

JENNY GUIDI, Psy.D., Ph.D.



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Jenny Guidi, Psy.D., Ph.D., is currently *Associate Professor of Clinical Psychology* at the Department of Psychology 'Renzo Canestrari' of the University of Bologna (Italy) and *Director of Psychometric and Clinimetric Studies* at Clinical Trials Network and Institute (CTNI) at Massachusetts General Hospital (Boston, MA). She is a certified *Psychosomatic Specialist (ICPM)* and a certified *Well-Being Therapy Specialist and Trainer (AWBT)*.

She graduated *cum laude* in Psychology in 2002 and got further training in Health Psychology (4-year Psy.D. program) at the University of Bologna. She spent some time in the United States (Boston, MA) and has been working as a Research Associate at the Depression Clinical and Research Program (DCRP) at Massachusetts General Hospital. She then pursued a Ph.D. in Clinical Psychology at the University of Bologna in 2011. She has been working as a post-doc researcher there for six years and subsequently became Assistant Professor of Clinical Psychology in 2016.

Her research interests are concerned with psychotherapy, depression, euthymia, allostatic load, clinimetrics and psychosomatic medicine. She is author/co-author of more than 90 articles published in international high-impact journals. Her current h-index is 37 (Scopus).

CURRICULUM VITAE

Name: **Jenny Guidi** Address: Via A. da Barignano,193
Gender: Female 47030 San Mauro Pascoli
Date of birth: March 23rd 1978 Forlì-Cesena
Place of Birth: Cesena (Italy) Italy
Nationality: Italian Mobile: +39 338 2814861
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EDUCATION

1992-1997 National High School "Liceo Ginnasio V. Monti", Cesena, Italy

1997-2002 School of Psychology, University of Bologna, Bologna, Italy
(5-year program)

2004- 2007 Postgraduate Course in Health Psychology, University of
Bologna, Bologna, Italy (4-year program)

2008-2010 Ph.D. Course in Clinical Psychology, University of Bologna,
Bologna, Italy (3-year program)

DISSERTATIONS

2002 The impact of Italian research in Psychology and Psychiatry.
A citation analysis (Supervisor: G.A. Fava, MD)

2007 A prevention program for youth suicide among college
students (Supervisor: G.A. Fava, MD)

2011 Well-being, distress and health status in a population of
adolescent students (Supervisor: G.A. Fava, MD)

QUALIFICATIONS

- 1992-1997 School Leaving Certificate. Final mark: 1st class (60/60)
- 1997-2002 Master's Degree in Psychology, University of Bologna, Italy.
Final mark: 1st class (110/110) cum laude
- 2003 Board Certification in the Chartered List of Psychologists,
Emilia-Romagna region, Bologna, Italy
- 2004 Psy.D. Degree in Health Psychology, University of Bologna,
Italy. Final mark: 1st class (70/70) cum laude
- 2011 Ph.D. Degree in General and Clinical Psychology,
University of Bologna, Italy
- Certificate of *Psychosomatic Specialist*, International College
of Psychosomatic Medicine (ICPM)
- 2013 National Scientific Habilitation for Associate Professor in
Clinical Psychology (SC 11/E4, SSD M-PSI/08)
- 2018 Certificate of *Well-Being Therapy Specialist and Trainer*,
Academy of Well-Being Therapy (AWBT)
- 2020 National Scientific Habilitation for Full Professor in Clinical
Psychology (SC 11/E4, SSD M-PSI/08)

