

MINDFULNESS AND SELF COMPASSION

BETWEEN PSYCHOEDUCATION AND CLINICAL PRACTICE

INTERNATIONAL CONFERENCE
27-28 November 2021



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Mindfulness and self compassion practices stem from the Buddhist tradition and over the last thirty years have developed in many different settings in Western society: from schools to hospitals, from therapeutic communities to prisons, from the corporate world to professional training and psychotherapy in the form of mindfulness-based stress reduction programs.

Thousands of scientific publications testify the effectiveness of mindfulness-based and self compassion interventions and this evidence, combined with the short duration and relatively low cost of group interventions, has led to a progressive expansion of intervention models that have been adapted to different populations. Interventions promoting the well-being of social workers and health care professionals, teachers and educators, caregivers and parents and clinical interventions for patients suffering from a wide range of conditions - stress, addictions,

chronic pain, depression, anxiety, sleep disorders, support for cancer patients, patients with heart disease, eating disorders, respiratory problems and post-traumatic stress disorder - are now well established. All have experienced enormous benefits (Hilton L.G. et al., 2019).

In this pandemic year, more and more people have turned to stress reduction interventions. But mindfulness-based and self compassion interventions are much more than that and with this international convention we wish to take a moment to discuss and assess the clinical and research framework and compare the Italian experience with international practices in order to answer the question: "What does this particular moment of learning require from us?" The conference will alternate lectures by international guests with moments of mindfulness practice and will encourage discussion, inquiry and sharing in small groups.

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Saturday 27 November
Morning

Saturday 27 November
Afternoon

FROM PROTOCOLS TO CLINICAL PRACTICE

Chairperson **Paola Mamone** - *Italy*

- 09:00-09:30 Welcoming participants
- 09:30-10:00 Mindfulness and Internal Family Systems
Nicoletta Cinotti - *Italy*
- 10:00-10:30 Mindful Parenting in challenging times
Susan Bögels - *The Netherlands*
- 10:30-11:30 Supporting Integrity with the MBI-TAC:
cultivating competence in mindfulness
teaching
Rebecca Crane - *United Kingdom*
- 11:30-12:00 Break
- 12:00-12:30 Reparenting practice
with **Nicoletta Cinotti** - *Italy*
- 12:30-13:10 Sharing and inquiry in groups with facilitators
- 13:10-13:30 Plenary sharing
- 13:30-15:30 Break

MINDFULNESS AND HEARTFULNESS

Chairperson **Nicoletta Cinotti** - *Italy*

- 15:30-16:00 There is no raft: a radical phenomenology of
consciousness as a tool for clinical practice
and teaching mindfulness
Alessandro Giannandrea - *Italy*
- 16:00-16:30 Mindfulness, self compassion and
Psychotherapy
Christopher Germer - *USA*
- 16:30-17:00 Attention and compassion in the clinical
relationship
Maja Wrzesien - *Spain*
- 17:00-17:30 Break
- 17:30-18:00 Self compassion practice
with **Paola Mamone** - *Italy*
- 18:00-18:40 Sharing and inquiry in groups with facilitators
- 18:40-19:00 Plenary sharing

PROGRAMME

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Sunday 28 November
Morning

Chairperson **Alessandro Giannandrea** - *Italy*

09:30-10:00 How the therapeutic presence improves competencies
Paola Mamone - *Italy*

10:00-10:30 Enquiry in mindfulness-based interventions: a technique and an art
Robert Brandsma - *The Netherlands*

10:30-11:00 Break

11:00-12:00 Round table

Mindfulness in the psychotherapy room

Moderator **Maria Francesca Freda** - *Italy*

Discussants

- **Andrea Bassanini** - *Italy*
Acceptance and Commitment Therapy
- **Laura Beccia** - *Italy*
Schema therapy
- **Nicola Petrocchi** - *Italy*
Compassion Focused Therapy
- **Maria Beatrice Toro** - *Italy*
Cognitivist approach
- **Alessandro Giannandrea** - *Italy*
Analytical psychotherapy and existential anthropology
- **Nicoletta Cinotti** - *Italy*
Interpersonal mindfulness
- **Paola Mamone** - *Italy*
Self compassion in psychotherapy

12:00-12:50 Final sharing

12:50-13:00 Greetings



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Andrea Bassanini

Clinical psychologist, psychotherapist, director of MeP - Mindfulness e Psicoterapia, Milan. Andrea is a Mindfulness Teacher for the MBSR protocol trained at the Italian Association for Mindfulness (AIM) and the Centre for Mindfulness Research and Practice (CMRP), and at Metta Foundation for Interpersonal Mindfulness Program. He is an

ACT Therapist (Acceptance and Commitment Therapy). Since 2006, Andrea practices insight meditation within Vipassana tradition. In 2018, he edited the Italian Edition for Edra Editore of the seminal work by Germer, Siegel and Fulton "Mindfulness and Psychotherapy" (Guildor Press).



