “Mindfulness e Psicoterapia: evoluzione, studi di efficacia e protocolli clinici, Lucca, May 24-25<sup>th</sup>, 2014.
- Invited Keynote Speaker at the “Giornata di Studio su *Intelligenza Emotiva, Mindfulness e Nuove Tecnologie per la Didattica Inclusiva*” for a Keynote Lecture on: “*La mindfulness e le sue applicazioni in ambito clinico ed educativo*. Consiglio Nazionale Ricerche (CNR), Università di Palermo, Palermo, October 18<sup>th</sup>, 2013
- Invited Keynote Speaker at the “Convegno di PSICONEURONCOLOGIA” for a Keynote Lecture on: *Interventi di Mindfulness in Oncologia*. Roma, September 23<sup>rd</sup>, 2013, IFO Istituto Nazionale Tumori, Ospedale Regina Elena.
- Invited Keynote Speaker at the “Convegno su: L’evoluzione della Psicoterapia Cognitivo-Comportamentale” for a Keynote Lecture on: *La Mindfulness-Based Therapy*. Università degli Studi di Udine - Udine, March, 3<sup>th</sup>, 2013.
- Pre-congress Workshop: *La Mindfulness-Based Therapy nell’evoluzione della Psicoterapia Cognitivo-Comportamentale: seminario teorico-esperienziale*. XVI Congresso Nazionale SITCC. Roma, October 4<sup>th</sup> 2012
- Invited Keynote Speaker at the “XVI Congresso Nazionale AIAMC”. Pescara, October, 25-28<sup>th</sup>, 2012:
  - Speaker at the Symposium n°3: *Mindfulness-Based Therapy per il Disturbo Ossessivo-Compulsivo: razionale, tecniche di intervento e dati preliminari di uno studio di efficacia*
  - Speaker at the Symposium n°31: *La mindfulness-based therapy nell’evoluzione della psicoterapia cognitivo- comportamentale*
  - Lecture at the panel/round table n°2: “*Benessere e consapevolezza: l’evoluzione della psicoterapia nel nuovo millennio*”
  - Chairman and Speaker at the panel/round table 3: “Meditazione e Benessere: l’Oriente incontra l’Occidente
  - Chairman at the Symposium n° 40: *Mindfulness-Based Cognitive Therapy*
- Didonna, F. (October, 2012). *Mindfulness-Based Therapy per il trauma e le malattie tumorali*. Invited Keynote address, Convention on “Trauma ed eventi critici”. Università degli Studi dell’Insubria, Varese, October, 12<sup>th</sup>, 2012.

- Didonna, F. (September, 2012). *Mindfulness-Based Cognitive interventions for Obsessive-Compulsive Disorder*. Invited In-Congress Workshop, 42° International Congress of Cognitive And Behavioural Psychotherapy – EABCT. Geneva, Switzerland August 29<sup>th</sup> - September 1<sup>st</sup>, 2012.
- Didonna, F. (July, 2011). *Mindfulness and Acceptance: the 'Third Wave' of CBT and the dialogue between East and West*. Invited address at the Panel: *One, two, three generations of CBT compared*. IX World Congress of Association for Contextual Behavioral Science (ACBS). July, 13<sup>rd</sup>, 2011, Parma, Italy.
- International Lecture/Conference: *Mindfulness and Cognitive Therapy*. June 17<sup>th</sup>, 2011, Sofia, Bulgaria.
- In-Congress Workshop: Didonna, F. (2010). *Mindfulness-Based Cognitive Therapy for Major Depression in Outpatient and Inpatient Treatment*: In-Congress Workshop at the 40° International Congress Of Cognitive And Behavioural Psychotherapy – EABCT, October 7-10<sup>th</sup> 2010, Milano, Italy
- Didonna, F. (October, 2009). *Mindfulness: la pratica della consapevolezza come strumento di benessere*. Invited public conference. October 16<sup>th</sup>, 2009, Padova, Italy.
- Didonna, F. (September, 2009). *Mindfulness-Based Cognitive Therapy in Outpatient and Inpatient Treatment*. In-Congress Workshop at the 39° International Congress Of Cognitive And Behavioural Psychotherapy – EABCT, September 16-19<sup>th</sup> 2009, Dubrovnik, Croatia.
- Didonna, F. (September, 2009). *Mindfulness-Based Cognitive interventions for Obsessive-Compulsive Disorder*. In-Congress Workshop at the 39° International Congress Of Cognitive And Behavioural Psychotherapy – EABCT, September 16-19<sup>th</sup> 2009, Dubrovnik, Croatia.
- Lecture/Conference: *L'approccio cognitivo nelle patologie legate all'impulsività e alla compulsività: Concettualizzazione, fenomenologia e modelli d'intervento con particolare riferimento alla Terapia Basata sulla Mindfulness*. Lecture within: Convegno del Centro ANEMOS titled "Gioco d'azzardo e altri disturbi compulsivi del comportamento"- Reggio Emilia, June, 13<sup>rd</sup>, 2009.
- Lecture and book presentation: *Clinical Handbook of Mindfulness*. New York Springer. Casa di Cura Villa Igea – Modena, April, 18<sup>th</sup>, 2009.
- Invited Keynote Speaker at "XIV Congresso nazionale SITCC", Baia di Chia (Cagliari). October, 24-26<sup>th</sup>, 2008:
  - Chairman and discussant: *La Mindfulness-Based Cognitive Therapy: esperienze cliniche, dati di ricerca e sviluppi applicativi nel panorama clinico italiano*. Fabrizio Didonna, Antonio Pinto, Alessandro Carmelita, Caterina Fucili e Alessandra Brugnoli.

- Lecture: *Mindfulness-Based Therapy per il Disturbo Ossessivo-Compulsivo: razionale, fenomenologia e studi di efficacia*. Speaker: Didonna F.
- Educational Hour: *La Mindfulness e le sue applicazioni in psicoterapia*
- In-Congress Workshop: Didonna, F. (2008). *Mindfulness-Based Cognitive interventions for Obsessive-Compulsive Disorder*. In-Congress Workshop at the XXXVIII International Congress Of Cognitive And Behavioural Psychotherapy – EABCT, September 10-13<sup>th</sup> 2008, Helsinki, Finland
- *Invited Keynote Speaker on “Il trauma psichico: quando la mente non supera i cataclismi dell’esistenza*, May 25<sup>th</sup>, 2008. Arzignano (VI), Italy.
- *Invited Keynote Speaker at the University of Coimbra (Portugal)*. May 17<sup>th</sup> 2008: Keynote Lecture on *Mindfulness-based therapy for Psychiatric Problems*. *International Conference of Cognitive Psychotherapy* – University of Coimbra, Portugal.
- *Invited Keynote Speaker at Centro Asia Modena*. Keynote Lecture on “*Mindfulness e Psicoterapia*”. Modena, March 8<sup>th</sup>, 2008.
- *Invited Keynote Speaker at “Convegno Nazionale: Nuove Terapie per la Depressione”*. Keynote Lecture on: “*La meditazione di Mindfulness per la prevenzione delle ricadute nella depressione maggiore*”. Palazzo Ducale, Lucca. March, 2<sup>nd</sup>, 2008.
- In-Congress Workshop: “*Procedure e strategie nella Psicoterapia Cognitiva del Disturbo ossessivo-Compulsivo grave: potenzialità, limiti e nuove integrazioni*”. XII Congresso Nazionale SOPSI, Roma, Hotel Hilton Cavalieri, February 22<sup>sd</sup>, 2008.
- *Invited Keynote Speaker at Conferenza SITCC - Giornate Capresi di Terapia Cognitivo-Comportamentale*. Keynote Lecture on: *L'uso della Mindfulness nel trattamento del Disturbo Borderline di Personalità: aspetti concettuali ed esperenziali*. Capri, Napoli, November 2<sup>sd</sup>-4<sup>th</sup>, 2007.
- XIII Congresso Nazionale SITCC, Napoli. October 27<sup>th</sup>-29<sup>th</sup>, 2006:
  - Workshop-Educational Hour: “*La Mindfulness e le sue applicazioni cliniche.*”
- Lecture: **Didonna F.**, Bosio V., Pastorello S . (2006) *Le applicazioni cliniche della mindfulness con pazienti gravi in setting ambulatoriale e residenziale e la validazione di un nuovo strumento di assessment*.
- XXXVI ANNUAL CONGRESS OF EABCT - SEPTEMBER 21, 2006 PARIS, FRANCE

- Chairman at the symposium: "*Mindfulness based Cognitive Therapy: Clinical and research data about biological and psychological mechanisms*"

Fabrizio DIDONNA - Chairman

Zindel V. SEGAL – Discussant

- Meet the Expert Session (Lecture/Workshop): *Mindfulness-Based Training*.