LICENSE

Italy

LANGUAGES

Italian, English and French

INTERNSHIPS and APPOINTMENTS

- 2002-2003 Post lauream training (bibliometrics, citation analysis),
Department of Psychology, University of Bologna, Italy
(Supervisor: G.A. Fava, MD)
- Apr-Oct 2003 Frequency for practise purpose
Center for Mental Health, Rimini, Italy
(Supervisor: G. Bartolucci, MD)
- Apr'04-Jun'05 Training in Health Psychology (road safety education and
smoking cessation programs in primary and secondary
schools; physical activity program in older adults)
Department of Public Health, Regional Health Service, Emilia-
Romagna region, Cesena, Italy
(Supervisor: Dr M. Palazzi)
- Jan-Aug 2005 Frequency for practise purpose
Center for Mental Health, Rimini, Italy
(Supervisor: M. Bernardi, MD)
- Nov'05- May'06 Research Associate at the Depression Clinical & Research
Program (DCRP), Massachusetts General Hospital (MGH) -
Harvard Medical School, Boston, US
(Supervisor: M. Fava, MD)
Participation in the study "A multi-site Collaborative
University-Based Program for the Prevention of Youth
Suicide"
(Principal Investigator: T.J. Petersen, PhD)
- Jun-Sept 2006 *Ad hoc* contract for research purpose (data management and
statistical analyses)
Department of Psychology, University of Bologna, Italy

Participation in the research project "Emotional education in school settings: development of a new strategy and its potential clinical implications".

(Principal Investigator: G.A. Fava, MD)

Sept'07-Mar'10 *Ad hoc* contract for research purpose

S.Orsola Malpighi Hospital, University of Bologna, Italy

Participation in the research project "Hyperandrogenism in adolescents and young adults: clinical correlates and prevention".

(Principal Investigator: R. Pasquali, MD)

Jun'08-Feb'09 Research Fellow at the Depression Clinical & Research Program (DCRP), Massachusetts General Hospital (MGH) - Harvard Medical School, Boston, US

(Supervisors: M. Fava, MD; G.I. Papakostas, MD)

Research methodology, with specific regard to theoretical principles and applications of systematic reviews and meta-analyses.

Participation in the study "A double-blind, placebo controlled study of 6(S)-5-MTHF among SSRI-resistant outpatients with Major Depressive Disorder (MDD)"

(Principal Investigator: G.I. Papakostas, MD).

Participation in the study "A Multi-Site Collaborative University-Based Program for the Prevention of Youth Suicide"

(Principal Investigator: A. Farabaugh, PhD)

- 2011-2013 Research Fellow at the Department of Psychology, University of Bologna, Italy
Participation in the research project "Methods of classification of psychological distress in medical settings: a comparative study"
(Supervisor: G.A. Fava, MD)
- 2013-2014 Research Fellow at the Department of Psychology, University of Bologna, Italy
Participation in the research project "Methods of classification of psychological distress in medical settings: a follow-up study"
(Supervisor: G.A. Fava, MD)
- 2014-2015 Research Fellow at the Department of Psychology, University of Bologna, Italy
Participation in the research project "Clinical assessment of allostatic load in outpatients with arterial hypertension"
(Supervisor: G.A. Fava, MD)
- 2015-2016 Research Fellow at the Department of Psychology, University of Bologna, Italy
Participation in the research project "Clinical assessment of allostatic load in outpatients with arterial hypertension: a follow-up study"
(Supervisor: G.A. Fava, MD)
- 2016-2019 Assistant Professor of Clinical Psychology at the Department of Psychology, University of Bologna, Italy
- 2018-2022 Supervisor at the PhD Program in Psychology, Department of Psychology, University of Bologna – XXXIV cycle

- 2019-present Associate Professor of Clinical Psychology, Department of Psychology, University of Bologna
- 2019-2025 Honorary Consultant, Clinical Trials Network & Institute (CTNI), Massachusetts General Hospital - Harvard Medical School, Boston, US
- 2020-present Member of the Doctoral College of the PhD Program in Psychology, Department of Psychology, University of Bologna
- 2025-present Director of Psychometric and Clinimetric Studies, Clinical Trials Network & Institute (CTNI), Massachusetts General Hospital - Harvard Medical School, Boston, US

UNIVERSITY TEACHING

- 2006-2007 Laboratory of Clinical Psychology (40 hours)
*Master's Degree in Community and Clinical Psychology,
University of Bologna, Italy*
- 2007-2008 Laboratory of Clinical Psychology (30 hours)
*Master's Degree in Community and Clinical Psychology,
University of Bologna, Italy*
- 2009-2010 Laboratory of Clinical Psychology (23 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*

