

Certified e-mail address: "silvia.bianchi659@psypec.it"

Everything I send by Certified e-mail address and in my folders (all certificates, articles, covering letters, photos of diplomas, etc.) counts as self-certification. All the originals can be shown upon request. I ask for it to be entered as evaluation material in all respects as: I am aware of the criminal penalties foreseen in case of false statements, false documents and use of false acts pursuant to art. 76 of Presidential Decree no. 455 of 28th December 2000.

Please find below

Silvia Bianchi's CURRICULUM VITAE

with all training and work certifications counting as self-certification because:

I am aware of the criminal penalties foreseen in case of false statements, false documents and use of false acts pursuant to art. 76 of Presidential Decree no. 455 of 28th December 2000.

I hereby declare:

PERSONAL INFORMATION

Silvia Bianchi

Via del Commercio Sud 215, 56040 Pomaia, Santa Luce, Pisa

mobile no. 0039 3356495858

EMAIL

silvia.bianchi659@psypec.it

bianchi.silvia69@gmail.com

WEBSITE

www.silviabianchi.com

www.mindfulnessmeditazione.com

Gender: female

DATE OF BIRTH 13th February 1969

Nationality: Italian

TAX NUMBER:
BNCSLV69B53A944B

WORKING EXPERIENCE

WORKING EXPERIENCE

FREELANCE:

**PSYCHOLOGIST-PSYCHOTHERAPIST
(MINDFULNESS BASED AND
PSYCHOSYNTHESIS), TRAINER (MINDFULNESS
AND OTHER SUBJECTS), SUPERVISOR
(MINDFULNESS BASED), CONTRACT
PROFESSOR OF MINDFULNESS,
RESEARCHER, MBSR INSTRUCTOR,
DHARMA AND MINDFULNESS TEACHER AND
MUCH MORE FOR:**

***1 - PRIVATE PRACTICE PATIENTS (AS A
PSYCHOLOGIST AND
PSYCHOTHERAPIST)***

2 - UNIVERSITIES

3 - NHS LOCAL OFFICES

***4 - HOSPITALS AND AT HOME: CLINICAL FIELD,
PSYCHOLOGIST FOR TERMINAL CANCER
PATIENTS, FAMILIES AND HOME CAREGIVERS,
IN HOSPICES AND HOSPITALS (WITH
ASSOCIATIONS - ALSO IN COOPERATION WITH
THE PUBLIC SECTOR)***

***5 - MIUR - Italian Ministry for Education,
University and Research - WITHIN THE
FRAMEWORK OF CONTINUING EDUCATION
(CLASSES, CONFERENCES)***

***6 - CLASSES, SEMINARS AND CONFERENCES
WITHOUT ECMs FOR ILTK, CENTERS,
ASSOCIATIONS AND
CORPORATIONS***

Particularly:

2016 / 2017

As a freelance, I carried out, other than the regular clinical activity, all the 6 activities described in green above, namely;

Freelance 3-year contract for research activity within the project NEVERMIND (winner of the European Funding Horizon 2020), for the University of Pisa, “Neurobehavioral predictive and personalized modelling of depressive symptoms during primary somatic diseases with ICT enabled self-management procedures”, for the prevention and treatment of depression through mindfulness.

in December 2016, teacher/consultant for a training on “Mindfulness and the Tibetan Art of Dying” as part of the PERSEO training for the multinational “STMicroelectronics”, at the company branches located in Agrate and Catania, Italy.

November 2016 – April 2017; trainer with ECM (MIUR) “Contemplative Supervision” (150 h) Pinerolo, Turin, Italy.

MBSR teacher and MBSR analysis at the master’s degree in “Neuroscience, Mindfulness and Contemplation”, University of Pisa.

Teacher contracts at the Behavioural Cognitive School of Pescara (see brochure) on bereavement (20 hours).

Teaching contract with the University of Turin, for the master’s Degree in “Clinical Mindfulness”, director for the subject “Empathic Listening” (48 hours)

March 2017 – May 2018
UNIVERSITY OF TURIN
Department for Clinical and Biological Science
SSCVD Clinical Psychology (Director: Professor R. Torta)

Other courses:

Contemplation Practices and Yantra Yoga

Start August 2, 2017

Yantra Yoga, Tibetan Yoga of Movement. Yantra Yoga has been known and practiced in Tibet for over a thousand years. It is an ancient practice introduced in the West by one of the ...see the website to learn more.

READ(<http://www.mindfulnessmeditazione.com/articoli/Courses-mindfulness/corso-di-pratiche-contemplative-e-yantra-yoga.shtml>)

WORKSHOP ON BEREAVEMENT

Events | start May 26, 2017

Course accredited as residential training activity ECM

Workshop Program: Relationship between Mindfulness and Bereavement and Contemplative Science. Simple bereavement and complex bereavement. When to

support bereavement. Objectives: understanding as well ...see the website to learn more.