- Lecture: *Mindfulness e Terapia Cognitivo-comportamentale con il Disturbo Ossessivo-Compulsivo: al di là del pensiero, attraverso il pensiero*. Autori: Didonna F. e Pinto A. Il Convegno Nazionale AIDOC. 11 febbraio 2005. Villa Margherita Private Hospital, Arcugnano (VI)
- XXXV International Congress of Cognitive and Behavioural Psychotherapy – EABCT - September 22<sup>nd</sup>, 2005, Thessaloniki, Greece:
  - In-Congress Workshop: Didonna, F. (2005). Mindfulness-Based Cognitive Therapy for Depression, Anxiety Disorders and Borderline Personality Disorders. Abstract Book, p.18
- Invited Lecture: Didonna F. (2005). *L'uso della Mindfulness nel trattamento del Disturbo Ossessivo-Compulsivo: aspetti concettuali ed esperenziali*. Conferenza SITCC - Giornate Capresi di Terapia Cognitivo-Comportamentale November 4-6<sup>th</sup>, 2005 – Capri (NAPOLI)
- XII Congresso nazionale SITCC, Verona, October, 22-24<sup>th</sup>, 2004:
  - Symposium organizer, speaker and discussant: "Il Disturbo Ossessivo Compulsivo grave: aspetti teorici, epidemiologici e terapeutici"
  - Paper: "Caratteristiche cliniche dei sintomi ossessivi nel Disturbo Borderline di Personalità e nel Disturbo Ossessivo-Compulsivo: differenze e sovrapposizioni in un campione ospedalizzato." Autori: Didonna F., Zordan P., Prunetti E., Bateni M.
  - Educational Hour: "La terapia cognitiva del disturbo-ossessivo compulsivo: nuovi sviluppi nelle strategie e nelle tecniche d'intervento"
  - Lecture: "I gruppi di terapia cognitiva basati sulla mindfulness (MBCT) nel trattamento della depressione e del disturbo borderline di personalità: aspetti concettuali ed esperenziali"
- XXXIV International Congress of Cognitive and Behavioural Psychotherapy – EABCT Manchester, September, 8-10<sup>th</sup>, 2004:

- Poster: Clinical features of obsessive symptoms in Borderline Personality Disorders and Obsessive Compulsive Disorders: differences and overlapping aspects in an inpatient sample. Authors: Didonna F., Zordan P., Prunetti E., Bateni M.
- 35<sup>th</sup> World Congress-Annual Meeting of the Society for Psychotherapy Research, Roma, June, 16-19<sup>th</sup> 2004:
  - Lecture: Clinical features of obsessive symptoms in Borderline Personality Disorders and Obsessive Compulsive Disorders: differences and overlapping aspects in an inpatient sample. Autori: **Didonna F.**, Zordan P., Prunetti E., Bateni M.
  - Lecture: The effect of validation interventions on the metacognitive ability in borderline patients at the beginning and during the psychotherapy. Framba R., Prunetti E., Bateni M., **Didonna F.**, Barone L., Fiore D., Sera F., Liotti G.
- VIII INTERNATIONAL CONGRESS OF ISSPD - Controversial Issues in Personality Disorders – Firenze, October 9-12<sup>th</sup>, 2003:
  - Lecture: *“Disorganization of early attachment in borderline patients and metacognitive responses to therapists’ expressed understanding of their states of mind: empirical findings at the beginning of psychotherapy”*.  
Authors: Prunetti E., Framba, R., **Didonna, F.**, Fiore, D., Sera, L., Barone, L., Liotti, G.
  - Lecture: *“A model of inpatient-outpatient sequential treatment for Borderline Personality Disorder”*.  
Authors: Liotti G., Barone L., Bateni M., Prunetti E., Framba R., **Didonna F.**, Bernardini M., Petullà C., Garzotto L.
- XXXIII INTERNATIONAL CONGRESS OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPY – EABCT , Prague (Czech Republic) - September 10<sup>th</sup>-13<sup>rd</sup>, 2003:
  - Lecture: *"Obsessive-compulsive disorder and Comorbidity: Epidemiological Data and Clinical Implications in an Inpatient Sample*.  
Authors: Fabrizio Didonna, & Marco Bateni. Casa di Cura Villa Margherita – Vicenza, Italy.
  - Lecture: *"Role of the Perceptive-Sensorial Experience in Activating Obsessive Doubt: The Perceptive Experience Validation Technique (PEV)*.  
Author: Fabrizio Didonna, Casa di Cura Villa Margherita - VI.
- XI Congresso Nazionale SITCC, Bologna 19 - 22 September 19<sup>th</sup>- 22<sup>sd</sup>, 2002:

- Lecture: Nuove prospettive nella concettualizzazione e la terapia del Disturbo Ossessivo Compulsivo: La tecnica della Validazione dell'Esperienza Percettiva  
Author: Fabrizio Didonna,
- Educational Hour: "Terapia cognitiva del Disturbo Ossessivo-Compulsivo: nuove tecniche e strategie"
- XXXII INTERNATIONAL CONGRESS OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPY – EABCT, Maastricht (The Netherlands), September 18<sup>th</sup>-21<sup>st</sup>, 2002  
Participation to the Congress.
- NATIONAL CONGRESS AT "CONGRESSO NAZIONALE DELLA SOCIETA' ITALIANA PER LA RICERCA IN PSICOTERAPIA (SPR) - Palermo, October 18<sup>th</sup>-21<sup>st</sup>, 2001
  - Lecture: *"Il problema della comorbidità nel disturbo ossessivo-compulsivo in un campione di pazienti ospedalizzati: aspetti epidemiologici, implicazioni cliniche e possibilità terapeutiche."*  
Authors: **Fabrizio Didonna**, Paolo Zordan, Marco Bateni. Casa di Cura Villa Margherita - Vicenza.
- XXXI INTERNATIONAL CONGRESS OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPY – EABCT Istanbul (Turkey) . September 11-15<sup>th</sup>, 2001:
  - Symposium organizer: "Anxiety Disorders: An Integration Between Theoretic Aspects and Therapeutic Strategies in Cognitive Therapy".  
Authors: Fabrizio Didonna (VI) e Antonio Pinto (NA).  
Chairman and Discussant: Fabrizio Didonna e Antonio Pinto.
  - Lecture: *"Obsessive-compulsive disorder: what are the challenges in the treatment and how can we deal with them?"*  
Authors: Fabrizio Didonna, Paolo Zordan e Marco Bateni. Casa di Cura Villa Margherita – Vicenza, Italy.
- CONGRESSO NAZIONALE DI PSICOTERAPIA COGNITIVO-COMPORTAMENTALE-SITCC, Orvieto, November 17-19<sup>th</sup>, 2000:
  - Paper: *"Terapia cognitiva di gruppo con pazienti affetti da depressione maggiore in un contesto residenziale: quali sono le difficoltà e come superarle."*  
Authors: **Fabrizio Didonna**, Maria Bernardini, Marco Bateni.