- 2010-2011 Laboratory of Clinical Psychology (10 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2011-2012 Laboratory of Clinical Psychology (20 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2013-2014 Laboratory of Clinical Psychology (30 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2016-2017 Course of Psychology of Aging (30 hours)
Laboratory of Clinical Psychology (30 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2017-2018 Course of Psychology of Aging (30 hours)
Laboratory of Clinical Psychology (30 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2018-2019 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (30 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2019-2020 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (45 hours)
Laboratory of Clinical Psychology (45 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*

- 2020-2021 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (45 hours)
Laboratory of Clinical Psychology (45 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2021-2022 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (45 hours)
Laboratory of Clinical Psychology (45 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2022-2023 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (45 hours)
Laboratory of Clinical Psychology (45 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- 2023-2024 Course of Psychological Therapy (45 hours)
Laboratory of Clinical Psychology (55 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*
- Course of Project Skills (12 hours)
*Second Cycle Degree Programme in Psychology of Well-Being
and Social Inclusivity, University of Bologna, Italy*
- Practical Training in Psychology (14 hours)
*First Cycle Degree Programme in Psychological sciences and
techniques, University of Bologna, Italy*

Course of Clinical Psychogerontology (36 hours)
*Post-graduate Specialization School in Clinical Psychology,
University of Bologna, Italy*

Seminar: Methodological recommendations for trials of
psychological interventions
PhD Programme in Psychology, University of Bologna, Italy

2024-2025 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (45 hours)
Practical training in Clinical Psychology (30 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*

Sabbatical period for research purposes
*Massachusetts General Brigham, Harvard Medical School,
Boston, US*

2025-2026 Course of Psychology of Aging (30 hours)
Course of Psychological Therapy (60 hours)
Practical training in Clinical Psychology (30 hours)
*Second Cycle Degree Programme in Clinical Psychology,
University of Bologna, Italy*

MEMBERSHIPS IN SCIENTIFIC ORGANIZATIONS

Founding Member and Secretary, Academy of Well-Being Therapy (AWBT)

Member of the Executive Board and National Delegate, European Association of
Clinical Psychology and Psychological Treatment (EACLIPT)

Member, College of Professors and Assistant Professors of Clinical Psychology
of the Italian Universities

EDITORIAL ACTIVITIES FOR INTERNATIONAL JOURNALS

Psychotherapy and Psychosomatics (Editor-in-Chief, from 07/01/2022 to 12/10/2024), IF 16.3 (2023)

Psychotherapy and Psychosomatics (Associate Editor, from 01/01/2021 to 06/30/2022)

Clinical Neuropsychiatry (Member of the Editorial Board)

Biomedicine Hub (Member of the Editorial Board)

Chronic Stress (Member of the Editorial Board)

Journal of Clinical Psychiatry (Member of the Editorial Board)

Acta Psychiatrica Scandinavica (Assessor)

British Medical Journal (Assessor)

Clinical Psychology and Psychotherapy (Assessor)

International Journal of Psychiatry in Clinical Practice (Assessor)

Journal of Affective Disorders (Assessor)

Journal of Anxiety Disorders (Assessor)

Journal of Nervous and Mental Disease (Assessor)

Journal of Psychosomatic Research (Assessor)

Lancet Psychiatry (Assessor)

Nature Mental Health (Assessor)

Progress in Neuro-Psychopharmacology and Biological Psychiatry (Assessor)

Psychiatry Research (Assessor)

Psychological Medicine (Assessor)

The Open Journal of Psychiatry (Assessor)

RESEARCH INTERESTS

Affective Disorders

Cognitive-Behavioral Therapy

Allostatic Load

Research Methodology

Clinimetrics

Euthymia/Well-Being Therapy

Psychosomatic Medicine

Psychology of Aging

INTERNATIONAL RESEARCH COLLABORATIONS

2005-2010 Research collaboration with **Paola Pedrelli**, PhD and Amy Farabaugh, PhD, Depression Clinical and Research Program (DCRP), Massachusetts General Hospital - Harvard Medical School (Boston, US) with regard to the assessment and treatment of depression, suicide risk and high-risk behaviors among college students.