Susan Bögels

is professor in psychology at the University of Amsterdam, psychotherapist specialised in cognitive behaviour, couple and family therapy and mindfulness for children and parents, and companies. Her main research areas concern the trans-generational transmission of psychopathology in family processes and the cost / benefit relationship of actions based on mindfulness. She has published more than 200 articles in international scientific journals and 14 books translated into different languages all over the world.



Laura Beccia

Cognitive - Behavioral Psychologist - Psychotherapist and Schema Therapy specialist, Laura graduated from the University of Padua, specializing in cognitive-behavioral therapy at Dr. Sassaroli's School of Cognitive Studies in Milan. She is a certified Therapist and Supervisor recognized by the International Society of Schema Therapy (ISST). Member of the Institute

of Cognitive Sciences and co-founder of the Italian Society for Schema Therapy as well as head of the Schema Therapy Center of Saronno in the Integrated Psychotherapy Center. Laura is also co-founder of CIDA, the Italian centre for eating disorders in Milan.



Robert Brandsma

is a licensed health psychologist, a pedagogue, meditation teacher and author. He is the co-founder of the Centrum voor Mindfulness in Amsterdam and head of its MBSR/MBCT teacher trainer program. As a contemplative practitioner, Rob has had a long term meditation practice and teaches meditation retreats in the tradition of early Buddhism. He also teaches Buddhist psychology to mindfulness teachers. A publishing author since two decades, Rob wrote several popular books on mindfulness-based living. He is a leading authority in the methodology and pedagogy of teaching mindfulness. His book The Mindfulness Teaching Guide, A Comprehensive Guide to Teaching Mindfulness in Any Setting, is translated several languages, amongst which in Italian: Insegnare mindfulness: una guida: Le abilità e le competenze essenziali per istruttori di interventi Mindfulness-based.

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Nicoletta Cinotti

is a psychologist, a psychotherapist, a teacher at the School of Specialisation in Psychotherapy recognised by MIUR Humanitas, Mindfulness Teacher with the Center for Mindfulness for the MBSR protocol, Metta Foundation for Interpersonal Mindfulness, MBCT (Zindel Segal), Mindful Parenting (Susan Bogels), MSC.

Nicoletta organises Mindful Parenting training in Italy, leads meditation retreats which she alternates with clinical practice. She has written and published 4 books and numerous articles and publications.



Maria Francesca Freda

Full Professor for the Department of Humanities of the University of Naples Federico II, she is a researcher in Clinical Psychology and Health Psychology and has authored over 130 papers in the field.



Rebecca Crane

Director of the Centre for Mindfulness Research and Practice at Bangor University, Rebecca has played a leading role in developing its training and research programme since it was founded in 2001. She teaches and trains internationally in both Mindfulness-Based Cognitive Therapy and Mindfulness-Based Stress Reduction

(MBSR). Her research and publications focus on how the evidence on mindfulness-based interventions can be implemented with integrity into practice settings. She has written "Mindfulness-Based Cognitive Therapy Distinctive Features", 2017, co-authored Mindfulness-Based Cognitive Therapy with People at Risk of Suicide", 2017 and is a Principle Fellow with the Higher Education Academy.



Christopher Germer

is a clinical psychologist and lecturer on psychiatry (part-time) at Harvard Medical School. He co-developed the Mindful Self-Compassion (MSC) program with Kristin Neff in 2010 and they wrote two books, The Mindful Self-Compassion Workbook and Teaching the Mindful Self-Compassion Program. MSC has been taught to over 150,000 people worldwide. Dr. Germer is also the author of The Mindful Path to Self-Compassion; he co-edited two influential volumes on therapy, Mindfulness and Psychotherapy, and Wisdom and Compassion in Psychotherapy; and he maintains a small psychotherapy practice in Massachusetts, USA.

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Alessandro Giannandrea

Psychologist and psychotherapist specialized in Analytical Psychotherapy and Existential Anthropology, Alessandro holds a PhD in Psychology, Psychophysiology and Personality, and is the founder of the Abruzzo Mindfulness Practice Center and Italia Mindfulness. He teaches the 2nd level Master "Mindfulness: Practice, Clinical studies and Neuroscience" at the Sapienza University of Rome. He is an MBCT, MBSR and MSC instructor, certified by the UCSD School of Medicine, in San Diego, California. He collaborates with the UCSD Center for Mindfulness as trainer and supervisor for mindfulness instructors, and has been studying mindfulness and its integration with psychotherapy, psychoanalysis and philosophy of the mind for years. Alessandro has published articles on this topic in scientific journals such as "Mindfulness", "Setting", "The Journal of the Centre for Freudian Analysis and Research", "New Perspectives in Psychology" and with the publishing house "Arpanet". Along with Anthony Molino and Roberto Carnevali, he authored "Crossroads in Psychoanalysis, Buddhism, and Mindfulness: The Word and the Breath", published by the Jason Aronson Publishing House, Maryland, USA.