- Paper: *"I fattori predittivi della non rispondenza alla terapia cognitivo-comportamentale del Disturbo Ossessivo-Compulsivo."*  
Authors: **Fabrizio Didonna**, Paolo Zordan, Maria Bernardini, Marco Bateni. Servizio per i Disturbi d'Ansia e dell'Umore, Casa di cura "Villa Margherita - Arcugnano (VI).
- XXX INTERNATIONAL CONGRESS OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPY EABCT - Granada (Spagna). September 25-28<sup>th</sup>, 2000:
  - Poster: *"Inpatient Cognitive Group Therapy with severely depressed patients: what are and how to deal with the obstacles?"*.  
Authors: **Fabrizio Didonna**, Maria Bernardini, Marco Bateni. Servizio per i Disturbi d'Ansia e dell'Umore, Casa di cura "Villa Margherita - Arcugnano (Vicenza), Italy
- WORLD CONGRESS OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPY (IACP): TOWARD A NEW MILLENIUM - Catania June 20-24<sup>th</sup>, 2000:
  - Speaker: *"Inpatient Cognitive Group Therapy with severely depressed patients: what are and how to deal with the obstacles?"*.  
Authors: **Fabrizio Didonna**, Maria Bernardini, Marco Bateni. Servizio per i Disturbi d'Ansia e dell'Umore, Casa di cura "Villa Margherita - Arcugnano (VI)  
Symposium: Cognitive Therapy and Prevention of Depression; Chair: Ed Craighead
- Conference Organizer: "L'ansia alle soglie del terzo millennio" at Villa Valmarana Morosini - Altavilla (Vicenza) June, 19<sup>th</sup> 1999.  
Speakers: Prof. Vittorino Andreoli, Prof. Gianni Liotti, Dott. Francesco Aquilar, Dott. Balestrieri.
- Lecture: *"Follow-up ad un anno dell'Anoressia nervosa dopo trattamento riabilitativo psiconutrizionale residenziale"*. 1°Congresso Nazionale della Società Italiana per lo Studio dei Disturbi del Comportamento Alimentare (SIS.DCA). Bologna, February 21<sup>st</sup>-24<sup>th</sup>, 1998. Authors: **F. Didonna**, M. Del Genio, E. Prunetti, S. Stella, C. De Salvo, R. Ostuzzi
- Proceedings of I° Congress SIS.DCA, Bologna, February 21<sup>st</sup>-24<sup>th</sup>, 1998: "Il training di assertività". Authors: E. Prunetti, **F. Didonna**, M. Del Genio, R. Ostuzzi
- Lecture at the Conference: "Il Disturbo Ossessivo-Compulsivo" titled: *"L'intolleranza all'incertezza nel Disturbo Ossessivo Compulsivo"*. Vicenza, October 23<sup>th</sup>, 1998.

- NATIONAL CONGRESS “CONGRESSO NAZIONALE DI PSICOTERAPIA COGNITIVO-COMPORTAMENTALE-SITCC - Torino, October 1998
  - Paper: *Nuove prospettive nella terapia cognitivo-comportamentale del Disturbo Ossessivo-Compulsivo*.  
Authors: **Fabrizio Didonna**, Marisa Del Genio, Elena Prunetti. Servizio per i Disturbi d'Ansia e dell'Umore, Casa di cura "Villa Margherita - Arcugnano (VI)
- Participation to the XXVII *International Congress of Cognitive and Behavioural Therapy of EABCT* , Venezia **24-27** September 24-27<sup>th</sup>, 1997:
- Paper in the workshop of Michel Probst “Il corpo nella terapia cognitivo-comportamentale dei Disturbi del Comportamento Alimentare”, titled: “*Un’esperienza di gruppi di rilassamento nel trattamento dei Disturbi del Comportamento Alimentare*”. Parco dei Tigli – Teolo (PD) November 22<sup>th</sup>, 1997.

## PUBLIC UNDERSTANDING OF SCIENCE / MEDIA

- Workshop at Harvard University: <https://www.youtube.com/watch?v=6utc7BA9kAU>
- Podcast interview for the Cognitive Behavior Institute in Pittsburgh (Pennsylvania, U.S.). The Barrier Breakdown: Disrupting Mental Health, Episode 55: Mindfulness-Based Cognitive Therapy for OCD with Dr. Fabrizio Didonna  
[https://www.youtube.com/watch?v=cEJRa\\_e8\\_I](https://www.youtube.com/watch?v=cEJRa_e8_I)
- Podcast Interview for Noble Mind, Boston:  
<https://www.youtube.com/watch?v=yJlrNWikDk>
- Interview on MBCT for OCD by Psagot Institute, Israel:  
<https://www.youtube.com/watch?v=SawxCEAZU4k>
- Dr. Didonna, MBCT for OCD Youtube Channel:  
[www.youtube.com/channel/UCLRwmKJ7pzGE0ePbRCsGwlg](http://www.youtube.com/channel/UCLRwmKJ7pzGE0ePbRCsGwlg)
- Interview on “Mindfulness per il DOC e MBCT for OCD” for Associazione Cultura Emotiva <https://www.youtube.com/watch?v=9RNqgKCFL6U&t=5s> January, 20<sup>th</sup> 2020
- Interview on mindfulness and Psychotherapy for *Associazione Spazio Iris*  
<http://www.spazioiris.it/news/intervista-fabrizio-didonna-a-f-mindfulness/> September, 2017



- Interview at the University of Barcelona on “*L'aplicació del mindfulness en Psicoterapia: «Mindfulness crea una major sintonia con el paciente y permite ayudarlo mejor»*”. September 23<sup>th</sup> 2016. <https://www.il3.ub.edu/blog/mindfulness-crea-una-mayor-sintonia-con-el-paciente-y-permite-ayudarlo-mejor/>
- Interview in the national magazine *Donna Moderna* on “Lavoro e benessere: la mindfulness entra in ufficio”, by Isabella Colombo on May 12, 2016. Website: [www.donnamoderna.com/news/lavoro/mindfulness-stress-in-ufficio-aziende-dipendenti](http://www.donnamoderna.com/news/lavoro/mindfulness-stress-in-ufficio-aziende-dipendenti)
- Interview at *Radio Capital* on “*Mindfulness in azienda e stress lavorativo*”. May 20<sup>th</sup>, 2016, at 10.30 a.m.
- Interview published in the national magazine *Panorama* on March 26<sup>th</sup>, 2014, Anno LII, n°13 (2497) on: “Meditazione di Mindfulness e benessere”.
- Interview on “Mindfulness e formazione aziendale”. Published in the national magazine *Business People*, on May 8<sup>th</sup>, 2014.
- Interview on *Le applicazioni cliniche della Mindfulness*. Published in the national newspaper *La Stampa*, on May 9<sup>th</sup> 2014.
- Talkback TV: Interview on TV7 in the TV program “TV7 alle 7” on: “Traumi e attacchi di panico: il caso della Costa Concordia”. 27 January 27<sup>th</sup>, 2014.
- Talkback TV: Interview on TV7 in the TV programme “TV7 alle 7” on: “ Mindfulness e Meditazione”. 3 February 3<sup>rd</sup>, 2014.