2005-2009 Research collaboration with **George I. Papakostas**, MD, Depression Clinical and Research Program (DCPR), Massachusetts General Hospital - Harvard Medical School (Boston, US) with regard to research methodology in randomized controlled trials; principles and applications of systematic review and meta-analysis (STATA).

2008-2009 Research collaboration with **Anthony Weiss**, MD, MSc, Harvard Medical School (Boston, US) with regard to clinical applications of measurement-based care approach.

2009-2018 Research collaboration with Professor **Per Bech**, Director of Psychiatric Research Unit, Frederiksborg General Hospital (Hillerød, DK), with regard to clinimetric principles of psychological assessment and new developments of the Clinical Interview for Depression (CID).

2016-2021 Research collaboration with Professor **Karl Rickels** (Department of Psychiatry, University of Pennsylvania, Philadelphia, US) with regard to methodological and clinical aspects of psychotherapeutic and pharmacological treatments for depression.

2017-2019 Research collaboration with Professor **Eva-Lotta Brakemeier** (Philipps-University of Marburg, later University of Greifswald, DE) with regard to methodological aspects in psychotherapy research; mental pain and psychological well-being assessment in medical settings.

2019-2025 *Honorary Consultant*, Clinical Trials Network and Institute (CTNI), Massachusetts General Hospital (Boston, US) with regard to research methodology and clinimetrics.

2020-2021 Consultant for **Click Therapeutics Inc.** (New York, US) with regard to digitalization of a Well-Being Therapy-based treatment protocol.

2021-2023 Research collaboration with Professor **Hans Knoop** (Amsterdam University Medical Centers, Amsterdam, NL) with regard to clinical applications of Well-Being Therapy in oncology.

2021-present Collaboration with Professor **Gregory L. Fricchione** (Benson-Henry Institute of Mind Body Medicine, Massachusetts General Hospital, Boston, US) with regard to clinimetric assessment of allostatic load and related aspects.

2023-present Research collaboration with **Emily Sorg**, MD (Clinical Director, Center for Psychiatric Oncology and Behavioral Sciences) and Jamie M. Jacobs, PhD (Director, Caregiver Research, Cancer Outcomes Research Program), Massachusetts General Hospital - Harvard Medical School (Boston, US) with regard to clinical assessment of demoralization in oncology.

2024-present Research collaboration with **Damien Miran**, MD (Dana-Farber Cancer Institute, Department of Supportive Oncology) and **Katuska Ramirez**, MD (Beth Israel Deaconess Medical Center, Department of Psychiatry) with regard to the research project 'Assessing demoralization and psychological distress in medically ill inpatients: a clinimetric approach'.

2024-present Research collaboration with **Barbara Obermayer-Pietsch** (University of Graz) with regard to the COST Action for PCOS, an European multidisciplinary research network focused on innovative approaches to diagnosis and treatment of PCOS.

2025-present Research collaboration as *Director of Psychometric and Clinimetric Studies*, Clinical Trials Network & Institute (CTNI), Massachusetts General Hospital - Harvard Medical School (Boston, US)

2025-present Research collaboration with the Flourishing Network (Coordinators: **Matthew Lee**, PhD, Baylor University, Director of the Flourishing Network, Human Flourishing Program at Harvard University; **Jon Beale**, PhD, Research Affiliate of the Human Flourishing Program at Harvard University) with regard to psychological well-being and euthymia.