Nicola Petrocchi

Cognitive-behavioral psychologist and psychotherapist, Adjunct Professor of Psychology at John Cabot University (Rome) and lecturer in various graduate psychotherapy programs. After an international PhD in psychology and social neuroscience at La Sapienza University (Rome), a visiting scholarship at Boston University, a post-doc at the Neuroscience Department of the Santa Lucia Foundation (Rome) and more than 10 years of collaboration with Paul Gilbert, he founded Compassionate Mind Italia, the Italian association for the diffusion, research and training in Compassionate Focused Therapy (CFT) in Italy. Nicola is a trainer and supervisor of CFT both in Italian and international contexts (Europe, USA and South America), translator and editor of several books on Compassionate Focused Therapy and collaborates with Paul Gilbert in conducting training courses in Italy and England, and in numerous research projects investigating Heart Rate Variability (HRV) as a physiological index of compassion. He is the author of [several scientific publications](#) and, together with Paul Gilbert and James Kirby, of the first 12-week group CFT protocol currently used for randomized controlled trials in America and Australia, soon to be published.



Paola Mamone

Psychologist, psychotherapist, adjunct professor at the School of Specialization in Health Psychology of the University La Sapienza in Rome, she is co-founder of the Italian Society of Health Psychology and Interessere - Mindfulness in Action (<https://interessere.info/>). Paola is a Mindful Parenting trainer and MBSR senior teacher.

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Maria Beatrice Toro

Maria Beatrice Toro is a psychologist and practicing psychotherapist in Rome, at the Second Centre for Cognitive-Interpersonal Therapy, of which she has been President since 2013. She is Director of the SCINT School of Specialisation in Cognitive-Interpersonal Psychotherapy, Lecturer at LUMSA University from 2013 to 2016, teaching Psychotherapy and Community Psychology. Since 2016, she is

Guest Professor at the Pontifical Faculty Educational Science - Auxilium, teaching Community Psychology, and lecturer at the Guido Carli training school in the legal professions at LUISS University in Rome. Maria Beatrice is an MBCT Instructor and her blog www.mindfulnessinterpersonale.com is now a reference point for enthusiasts and specialists of third-generation cognitive therapies, containing both scientific and popular articles as well as audio tracks and guided meditations. She is the author of over one hundred publications, including over fifteen books on psychology published with publishing houses Salani, San Paolo, Franco Angeli, Whitestar, Vallardi and over eighty scientific articles in national and international journals. Her latest publications focus on mindfulness and pandemic fatigue. In the publishing field she is editor-in-chief since 2017 of the peer reviewed scientific journal "Models of the Mind", Franco Angeli editions. Online publications on the following websites:

www.mindfulnessinterpersonale.com - www.mariabeatricetoro.com



Maja Wrzesien

is a scientist and mindfulness & compassion trainer for youth, adults, and educators. She has a PhD in clinical and health psychology and is currently working as a researcher and lecturer at the University of Valencia (Spain). She is also an Academic Director of Summer & Winter School programs on the topic of Mindfulness and Compassion at the University of Amsterdam.



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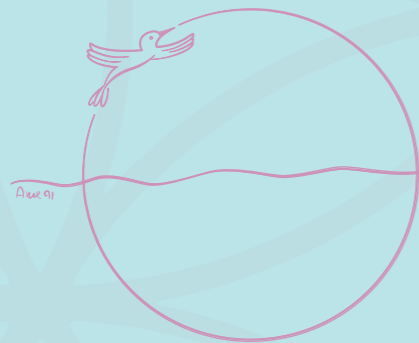
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Mindfulness in azione
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Università Sapienza - Roma

SIPSA
Società Italiana di Psicologia della Salute

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Scientific Committee

Nicoletta Cinotti
Paola Mamone

Coordinator

Anna Rossi

Venue

The Conference will be held on-line.

Language

English is the official language.
Simultaneous translation to/from Italian will be provided.

Registration fees

Until Aug 31	From Sep 1 to Oct 31	From Nov 1 to Nov 26
€ 80,00	€ 100,00	€ 120,00

22% VAT to be added to the above fees

Registration fees include: full access to the online conference live and to the recorded session afterwards; certificate of attendance; CME certificate will be granted for eligible Italian attendees.

Please register online at
www.symposiacongressi.com/mindfulness2021

CME (ECM for Italian attendees only)

The conference programme is credited as live distance learning through the Italian national CME system.

Il corso è accreditato come formazione a distanza (FAD) sincrona nel programma ECM-AgeNaS per 250 professionisti della salute:
Psicologo (Discipline: psicologia, psicoterapia);
Medico Chirurgo (Discipline: Psichiatria, Psicoterapia)

ID evento: **324918**; Obiettivo formativo: **Aspetti relazionali e umanizzazione delle cure**. Sono stati attribuiti **13,5 crediti**

Si rammenta ai partecipanti all'evento che l'acquisizione dei crediti formativi ECM è subordinata all'effettiva presenza ad almeno il 90% dell'attività formativa e alla verifica del test di apprendimento (superamento del questionario con una percentuale di risposte corrette non inferiore al 75% del totale delle domande) da svolgere in modalità on-line.

Il questionario sarà disponibile per 72 ore a partire dal termine del corso.

Istruzioni dettagliate sono disponibili sul sito dell'evento.

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Organising Secretary and CME Provider

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