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### BOOKS (& translations)

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Chair of the symposium *Mindfulness, compassion and CBT integrated protocols for psychological problems: new findings in clinical practice* (Discussant: Andrew Gumley; Speakers: Paul Gilbert, Antonio Pinto, Fabrizio Didonna, Lucio Bizzini e Guido Bondolfi) at the 40° International Congress Of Cognitive And Behavioural Psychotherapy – EABCT, October 7-10<sup>th</sup> 2010, Milano, Italy

Didonna, F. (2010). Mindfulness-Based Cognitive interventions for Obsessive-Compulsive Disorder: Preliminary findings - Developing a way to trust and validate one's internal experience. Paper presented at the symposium *Mindfulness, compassion and CBT integrated protocols for psychological problems: new findings in clinical practice*. 40° International Congress of Cognitive and Behavioural Psychotherapy – EABCT, October 7-10<sup>th</sup> 2010, Milano, Italy

Paper: M. Ghisi, C. Novara, S. Dorz, P. Michielin, **F. Di Donna**, S. Ferracuti, E. Sanavio. *Validità concorrente tra MCMI-III e MMPI-2: risultati preliminari*. Congresso nazionale 2007 AIP - sezione di PSICOLOGIA CLINICA E DINAMICA. Perugia – September 28-30<sup>th</sup>, 2007.

In-Congress Workshop: Didonna, F. (2007). *Mindfulness-Based Cognitive Therapy in Inpatient Treatment*. In-Congress Workshop at the WORLD CONGRESS OF COGNITIVE AND BEHAVIOUR THERAPY (WCBCT), July 11-14<sup>th</sup> 2007, Barcelona, Espana.

Paper: *A correlational study between parental bonding and obsessivity measures on an Italian sample*. Authors: Fabrizio Didonna, Francesco Mancini, Francesca D'Olimpio, Elena Prunetti, Marisa Del Genio. XXIX EUROPEAN CONGRESS OF COGNITIVE AND BEHAVIOURAL PSYCHOTHERAPY - Dresden (Germania), September 22<sup>nd</sup>-25<sup>th</sup>, 1999.

Paper: *"La formulazione del problema ossessivo nell'intervento cognitivo-comportamentale del Disturbo Ossessivo Compulsivo"*. Primo Forum Nazionale di Psicoterapia Cognitivo-Comportamentale della S.I.T.C.C. - S. Savino, December 1999.

Paper: *"I fattori predittivi della non rispondenza al trattamento nella terapia cognitiva del Disturbo Ossessivo Compulsivo"*. X Congresso Nazionale di Terapia Cognitivo-Comportamentale dell'AIAMC Napoli, November 1999.

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Publication of two articles in the magazine F.I.C.I.A.P. INFORMAZIONI (March and May 1995) about "l'educazione sessuale nella scuola- Sexual Education at School".

## Invited Workshops and Professional Trainings

Didonna, F. (March, 2022). 3-day 1st level Training online in *Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder*. Shanghai Joao Tong University, Shanghai, March 25-27th 2022.

Didonna, F. (November, 2021). 3-day 1<sup>st</sup> level Training in *Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder*. Wellbeing Planet Org. **Panama**, November 5-7<sup>th</sup> 2021.

Didonna, F. (June, 2020). *Mindfulness-Based Cognitive Therapy for O.C.D.* Workshop presented at the **University of Barcelona**, June 11-12 2020, Barcelona (Spain).

Didonna, F. (November, 2020). Workshop on “Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder” at **Harvard University**, Cambridge, Massachusetts, USA, November 7<sup>th</sup> 2020.

Didonna, F. (October, 2020). Workshop on “Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder” at **University of Oxford** (U.K.). London, October 24-25<sup>th</sup> 2020.

Didonna, F. (October, 2020). 2-day Workshop on *Mindfulness and Compassion in Psychotherapy*. Universidad de las Americas. **Panama**, October 3-4<sup>th</sup> 2020.

Didonna, F. (September, 2020). “Mindfulness-Based Cognitive Therapy for OCD”. Introductory training presented at the Cognitive Therapy Training School S.B.P.C, Forlì, September 4-6<sup>th</sup> 2020.

Didonna, F. (September, 2020). *Mindfulness-Based Cognitive Therapy per la depressione*. Workshop presented at the Master in Mindfulness e sue applicazioni in ambito clinico ed evolutivo. Milano, September 25-27, 2020.

Didonna, F. (June, 2020). *5-day Professional Training-Retreat in Mindfulness-Based Cognitive Therapy for OCD*. Costabissara (Vicenza), Italy, June 17-21<sup>st</sup> 2020.

Didonna, F. (June, 2020). *Mindfulness-Based Cognitive Therapy for O.C.D.* Workshop presented at the **University of Barcelona**, June 5-6<sup>th</sup> 2020, Barcelona (Spain).

Didonna, F. (April, 2020). Workshop on “Mindfulness e sue applicazioni in Psicoterapia”, at the Cognitive Therapy Training School S.B.P.C, Bologna, April 19<sup>th</sup> 2020.

Didonna, F. (March, 2020). Workshop Webinar on “Mindfulness-Based Cognitive Therapy per il Disturbo Ossessivo Compulsivo” at the Cognitive Therapy Training School of CPC Pescara, March 20-21<sup>st</sup> 2020.

Didonna, F. (February, 2020). Webinar at the **UCSD - University of California San Diego**, in San Diego on “Mindfulness-Based Cognitive Therapy for Obsessive Compulsive Disorder”. San Diego, February 28<sup>th</sup> 2020.

Didonna, F. (December, 2019). *Tecniche e strategie di conduzione degli interventi di mindfulness*. Workshop presented at the One-Year Master Program in Mindfulness e sue applicazioni in ambito clinico. Milano, December 6,7,8<sup>th</sup>, 2019.

Didonna, F. (November, 2019). Workshop on *Mindfulness-Based Cognitive Therapy for OCD* at the One-Year Master Program in Mindfulness e sue applicazioni in ambito clinico. Associazione Spazio Iris. Milano, November 23, 24<sup>th</sup>, 2019.

Didonna, F. (November, 2019). *Introduzione alla Mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni cliniche*. Workshop presented at the One-Year Master Program in Mindfulness e sue applicazioni in ambito clinico. Milano, November 16-17<sup>th</sup>, 2019.

Didonna, F. (November, 2019). Workshop on “MBCT for OCD”. Cognitive Therapy Training School S.B.P.C, Forlì, November 10<sup>th</sup>.

Didonna, F. (October, 2019). *5-day Professional Training in Mindfulness-Based Cognitive Therapy for OCD*. Training presented at the University of Veracruz, Halapa, Mexico. October, 7-11 2019.

Didonna, F. (September, 2019). “Mindfulness and Psychotherapy”. Workshop presented at the Cognitive Therapy Training School S.B.P.C, Forlì, September 28<sup>th</sup>.

Didonna, F. (June, 2019). Training in *Mindfulness and Psychotherapy*. Associazione Spazio Iris, Milano, June 14,15,16<sup>th</sup>, 2019.

Didonna, F. (May, 2019). *Mindfulness-Based Cognitive Therapy for O.C.D.* Workshop presented at the University of Barcelona. May 24-25<sup>th</sup>, Barcelona (Spain)

Didonna, F. (April, 2019). *5-day Professional Training in Mindfulness-Based Cognitive Therapy (MBCT) for Depression.* Villa San Carlo - Costabissara, Vicenza, Italia. April 10-14<sup>th</sup>, 2019.

Didonna, F. (March, 2019). Training in *Mindfulness-Based Therapy*. Training for the NHS Mental Health Professionals. Sottomarina-Chioggia (Venezia), March, 22 – June, 28<sup>th</sup>, 2019.

Didonna, F. (February, 2019). *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder.* Workshop presented at the University of Udine. February 8<sup>th</sup>, Udine.

Didonna, F. (January, 2019). *MBCT for Obsessive-Compulsive Disorder.* Introductory Workshop presented at the Psagot School of Cognitive-Behavioural Psychotherapy -Tel Aviv - Israel, January 22, 23, 25<sup>th</sup>, 2019.