CONGRESS ORGANIZATION

2019 Scientific Coordinator of international intensive workshop

'Introductory Course on Well-Being Therapy'

Florence, September 14th-15th

2021 Scientific Coordinator of international intensive workshop

'Introductory Course on Well-Being Therapy'

Online, November 5th-7th

2022 Scientific Coordinator of national workshop

Scientific Committee Member of the GRP National Congress

Pisa, October 21st-22nd

Scientific Committee Member of the EACLIPT Conference

Varsaw, November 11th-12th

2023 Scientific Coordinator of international intensive workshop

'Introductory and Advanced Courses on Well-Being Therapy'

Online, May 12th-14th

Scientific Coordinator of national symposium

Scientific Committee Member of the GRP National Congress

L'Aquila, July 13th-14th

2024 International Advisory Board Member of the ICPM World Congress

Tübingen, September 19th-21st

2025 Scientific Coordinator of international intensive workshop

'Introductory Course on Well-Being Therapy'

Online, March 29th-30th

Scientific Committee Member of the EACLIPT Conference

Frankfurt, May 28th-30th

Scientific Coordinator of national training course

Desenzano del Garda, June 20th

Desenzano del Garda, October 10th

PRESENTATIONS (INTERNATIONAL CONGRESSES)

2009 "The Clinical Interview for Depression: A comprehensive review of studies"

4th Annual DUAG Symposium.

Fredensborg (Denmark), November 13th 2009

2014 "Assessment of depressive symptoms according to clinimetric principles: a clinical case'

International Congress of Clinimetrics

Cesena, May 30th 2014

2016 "The sequential integration of pharmacotherapy and psychotherapy in the treatment of major depressive disorder: a meta-analysis"

Workgroup on Psychosomatic Research and Practice (WPRP)

Lisboa (Portugal), Sept 8th 2016

2017 "The integration of psychotherapy according to the sequential model: clinical evidence and application in the treatment of major depression"

Rome, June 19th 2017

2018 "Case presentation"

Introductory course on Well-Being Therapy

Venice, March 18th 2018

2019 "The clinical assessment of psychological well-being"

9th World Congress on Behavioral and Cognitive Therapies (WCBCT)

Berlin (Germany), July 18th 2019

"Innovative strategies for the assessment of euthymia"

25th World Congress of the International College of Psychosomatic
Medicine (ICPM)

Florence, September 13th 2019

"Case presentation"

Introductory Course of Well-being Therapy

Florence, September 14th 2019

2021 "Sequential integration of pharmacotherapy and psychotherapy in the
treatment of Major Depressive Disorder"

Webinar 'New trends in the treatment of severe mental disorders'

February 25th 2021

"Sequential combination of pharmacotherapy and psychotherapy in the
treatment of Major Depressive Disorder: a systematic review and meta-
analysis"

Academic Symposium Journal Club, University at Buffalo Jacobs School of
Medicine and Biomedical Sciences (Moderator: Prof. David L. Kaye)

April 21st 2021

"Case presentation"

Introductory course on Well-Being Therapy

November 6th 2021

2022 "Clinimetric assessment of allostatic load and overload: implications for research and practice"

Mind-Body Clinical Research Meeting, Health Promotion and Resiliency Intervention Research (HPRIR) Program, Massachusetts General Hospital, Boston

April 1st 2022

"The concept euthymia: clinimetric assessment"

National Congress of GRP (Italian Group for Psychosomatic Research), Pisa, Italy

October 21st-22nd 2022

2023 "Meet the Editors -Psychotherapy and Psychosomatics"

23rd World Congress of Psychotherapy "Psychotherapy and World Mental Health 2023", International Federation of Psychotherapy, Casablanca, Marocco

February 9th-11th 2023

"Case presentation"

Introductory Course on Well-being Therapy

May 13th 2023

2024 "The clinical role of euthymia in mental health"

EACLIPT x UMH International Conference on Urban Mental Health

Amsterdam, March 21st 2024

"The clinical science of euthymia: conceptual issues and clinical measurement"

27th World Congress of the International College of Psychosomatic Medicine (ICPM)