READ (<http://www.mindfulnessmeditazione.com/articoli/eventi/seminario-sul-lutto.shtml>)

RELATIONSHIP, MINI RETREAT OF MEDITATION PRACTICE

[Courses](#) | Start 2 December 2016

This week end is structured as a mini retreat of practice and meditation; Mindfulness and awareness, loving kindness, equanimity, shared joy, compassion, transience, impermanence, awareness of death and dependent arising are some of the meditation practices of this weekend.

READ(<http://www.mindfulnessmeditazione.com/articoli/Courses-mindfulness/relazione-mini-ritiro-di-pratica-meditativa.shtml>)

ORIGINS OF MINDFULNESS: A SECULAR APPROACH TO BUDDHIST PSYCHOLOGY

[Courses](#) | start October 29, 2016

Second teaching module: Dr. Silvia Bianchi

It is mandatory to book the course. Course fee 65 € for 2 days. This course is organised as a mini urban retreat and it's for everyone.

READ(<http://www.mindfulnessmeditazione.com/articoli/Courses-mindfulness/corso-mindfulness-psicologia-buddista.shtml>)

MEDITATION, BRAIN AND EMOTIONS

[Courses](#) | Start September 16, 2016

Teacher: Silvia Bianchi. There are several types of meditation that can help us to change our relationship with the world and with ourselves, by facilitating our capacity to cope with any situation.

READ(<http://www.mindfulnessmeditazione.com/articoli/Courses-mindfulness/intelligenza-emotiva-e-la-vita-emotiva-del-cervello.shtml>)

PROTOCOLS ON COMPASSION

[Courses](#) | Start August 14, 2016

Teacher: Silvia Bianchi. The term *compassion* in Buddhism is often intended as a quality of the mind, or the capacity to be in an active relationship with one's own... ...see the website to learn more.

READ

<http://www.mindfulnessmeditazione.com/articoli/Courses-mindfulness/protocolli-sulla-compassione.shtml>)

MINDFULNESS TOOLS. TOOLS OF AWARENESS AND DHARMA

[Courses](#) | Start 10 Agosto 2016

Teacher: Silvia Bianchi Mindfulness Tools is a 5 days residential course that allows the reactivation of one's natural dormant resources and adopt a new mindset

YEAR 2015

In particular (only the last year is detailed in full):

YEAR 2015:

- **PRIVATE PRACTICE** (15-20 PATIENTS) AS A MINDFULNESS-BASED PSYCHOLOGIST-PSYCHOTHERAPIST

- IN THE CONTEXT OF MIUR CONTINUOUS **TRAINING** I TAUGHT ECM CLASSES (SEE CERTIFICATES IN THE FOLDER AND CLASS DETAILS) ON MINDFULNESS FOR HEALTHCARE PROFESSIONALS (PSYCHIATRISTS, PSYCHOLOGISTS, DOCTORS, ETC):
 - **NHS OFFICE 11** (EMPOLI)
 - **NHS OFFICE 3** IN GENUA (FOR MIUR WITH ECMs)
 - 2 **ECM CLASSES (MIUR)** FOR HEALTHCARE PROFESSIONALS ON MINDFULNESS APPLIED TO STRESS AND MINDFULNESS APPLIED TO GRIEF
 - 3-4 **CLASSES IN MILAN WITH ECMs (MIUR)** OF WHICH 2 ON MINDFULNESS AND AWARENESS OF DEATH AND GRIEF AND TWO MORE ON MINDFULNESS, COMPASSION AND OTHER MEDITATIONS FOR ONCOLOGICAL PATIENTS AND PATIENTS WITH SERIOUS DISEASES.

- 1 **ECM CLASSES (MIUR)** ON MINDFULNESS AND GRIEF AT THE SCHOOL OF COGNITIVE PSYCHOTHERAPY OF PESCARA (SEE POSTER FOR SCHOOL ACKNOWLEDGMENT)

- **ECM CLASS** AT SAN LUIGI ORBASSANO HOSPITAL AND TURIN HOSPITAL. TOPIC: MINDFULNESS IN PALLIATIVE CARE

- INTERNATIONAL **CONFERENCE** ON COGNITIVE PSYCHOLOGY (SEE CONFERENCES BELOW): SPEECHES BY SILVIA BIANCHI: 1 - "MINDFULNESS AND

- **CLASSES**, TEACHER AT LAMA TZONG KAPA <http://www.iltk.org> ON MINDFULNESS AND STRESS ISSUES, MINDFULNESS AND EMOTIONAL INTELLIGENCE AS WELL AS EMOTIONAL STYLES (R. DAVIDSON) (SEE LETTER BY ILTK DIRECTOR IN THE FOLDER)
- **CONFERENCE**, SPEECH ON "MINDFULNESS AND TRAUMATIC BEREAVEMENT" FOR THE CONFERENCE ON SEPARATIONS AND TRAUMATIC LOSSES (WITH ECMs) IN FLORENCE (SEE POSTER)