Didonna, F. (December, 2018). *Tecniche e strategie di conduzione degli interventi di mindfulness.* Workshop presented at the One-Year Master Program in Mindfulness e sue applicazioni in ambito clinico. Milano, December 14,15,16<sup>th</sup>, 2018.

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Didonna, F. (October, 2018). Training in *Mindfulness-Based Therapy*. Training for the NHS Health Professionals. Giulianova Marche, October. 4,5,6<sup>th</sup>, 2018.

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Didonna, F. (September, 2018). "Mindfulness-Based Cognitive Therapy for Depression". Workshop presented at the Cognitive Therapy Training School S.B.P.C, Forlì, September 16<sup>th</sup>.

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- Didonna, F. (January, 2018). *Tecniche e strategie di conduzione degli interventi di mindfulness*. Workshop presented at Master in Mindfulness e sue applicazioni in ambito clinico ed evolutivo. Milano, January 26,27,28<sup>th</sup>, 2018.
- Didonna, F. (December, 2017). “Mindfulness e sue applicazioni in Psicoterapia”. Workshop presented at the Cognitive Therapy Training School S.B.P.C, Forlì, 16-17 December.
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- Didonna, F. (November, 2017). Mindfulness-Based Therapy e l’evoluzione della psicoterapia cognitiva-comportamentale. Workshop presented at the Cognitive-Behavioral Training School IPSICO, Firenze, 18-19 November 18-19<sup>th</sup>, 2017.
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- Didonna, F (October, 2017). *Introduzione alla mindfulness e alle sue applicazioni cliniche*. Scuola di Specializzazione S.B.P.C sede di Forlì. 7-8 October 7-8<sup>th</sup>, 2017.
- Didonna, F. (June, 2017). *Mindfulness-Based Therapy*. Milano, 26,27,28 June.– Workshop presented at the Master in Tecniche di Rilassamento - Associazione Spazio IRIS.
- Didonna, F. (May, 2017). *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder*. Workshop presented at the University of Barcelona. May 12-13<sup>th</sup>, Barcelona (Spain)
- Didonna, F. (April, 2017). 3-Day Workshop/Training on *Mindfulness-Based Therapy*. Workshop presented at the Associazione Spazio Iris, Milano, April 7,8,9<sup>th</sup>.
- Didonna, F. (January, 2017). “Mindfulness e sue applicazioni in Psicoterapia”. Workshop presented at the CBT Training School of S.B.P.C, Forlì, January 15<sup>th</sup>, 2017.

Didonna, F. (December, 2016). *5-day Professional Training Retreat in MBCT for OCD*. Villa San Carlo – Costabissara (Vicenza), Italy. December 14-18th.

Didonna, F. (November, 2016). *5-day Professional Training in Mindfulness-Based Cognitive Therapy for OCD*. Training presented at the Shanghai Jiao Tong University, Shanghai, China. November 21<sup>st</sup>-26<sup>th</sup>.

Didonna, F. (November, 2016). *Mindfulness-Based Therapy e l'evoluzione della psicoterapia cognitiva-comportamentale*. Workshop presented at the CBT Training School - Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale IPSICO, Firenze, 4-6 November 4-6<sup>th</sup>.

Didonna, F. (October 2016). *Mindfulness e sue applicazioni cliniche*. Workshop presented at Master in Mindfulness - Università di Pisa - S. Anna, October 8-9<sup>th</sup>, 2016.

Didonna, F. (July,2016). *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder*. Workshop at University of Barcelona. Barcelona (Spain). July 1-2<sup>nd</sup>, 2016.

Didonna, F. (June, 2016). *Mindfulness e sue applicazioni in Psicoterapia*. Workshop presented at the Cognitive Therapy Training School S.B.P.C, Bologna, June 11<sup>th</sup>, 2016.

Didonna, F. (May, 2016). *3-Day Workshop/Training on Mindfulness-Based Therapy*. Training presented at *Associazione Spazio Iris*, Milano, May 27<sup>th</sup>,28<sup>th</sup>,29<sup>th</sup>, 2016.

Didonna, F. (May, 2016). *Il trattamento del DOC: i protocolli della TCS e il protocollo basato sulla mindfulness*. Workshop presented at the Cognitive Therapy Training School S.B.P.C, Forlì. May 15<sup>th</sup>, 2016

Didonna, F. (May, 2016). *Introduzione alla mindfulness e alle sue applicazioni cliniche*. Workshop presented at the Cognitive Therapy Training School S.B.P.C, Forlì. May 14<sup>th</sup>, 2016.

Didonna, F. (December, 2015). *Mindfulness e disturbo ossessivo-compulsivo: MBCT for OCD*. Workshop presented at the Master in Mindfulness-Based Therapy. Palermo, 19-20 December 19-20<sup>th</sup>, 2015.

Didonna, F. (November, 2015). *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder*. Workshop presented at *Centro Estudios Contemplativos*, Barcelona (Spain), November 30<sup>th</sup>, 2015.

Didonna F. (November, 2015). *Strategies and guidelines to conduct mindfulness-based intervention*. Workshop presented at *Centro Estudios Contemplativos*, Barcelona (Spain), November 29<sup>th</sup>, 2015.

Didonna F. (November, 2015). *Metodologia e principi di insegnamento della mindfulness*. Workshop presented at Master in Mindfulness-Based Therapy. Palermo, November 7-8<sup>th</sup>, 2015.

Didonna, F. (October, 2015). *Introduzione alla mindfulness e alle sue applicazioni cliniche*. Workshop presented at U.L.S.S. Bolzano, October 23<sup>rd</sup>, 2015.

Didonna, F. (October, 2015). Leader of the residential training retreat on *Mindfulness and Self-compassion*. Villa San Carlo, Costabissara (VI) – October 16-18<sup>th</sup>, 2015.

*Didonna, F. (October, 2015). Mindfulness-Based Cognitive Therapy per il Disturbo Ossessivo-Compulsivo*. Workshop presented at the Master in Psicoterapia Cognitivo-Comportamentale di Terza generazione, Milano, October 3<sup>rd</sup>, 2015.

Didonna, F. (September, 2015). *Mindfulness e alle sue applicazioni in psicoterapia*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, September 27<sup>th</sup>, 2015.

Didonna, F. (September, 2015). *MBCT per la prevenzione delle ricadute nella depressione*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, September 26<sup>th</sup>, 2015.

Didonna, F. (September, 2015). Leader/Instructor of the Training in *Mindfulness-Based Cognitive Therapy (MBCT) per la prevenzione delle ricadute nella Depressione*. Training-Retreat (5 days). Palermo, Italia, September 16-20<sup>th</sup>, 2015.

Didonna, F. (May, 2015). *Il trattamento del DOC: i protocolli della TCS e il protocollo basato sulla mindfulness*. Workshop presented at the Cognitive Therapy Training School S.B.P.C Forlì. May 24<sup>th</sup>, 2015.

Didonna, F. (May, 2015). *Introduzione alla mindfulness e alle sue applicazioni cliniche*. Workshop presented at the Cognitive Therapy Training School S.B.P.C , Forlì, May 23<sup>rd</sup>, 2015.

Didonna, F. (April, 2015). *Interventi di mindfulness in setting individuale e di gruppo*. Workshop presented at the Master in Mindfulness-Based Therapy. Palermo, April 11<sup>st</sup>-12<sup>th</sup>, 2015.

Didonna, F. (March, 2015). *Introduzione alla Mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni cliniche*. Workshop presented at Master in Mindfulness-Based Therapy. Palermo, March 28-29<sup>th</sup>, 2015.

Didonna, F. (February, 2015). *Mindfulness-Based Therapy*. Workshop presented at Master in Tecniche di Rilassamento at Associazione Spazio IRIS. Milano, February 7<sup>th</sup>, 2015.

Didonna, F. (December, 2014). *Introduzione alla Mindfulness e alle sue applicazioni in psicoterapia*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, December 14<sup>th</sup>, 2014.