Tübingen, September 20th 2024

“ICPM lifetime Award to Prof. Giovanni A. Fava, MD” (laudatio)
27th World Congress of the International College of Psychosomatic
Medicine (ICPM)
Tübingen, September 21st 2024

2025 “The clinical science of euthymia: conceptual issues and clinical
measurement”
Introductory course on Well-Being Therapy
March 29th 2025

“The concept of euthymia: clinimetric measurement and clinical
applications”
Benson-Henry Institute of Mind Body Medicine, Massachusetts General
Hospital, Boston
July 30th 2025

“Clinical characterization and implications of demoralization: a clinimetric
approach”
Massachusetts General Brigham, Boston
September 15th 2025

PARTICIPATION IN CONGRESSES AND SEMINARS

1999 "Treatment of severe mental disorders with psychosocial and pharmacological integration techniques"

Seminar held by Prof. Ian Falloon

Cesena, October 11th-12th, 1999

2001 "Treatment of severe mental disorders with psychosocial and pharmacological integration techniques"

Seminar held by Prof. Ian Falloon

Cesena, November 21st-23rd, 2001

2002 "The McMaster Model of Family Functioning"

Seminar held by Prof. Gabor Keitner

Bologna, June 6th, 2002

"The meaning of existence. Multidisciplinary aspects of suicide"

International Congress

Ravenna, October 17th-18th, 2002

2003 "New model of self-treatment in patients with anxiety disorders"

Seminar held by Prof. Isaac Marks

Bologna, May 9th, 2003

"Psychosomatic approach in general medicine"

Training course held by Prof. G.A. Fava

Padova, October 11th, 2003

2004 "The sequential approach to psychological disorders: the integration of pharmacotherapy, CBT, Well-Being Therapy and family treatment"

Seminar held by Prof. Fava

Bologna, April 26th, 2004

“Psychosomatic Medicine: new perspectives in research and therapy”
I National Congress of GRP (Italian Group for Psychosomatic Research)
Siena, May 14th, 2004

“First training course on Well-Being Therapy”
Pre-congress workshop held by Prof. G.A. Fava
II European Conference on Positive Psychology
Verbania Pallanza, July 4th-5th, 2004

“Health settings”
VI National Congress of the Italian Society of Health Psychology (SIPSA)
Naples, September 30th-October 2nd, 2004

“Intervention models in PTSD”
Training course held by Prof. G.A. Fava
Desenzano del Garda Hospital. Desenzano, October 21st, 2004

2005 “Terrorism and media”

Seminar held by Prof. Noam Chomsk
Bologna, April 1st, 2005

“Psychosomatic Medicine: clinical practice and research”
II National Congress of GRP (Italian Group for Psychosomatic Research)
Monopoli, May 13th-14th, 2005

2006 “MGH Clinical Research Day”

4th Annual Celebration of Clinical Research
Boston, May 25th, 2006

“Clinical approach, research and therapy in psychosomatics”

III National Congress of GRP (Italian Group for Psychosomatic Research)

Cesena, May 19th-20th, 2006

“Well-Being Therapy training”

Workshop held by Prof. G.A. Fava, promoted by the International Federation for Psychotherapy (IFP)

Venice, September 23rd-24th, 2006

“Promoting well-being among people, groups, community”

VII National Congress of the Italian Society of Health Psychology (SIPSA)

Cesena, September 28th-30th, 2006

2007 “Adolescent Psychiatry: implications for Adult Psychiatry”

Congress of Italian Society of Psychiatry (SIP)

Riccione, December 4th, 2007

2008 “New assessment strategy and treatment options of sexual dysfunctions”

Seminar held by Prof. R. Balon

Cesena, April 10th, 2008

“Psychological and Neurological Aspects of Denial”

Psychosomatic conference held by Shamim H. Nejad, M.D.

Massachusetts General Hospital (MGH). Boston, June 26th, 2008

“Geriatric Psychiatry”

Psychosomatic conference held by Cornelia Cremens, M.D.

Massachusetts General Hospital (MGH). Boston, July 3rd, 2008

“Effects of maternal antidepressant use”

Psychosomatic conference held by Laura Politte, M.D.

Massachusetts General Hospital (MGH). Boston, July 31st, 2008

“Neuropsychiatric changes associated with anesthesia exposure”

Psychosomatic conference held by Anne Gross, M.D.

Massachusetts General Hospital (MGH). Boston, September 11th, 2008

“Cognitive Therapy for Personality Disorders”

Psychiatry Grand Rounds held by Judith S. Beck, Ph.D.

Massachusetts General Hospital (MGH). Boston, September 19th, 2008

“Cognitive Behavioral Therapy in Relapse Prevention for Depression:
Towards an Evidence-Based Model of Risk Reduction”

Psychiatry Grand Rounds held by Keith S. Dobson, Ph.D.

Massachusetts General Hospital (MGH). Boston, October 24th, 2008

42nd Annual Convention of Association for Behavioral and Cognitive
Therapies (ABCT)

Orlando, November 13th-16th, 2008

“Cognitive-Behavioral Therapy training”

Seminars held by J. Buchin, Psy.D. and J. McCutchen, Psy.D.

Massachusetts General Hospital (MGH). Boston, Oct. 2008 – Feb. 2009

2009 “Basic Biostatistics for Clinical Investigators”

Four-session course held by E.A. Macklin, Ph.D.

Massachusetts General Hospital (MGH). Boston, January 2009

“Treatments in Psychiatry: a new update”

International Congress of World Psychiatric Association (WPA)

Florence, April 1st-4th, 2009

“Personhood and suffering”

Pre-Congress Advance Course held by Professor Tom Sensky

XX World Congress of the International College of Psychosomatic
Medicine (ICPM)

Turin, September 23rd, 2009

“Preparing and writing up research in psychosomatic medicine”

Pre-Congress Advance Course held by Professor Tom Sensky

XX World Congress of the International College of Psychosomatic
Medicine (ICPM)

Turin, September 23rd, 2009.

“Improving treatment adherence with cognitive behavior therapy”

Pre-Congress Advance Course held by Jesse H. Wright, M.D., Ph.D.

XX World Congress of the International College of Psychosomatic
Medicine (ICPM)

Turin, September 23rd, 2009

“Psychosomatic Innovations for a New Quality of Health Care”

XX World Congress of the International College of Psychosomatic
Medicine (ICPM)

Turin, September 24th-26th, 2009

4th Annual DUAG Symposium

Fredensborg (Denmark), November 13th, 2009

2010 “How to publish in international journals of psychology and psychiatry”

Seminar held by G.A. Fava, M.D., C. Ruini, Ph.D. and E. Tomba, Ph.D.

Bologna, April 29th, 2010

“Mindfulness Based Cognitive Therapy for Prevention of Relapse in Mood Disorders”

Pre-Congress Workshop held by Zindel V. Segal, Ph.D.

6th World Congress of Behavioral and Cognitive Therapy (WCBT)

Boston, June 2nd, 2010

“Translating science into practice”

6th World Congress of Behavioral and Cognitive Therapy (WBCT)

Boston, June 3rd-6th, 2010

“Positive psychology: theoretical model and clinical interventions”

4th National Congress of Positive Psychology

Bologna, November 4th-5th, 2010

2011 “The uses and misuses of psychiatric diagnosis”

Seminar held by Prof. Allen Frances

Cesena, October 17th, 2011

VII National Congress of GRP (Italian Group for Psychosomatic Research)

Rome, November 9th-10th, 2011

2013 VIII National Congress of GRP (Italian Group for Psychosomatic Research)

Bologna, April 18th-19th, 2013

2014 “The role of clinimetrics in clinical psychological assessment”

International Congress of Clinimetrics

Cesena, May 30th, 2014

2015 "Efficacy of the Intensive Short-Term Dynamic Psychotherapy (ISTDP)"

Seminar held by Prof. Allan Abbass

Bologna, May 12th, 2015

IX National Congress of GRP (Italian Group for Psychosomatic Research).