Didonna, F. (November, 2014). *Mindfulness e sue applicazioni in psicoterapia*. Workshop presented at Accademia Rob Nu Narn, Palermo. November 30<sup>th</sup>, 2014.

Didonna, F. (November, 2014). *Mindfulness e sue applicazioni in ambito clinico*. Workshop presented at Azienda Sanitaria Locale di Bolzano. Bolzano, November, 20<sup>th</sup>-21<sup>st</sup>, 2014.

Didonna, F. (November, 2014). *La mindfulness-based therapy e l'evoluzione della psicoterapia cognitivo-comportamentale*. Workshop presented at CBT Training School - CBT Training School - Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale IPSICO, Firenze, 7,8,9 November 7-8-9<sup>th</sup>, 2014.

Didonna, F. (October, 2014). *La terapia basata sulla mindfulness e l'evoluzione della psicoterapia cognitivo-comportamentale*. Workshop presented in Udine, 24 October 24<sup>th</sup>, 2014.

Didonna, F. (October, 2014). *Mindfulness-Based Therapy*. Workshop presented at Master in Tecniche di Rilassamento dell'Istituto Spazio IRIS, Milano, October 18<sup>th</sup>, 2014.

Didonna, F. (June, 2014). Leader of the residential training retreat on *Mindfulness and Self-compassion*. Villa San Carlo, Costabissara (VI) – June 20<sup>th</sup>-22<sup>nd</sup>, 2014.

Didonna, F. (June, 2014). *“Il Disturbo Ossessivo-Compulsivo di Personalità: il Trattamento Cognitivo-Comportamentale e gli interventi basati sulla Mindfulness*. Workshop presented at CBT Training School - CBT Training School - Scuola di Specializzazione in Psicoterapia CPC Pescara, June 14-15<sup>th</sup>, 2014.

Didonna, F. (June, 2014). *“Il Trattamento Cognitivo-Comportamentale Basato sulla Mindfulness per il Disturbo Ossessivo-Compulsivo: rationale, tecniche d'intervento e protocollo clinico*. Workshop presented at Centro per la Mindfulness Motus Mundi, Padova. June 7-8<sup>th</sup>, 2014.

Didonna, F. (May, 2014). *Il trattamento del DOC: i protocolli della TCS e il protocollo basato sulla mindfulness*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì. May 18<sup>th</sup>, 2014.

Didonna, F. (May, 2014). *Introduzione alla mindfulness e alle sue applicazioni cliniche*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì. May 17<sup>th</sup>, 2014.

Didonna, F. (March, 2014). *5-day Professional Training in Mindfulness-Based Cognitive Therapy (MBCT)* per la prevenzione delle ricadute nella Depressione. Workshop presented at the One-Year Master in Mindfulness e sue applicazioni cliniche, Pettorano sul Gizio, Pescara. 26-30 March 26-30<sup>th</sup>, 2014.

Didonna, F. (February, 2014). *Training retreat on Mindfulness for Mental Health Professionals*. Segesta (Trapani), February 21<sup>st</sup>-23<sup>rd</sup>, 2014.

Didonna, F. (February, 2014). *Mindfulness e Disturbo Ossessivo-Compulsivo*. Workshop presented at CBT Training School - Scuola di Specializzazione in Psicoterapia CPC Pescara, February 15<sup>th</sup>, 2014.

Didonna, F. (February, 2014). *Mindfulness e sue applicazioni in psicoterapia*. Workshop presented at the Cognitive Therapy Training School SBPC, Bologna. February 2<sup>nd</sup>, 2014.

Didonna, F. (December, 2013). *Il trattamento del DOC: i protocolli della TCS e il protocollo basato sulla mindfulness*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì. December 15<sup>th</sup>, 2013.

Didonna, F. (December, 2013). *Psicopatologia Cognitivista I: L'esperienza sensoriale tra auto-osservazione e modalità di mindfulness*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì. December 14<sup>th</sup>, 2013.

Didonna, F. (November, 2013). *La mindfulness-based therapy per il disturbo ossessivo-compulsivo*. Workshop presented at the One-Year Master in Mindfulness-Based Therapy, Torino, November 29<sup>th</sup>, 2013.

Didonna, F. (November, 2013). *Tecniche e strategie di conduzione degli interventi individuali e di gruppo basati sulla mindfulness*. Workshop presented at One-Year Master in Mindfulness-Based Therapy, Pescara, November 16-17<sup>th</sup>, 2013.

Didonna, F. (October, 2013). *La terapia basata sulla mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni in ambito clinico ed educativo*. Workshop presented in Palermo, October 19-20<sup>th</sup>, 2013.

Didonna, F. (October, 2013). *La Mindfulness-Based Cognitive Therapy per la Depressione*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, October 26<sup>th</sup>, 2013.

Didonna, F. (October, 2013). *La Psicoterapia del Trauma e del Disturbo da Stress Post-Traumatico*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, October 25<sup>th</sup>, 2013.

Didonna, F. (August, 2013). *MBCT for Obsessive-Compulsive Disorder*. Workshop presented at the School of Cognitive-Behavioural Psychotherapy -Tel Aviv-Israel, August 14<sup>th</sup>, 2013.

Didonna, F. (June, 2013). *Tecniche e strategie di conduzione degli interventi individuali e di gruppo basati sulla mindfulness*. Workshop presented at One-Year Master in Mindfulness-Based Therapy, Torino, June 8.-9<sup>th</sup>, 2013.

Didonna, F. (May, 2013). *5-day Advanced Professional Training in Mindfulness-Based Cognitive Therapy (MBCT)*. Leader/Instructor of the Training in *Mindfulness-Based per la prevenzione delle ricadute nella Depressione*, with Prof. Guido Bondolfi (Switzerland) and Dott. Lucio Bizzini (Switzerland). Campertogno, Italia, May 1<sup>st</sup>-5<sup>th</sup>, 2013.

Didonna, F. (April, 2013). *Introduzione alla mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni cliniche*. Workshop presented to introduce the Master in Mindfulness-Based Therapy, Pescara, April 13<sup>rd</sup>-14<sup>th</sup>, 2013.

Didonna, F. (March, 2013). *I meccanismi cognitivi della mindfulness*. Workshop presented at the One-Year Master in Mindfulness-Based Therapy, Torino, March 10<sup>th</sup>, 2013.

Didonna, F. (December, 2012). *Introduzione alla mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni cliniche*. Workshop presented to introduce the One-Year Master in Mindfulness-Based Therapy, Torino, December 8-9<sup>th</sup>, 2012.

Didonna, F. (November, 2012). *Il trattamento del DOC: i protocolli della TCS e gli interventi mediante la mindfulness*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, November 18<sup>th</sup>, 2012.

Didonna, F. (November, 2012). *Psicopatologia Cognitivista I: L'esperienza sensoriale tra auto-osservazione e modalità di mindfulness*. Workshop presented at the Cognitive Therapy Training School SBPC, Forlì, November 17<sup>th</sup>, 2012.

Didonna, F. (June, 2012). *Mindfulness-Based Therapy for Psychological Problems: The Healing Power of Being Deeply Present*. (203 attendants). Helsinki, Finland, June 7-8<sup>th</sup> 2012.

Didonna, F. (May, 2012). *Mindfulness in setting individuale: sviluppare empatia e potenziare la relazione terapeutica*. Workshop presented at Training course in Mindfulness-Based Therapy. Cagliari, May 12<sup>th</sup>-13<sup>rd</sup>, 2012.

Didonna, F. (March, 2012). *Il Disturbo Ossessivo-Compulsivo di Personalità: concettualizzazione, assessment e nuove prospettive terapeutiche*. Workshop presented at Scuola di Psicoterapia Cognitivo-Comportamentale di Pescara (AIAMC). Pescara, March 30<sup>th</sup>-31<sup>st</sup>, 2012.