Ferrara, June 18th-19th, 2015

2016 Workgroup on Psychosomatic Research and Practice (WPRP)

Lisboa, September 8th-9th, 2016

2017 "Combination of pharmacological and non-pharmacological interventions in the treatment of severe mental disorders"

Rome, June 19th, 2017

Inaugural meeting - European Association of Clinical Psychology and Psychological Treatment (EACLIPT)

Amsterdam, July 11th, 2017

X National Congress of the GRP (Italian Group for Psychosomatic Research)

Parma, September 21st-22nd, 2017

2018 "Introductory Course on Well-Being Therapy"

Workshop, Academy of Well-Being Therapy (AWBT)

Venice, March 17th-18th, 2018

2019 9th World Congress of Behavioral and Cognitive Therapies (WCBCT)

Berlin, July 17th-20th, 2019

25th World Congress of the International College of Psychosomatic
Medicine (ICPM)

Florence, September 11th-13th, 2019

“Introductory Course on Well-Being Therapy”

Workshop, Academy of Well-Being Therapy (AWBT)

Florence, September 14th-15th, 2019

“No health without mental health”

1st official European Congress on Clinical Psychology and Psychological
Treatment (EACLIPT)

Dresden, October 31st- November 2nd, 2019

2021 “New trends in the treatment of severe mental disorders”

Webinar series promoted by Prof. Massimo Biondi and Dr. Roberto delle
Chiaie

February 4th, 11th, 18th, 25th, 2021

“Meta-analysis in STATA”

Online course on Biostatistics held by Prof. Sergio Venturini

June 24th-25th, 2021

“Network meta-analysis in STATA”

Online course on Biostatistics held by Prof. Sergio Venturini

July 7th-8th, 2021

2022 XII National Congress of the GRP (Italian Group for Psychosomatic Research)

Pisa, October 21st-22nd, 2022

EACLIPT Conference 'Clinical Psychology Now'

Varsaw, November 11th-12th, 2022

2023 Congress "Psychotherapy and World Mental Health 2023"

23rd World Congress of Psychotherapy, International Federation of Psychotherapy (IFP)

Casablanca, February 9th-11th, 2023

"Introductory and Advanced Courses on Well-Being Therapy"

Online workshop, Academy of Well-Being Therapy (AWBT)

May 12th-14th, 2023

XIII National Congress of the GRP (Italian Group for Psychosomatic Research)

L'Aquila, July 13th-14th, 2023

2024 EACLIPT X UMH International Conference on Urban Mental Health 2024

Amsterdam, March 21st-22nd, 2024

"Advancing Psychosomatic Medicine in a Challenging World"

27th World Congress of the International College of Psychosomatic Medicine (ICPM)

Tübingen, September 19th -21st, 2024

2025 "Introductory Course on Well-Being Therapy"

Online workshop, Academy of Well-Being Therapy (AWBT)

March 29th-30th, 2025

XIV National Congress of the GRP (Italian Group for Psychosomatic Research)

Verona, June 19th-20th, 2025

AWARDS

2013 Best poster award – International College of Psychosomatic Medicine

22nd World Congress on Psychosomatic Medicine.

Lisboa (Portugal), September 12th-14th 2013

2015 Best poster award Trust Saulo Sirigatti - IX National Congress of GRP (Italian Group for Psychosomatic Research).

Ferrara, June 18th -19th 2015

PUBLICATIONS (ORCID 0000-0001-6815-2738)

H-index 37 (*Scopus, up to July 2025*)

Citations 5,445, by 4,099 articles; 68.9% (n=42) 'top 25% most cited documents worldwide'; 86.7% (n=52) 'top 25% journals' (*Scopus, up to July 2025*)

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* HIGHLY CITED PAPER 'As of July/August 2025, this highly cited paper received enough citations to place it in the top 1% of the academic field of Psychiatry/Psychology based on a highly cited threshold for the field and publication year' (from Web of Science Core Collection)

Abstracts

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