Didonna, F. (March, 2012). *La Mindfulness e le sue applicazioni in psicoterapia*. Workshop presented at CBT Training School - Scuola Bolognese di Psicoterapia Cognitiva (S.B.P.C.). Bologna, March 16-17<sup>th</sup>, 2012.

Didonna, F. (March, 2012). *Introduzione alla mindfulness e sue applicazioni in psicoterapia*. Workshop to introduce Corso di Formazione in Mindfulness-Based Therapy. Cagliari, March 10<sup>th</sup>-11<sup>st</sup>, 2012.

Didonna, F. (February, 2012). *Mindfulness e sue applicazioni cliniche*. Workshop presented at Scuola di Psicoterapia Cognitivo-Comportamentale di Pescara (AIAMC). Pescara, February 24-25<sup>th</sup>, 2012.

Didonna, F. (December, 2011). Professional Training for the NHS on “Le applicazioni cliniche della Mindfulness” at SERD Vigevano, ULSS Pavia. 5 meetings: November 4<sup>th</sup>, 11<sup>st</sup>, 18<sup>th</sup>, 25<sup>th</sup> and December 2<sup>nd</sup>, 2011.

Didonna, F. (January, 2011). *Mindfulness e sue applicazioni cliniche*. ECM training course presented at ULSS Pavia. 6 meetings between October 15<sup>th</sup>, 2010 and January 14<sup>th</sup>, 2011.

Didonna, F. (September, 2011). *Conduction of the intensive residential training retreat on Mindfulness*. Castelfondo, Val di Non (Bolzano) – September 9<sup>th</sup>-11<sup>st</sup>, 2011.

Didonna, F. (June, 2011). *Mindfulness and Psychotherapy: An intensive residential experience of mindfulness meditation*. Sofia, Bulgaria, June 18-19<sup>th</sup>, 2011.

Didonna, F. (May, 2011). *Mindfulness e Psicoterapia*. Experiential workshop presented at Scuola di Psicoterapia Cognitivo-Comportamentale di Pescara (AIAMC). Pescara, May 20<sup>th</sup>-21<sup>st</sup>, 2011.

Didonna, F. (May, 2011). *Il Disturbo Ossessivo-Compulsivo di Personalità: concettualizzazione, assessment e nuove prospettive terapeutiche*. Workshop presented at Scuola di Psicoterapia Cognitivo-Comportamentale di Pescara (AIAMC). Pescara, 6-7 maggio 2011.

Didonna, F. (January, 2011). *Interventi di Mindfulness in un setting individuale e ospedalizzato*. Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, January 30<sup>th</sup>, 2011.

Didonna, F. (January, 2011). *Protocolli di Mindfulness per il Disturbo Borderline di personalità*. Workshop presented at the Master in Mindfulness-Based Therapy (2° corso). Vicenza, January 29<sup>th</sup>, 2011.

Didonna, F. (January, 2011). *Mindfulness e Disturbo Ossessivo.-Compulsivo*. Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, January 16<sup>th</sup>, 2011.

Didonna, F. (January, 2011). *Mindfulness e Disturbo Ossessivo.-Compulsivo*. Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, December 12<sup>th</sup>, 2010.

Didonna, F. (December, 2010). *Interventi di Mindfulness in un setting individuale e ospedalizzato* Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, December 5<sup>th</sup>, 2010.

Didonna, F. (December, 2010). *Protocolli di Mindfulness per il Disturbo Borderline di personalità*. Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, December 4<sup>th</sup>, 2010.

Didonna, F. (November, 2010). *Conduction of the intensive residential training retreat on Mindfulness*. Arco di Trento (TN), November 18<sup>th</sup>-21<sup>st</sup>, 2010.

Didonna, F. (November, 2010). Workshop on *Mindfulness e Psicoterapia* presented at the ULSS Vicenza, November 10<sup>th</sup>, 2010.

Didonna, F. (October, 2010). *Conduction of the intensive residential training retreat on Mindfulness*. Arco di Trento (TN) , October 28<sup>th</sup>-31<sup>st</sup>, 2010.

Didonna, F. (May, 2010). *5-day Advanced Professional Training in Mindfulness-Based Cognitive Therapy (MBCT)*. Leader/Instructor of the Training in *Mindfulness-Based per la prevenzione delle ricadute nella Depressione*, with Prof. Zindel Segal (Toronto, Canada) and Prof. Guido Bondolfi (Switzerland) and Dott. Lucio Bizzini (Switzerland). Grosseto, Italia, May 19<sup>th</sup>-23<sup>rd</sup>, 2010.

Didonna, F. (March, 2010). *Mindfulness-Based Therapy con i Disturbi d'Ansia e il Disturbo da Stress Post-Traumatico*. Workshop presented at Master in Mindfulness-Based Therapy (1° e 2° corso). Vicenza, March 21<sup>st</sup>, 2010.

Didonna, F. (March, 2010). *La Mindfulness e le sue applicazioni in psicoterapia*. Workshop presented at CBT Training School - CBT Training School - Scuola Bolognese di Psicoterapia Cognitiva (S.B.P.C.). Bologna, March 5-6<sup>th</sup>, 2010.

Didonna, F. (February, 2010). *Introduzione alla Mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni cliniche*. Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, February 20<sup>th</sup>-21<sup>st</sup>, 2010.

Didonna, F. (February, 2010). *Introduzione alla Mindfulness: aspetti fenomenologici, neurofisiologici e applicazioni cliniche*. Workshop presented at the Master in Mindfulness-Based Therapy (1° corso). Vicenza, February 13<sup>rd</sup>-14<sup>th</sup>, 2010.

Didonna, F. (November, 2009). *Mindfulness-based Therapy per il Disturbo ossessivo-Compulsivo*. Workshop organized by AIDOC at Casa di Cura Villa Margherita, Vicenza Novembre 28<sup>th</sup>, 2009.



Didonna, F. (November, 2009). *La Mindfulness e le sue applicazioni in psicoterapia*. Workshop presented at ARPAS (Associazione per la Ricerca sulla Psicopatologia dell'Attaccamento e dello Sviluppo). Roma, November 14-15<sup>th</sup>, 2009.

Didonna, F. (October, 2009). Introduzione alla *Mindfulness e sue applicazioni cliniche*. Workshop presented at the CBT Training School - Scuola di Specializzazione quadriennale (Ric. Miur) in *Psicoterapia Cognitiva* di Firenze. Firenze, October 17-18<sup>th</sup>, 2009.

Didonna, F. (June, 2009) *Mindfulness-Based Therapy*. Workshop presented at CBT Training School - Scuola di Specializzazione quadriennale (Ric. Miur) in *Psicoterapia Cognitivo-Comportamentale* dell'ASCCO di Parma. Parma, June 20<sup>th</sup>-21<sup>st</sup>, 2009.

Didonna, F. (May, 2009) *La Mindfulness e le sue applicazioni cliniche – Corso avanzato*. Workshop presented at Scuola di Specializzazione quadriennale (Ric. Miur) in *Psicoterapia dell'Età Evolutiva ad orientamento Giuridico* di Reggio Emilia. Reggio Emilia, May 29-30<sup>th</sup>, 2009.

Didonna, F. (May, 2009). *Mindfulness e Psicoterapia- Corso Avanzato*. 8-9 maggio 2009 – Workshop presented at Scuola di Specializzazione quadriennale (Ric. Miur) in *Psicoterapia dell'Età Evolutiva ad orientamento Giuridico* di Reggio Emilia. Reggio Emilia, May 8-9<sup>th</sup>, 2009.

Didonna, F. (May, 2009). *Mindfulness and its clinical applications*. Workshop presented at University of Sofia, Sofia – Bulgaria, May 2<sup>nd</sup>, 2009,

Didonna, F. (November, 2008). *La Mindfulness e le sue applicazioni in psicoterapia*. Workshop presented at ARPAS (Associazione per la Ricerca sulla Psicopatologia dell'Attaccamento e dello Sviluppo). Roma, November 22<sup>nd</sup>-23<sup>rd</sup>, 2008.

Didonna, F. (June, 2008). *Mindfulness e Psicoterapia*. Workshop presented at Scuola di Specializzazione quadriennale (Ric. Miur) in *Psicoterapia dell'Età Evolutiva ad orientamento Giuridico* di Reggio Emilia. Reggio Emilia, June 20<sup>th</sup>-21<sup>st</sup>, 2008.

Didonna, F. (June, 2008). *La Psicoterapia Cognitiva del Disturbo Ossessivo-Compulsivo: nuovi progressi e protocolli avanzati*. Workshop presented at *Corso Avanzato di Psicoterapia Cognitivo-Comportamentale del Disturbo Ossessivo-Compulsivo dell'AIDOC*. Firenze, June 7<sup>th</sup>, 2008.

Didonna, F. (May, 2008). *Mindfulness and its clinical applications*. International workshop presented at the University of Coimbra – Portugal. May, 19-20<sup>th</sup>, 2008.

Didonna, F. (April, 2008). *La Mindfulness e le sue applicazioni cliniche*. Workshop presented at ULSS di Bolzano. Bolzano, April 18-19<sup>th</sup>, 2008.

Didonna, F. (April, 2008). *Le applicazioni cliniche della Mindfulness con disturbi psichiatrici*. Workshop presented at Scuola di Specializzazione quadriennale (Ric. Miur) in *Psicoterapia dell'Età Evolutiva ad orientamento Giuridico* di Reggio Emilia April 4-5<sup>th</sup>, 2008.

Didonna, F. (December, 2007). *La Mindfulness e le sue applicazioni in psicoterapia*. Workshop presented at Scuola Bolognese di Psicoterapia Cognitiva. Forlì, December 15<sup>th</sup>, 2007.

Didonna, F. (August/September, 2007). *5-day Advanced Professional Training in Mindfulness-Based Cognitive Therapy (MBCT)*. Leader/Instructor of the Training in *Mindfulness-Based Cognitive Therapy per la prevenzione delle ricadute nella Depressione*, with Prof. Zindel Segal (Toronto, Canada) and Prof. Guido Bondolfi (Switzerland). Grosseto, Italia, 29 August 29<sup>th</sup>- September 3<sup>th</sup>, 2007.

Didonna, F. (May, 2007). *Esercizi e applicazioni psicoterapeutiche della Mindfulness. Livello II*. Workshop presented at ARPAS (Associazione per la Ricerca sulla Psicopatologia dell'Attaccamento e dello Sviluppo). Roma, May 18<sup>th</sup>, 2007.

Didonna, F. (May, 2007). *Mindfulness-Based Interventions for Psychiatric Problems : May 5<sup>th</sup> 2007 – Workshop presented at the Department of Psychiatry, Skopje – Macedonia*

Didonna, F. (March, 2007). *Le applicazioni psicoterapeutiche della Mindfulness. Livello I*. Workshop presented at ARPAS (Associazione per la Ricerca sulla Psicopatologia dell'Attaccamento e dello Sviluppo). Roma, March 31<sup>st</sup>, 2007.

Didonna, F. (March, 2007). *Impulsività e compulsività nel Disturbo Borderline di Personalità e nel Disturbo Ossessivo-Compulsivo : March 16th 2007 - Bellinzona - Switzerland*

Didonna, F. (March, 2007). *La Mindfulness e le sue applicazioni in psicoterapia*. Workshop presented at European Commission Workshop. Castellammare di Stabia, Napoli, March 1<sup>st</sup>-2<sup>nd</sup>, 2007.

Didonna, F., (February, 2007). *Mindfulness and its clinical applications*. Workshop presented in Zakopane - Krakov – Poland. February 15<sup>th</sup>, 2007.

Didonna, F., (February, 2007). *Le applicazioni cliniche della Mindfulness: teoria, rationale e aspetti esperenziali*. Workshop presented at Casa di Cura Villa Igea. Modena, February 2<sup>nd</sup>-3<sup>rd</sup>, 2007.

Didonna, F. (June, 2006). *5-day Advanced Professional Training in Mindfulness-Based Cognitive Therapy for Depression (MBCT)*. Leader/Instructor of the Training in *Mindfulness-Based Cognitive Therapy per la prevenzione delle ricadute nella Depressione*. Grosseto, Italia, June 17<sup>th</sup>-21<sup>st</sup>, 2006.

Didonna, F. (May, 2006). *La Mindfulness e il suo utilizzo nel trattamento del Disturbo Borderline di Personalità*. Workshop presented at Terzo Centro di Terapia Cognitiva. May 12<sup>th</sup>-13<sup>rd</sup>, 2006.

Didonna, F. (February, 2006). ECM course: *Psicoterapia cognitiva del Disturbo Ossessivo-Compulsivo: concettualizzazione e strategie d'intervento*. Workshop presented at XI Congresso Nazionale SOPSI. Roma, February, 21<sup>st</sup>-25<sup>th</sup>, 2006.

Didonna, F. (February, 2006). *La Mindfulness nel trattamento della Depressione, dei Disturbi d'Ansia e del Disturbo Borderline di Personalità*. Workshop presented at ARPAS (Associazione per la Ricerca sulla Psicopatologia dell'Attaccamento e dello Sviluppo). Roma, February 11<sup>th</sup>, 2006.

Didonna, F. (May, 2003). "*La terapia del paziente "difficile": concettualizzazione e strategie d'intervento*". Workshop presented at AIDOC. Roma, May, 23<sup>rd</sup>, 2003.

Didonna, F. (May, 2003). *La terapia cognitiva del Disturbo Ossessivo-compulsivo: l'intervento ambulatoriale e ospedalizzato*. Workshop presented at I° anno Scuola di Formazione in Psicoterapia Cognitivo-Comportamentale – SPC. Verona, May 11<sup>th</sup>, 2003

Didonna, F. (Aprile, 2003). *La terapia cognitiva del paziente difficile: casi clinici e strategie d'intervento*. Workshop presented at 4° anno Scuola di Formazione in Psicoterapia Cognitivo-Comportamentale – APC. Verona, April 12<sup>th</sup>, 2003.

Didonna, F. (2002). *La terapia cognitiva del Disturbo Ossessivo-compulsivo: l'intervento ambulatoriale e ospedalizzato*. Workshop presented at CBT Training School - CBT Training School - CBT Training School - Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale – APC. Verona, 2002.

Didonna, F. (2002). *La terapia cognitiva della Depressione: concettualizzazione, tecniche e strategie d'intervento*. Workshop presented at CBT Training School - CBT Training School - CBT Training School - Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale – APC. Verona, 2002.

Didonna, F. (January, 2001). *La Depressione: il trattamento ambulatoriale e ospedalizzato*. Workshop presented at CBT Training School - CBT Training School - CBT Training School

- Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale – APC. Verona, January 27<sup>th</sup>, 2001.

Didonna, F. (March, 2001). *La terapia cognitiva della Depressione: concettualizzazione, tecniche e strategie d'intervento: parte I*. Workshop presented CBT Training School - CBT Training School - Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale – APC. Verona, March 11<sup>th</sup>, 2001.

Didonna, F. (May, 2001). *La terapia cognitiva della Depressione: concettualizzazione, tecniche e strategie d'intervento: parte II*. Workshop presented at CBT Training School - CBT Training School - Scuola di Specializzazione in Psicoterapia Cognitivo-Comportamentale – APC. Verona, May 20<sup>th</sup>, 2001.

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