1 - PRIVATE PRACTICE SINCE 2002

- COOPERATION WITH THE **UNIVERSITY** OF PISA TO SET UP THE NEVERMIND PROJECT (SEE BELOW)

- MINDFULNESS TEACHER IN THE APL MASTER IN MILAN (SPERLING)

1 - **PRIVATE PRACTICE (since 2002)**
 15-20 PATIENTS PER WEEK
 FOLLOWED AS A
 PSYCHOLOGIST
 PSYCHOTHERAPIST
 (PSYCHOSYNTHESIS AND
 MINDFULNESS BASED)

2 - UNIVERSITY SINCE 2010

- OTHER

2 - **UNIVERSITY (since 2010):**

A -
 cooperation with the University of Pisa (Piaggio Center, hospitals, nephrology, etc.), the University of Turin and the whole NEVERMIND Consortium to define the NEVERMIND research project, which was granted EU funds (HORIZON 2020) in

particular with regard to
"mindfulness and
depression, mindfulness and
kidney diseases"

2012 to 2014 INCLUDED

2011 to APRIL 2013

B - cooperation in setting up the University Master
"Mindfulness, Neuroscience and Contemplative
Practices", UNIPI

2012-2014 INCLUDED CONTRACT
PROFESSOR IN THE FIRST-LEVEL MASTER
*"Mindfulness Clinic" for about 100 teaching
hours:*

*"Empathetic Accompaniment: Clinical
Applications of Mindfulness and Meditation in
Accompaniment to Death, Awareness of Death,
Hospice, Grief"*

- UNIVERSITY OF TURIN, Dpt. of
Medicine and Surgery San Luigi
Gonzaga, in cooperation with
Associazione Esperienze di
Mindfulness

DIRECTOR: Professor Luca Ostacoli

A - **2011 to April 2013** contract professor at:

*University of Florence, Dpt. of Medicine - I won 3
calls to qualify as a teacher for about 100 hours
over 2 years for 6 years to teach:*

1 - *"Mindfulness and meditation practice"*

2 - *"Clinical applications of mindfulness and
meditation" (in oncology, mindfulness in
psychotherapy and other clinical applications of
mindfulness)*

3 - *Mindfulness theory*

*for the second-level University Master, University of
Florence, Dpt. of Medicine: "Neuroscience,
Meditation and Mindfulness in Help Professions",
Master Director Professor Stefano Pallanti*

**3 - NHS LOCAL
OFFICES**

2010 to 2014

3 - NHS LOCAL OFFICES

- 2010 to 2014 INCLUDED

AT THE NHS OFFICE 5 IN PISA MINDFULNESS TRAINING FOR APPROXIMATELY 100 NHS AND HOSPITAL PROFESSIONALS:

HOLDING GROUPS AND CLASSES ON BASIC MINDFULNESS STRESS REDUCTION, MINDFULNESS AT WORK, MINDFULNESS IN GRIEF AND IN TERMINAL PHASE ACCOMPANIMENT, CLASSES FOR PROFESSIONALS (PSYCHIATRISTS, PHYSICIANS, PSYCHOLOGISTS AND PSYCHOTHERAPISTS, CARDIOLOGISTS, ETC.) TOPICS: MBSR, MINDFULNESS FOR STRESS MANAGEMENT AND GRIEF
2010-2014, NHS OFFICE 5 PISA (ABOUT 300 CLASS HOURS)

4 - HOSPITALS AND AT HOME

CLINICAL FIELD, PSYCHOLOGIST FOR TERMINAL ONCOLOGICAL PATIENTS, TERMINAL PATIENTS, FAMILIES AND HOME CAREGIVERS IN HOSPICES AND HOSPITALS (WITH ASSOCIATIONS - ALSO IN COOPERATION WITH THE PUBLIC SECTOR)

A -

1-

2002 to 2012 INCLUDED PSYCHOLOGIST FOR THE NATIONAL CANCER ASSOCIATION (<http://www.ant.it>, IN COOPERATION WITH THE PUBLIC SECTOR) OF PISA-LIVORNO AND THEIR PROVINCES. WITH A MINDFULNESS-BASED APPROACH I PROVIDED THE FOLLOWING:

- PSYCHOLOGICAL SUPPORT FOR ONCOLOGICAL PATIENTS AT HOME AND IN HOSPITAL DURING THEIR ILLNESS AND RECOVERY
- SUPPORT FOR TERMINAL PATIENTS AND CAREGIVERS
- SUPPORT TO FAMILIES DURING PATIENT ILLNESS AND BEREAVEMENT
- TRAINING AND SUPERVISION OF DOCTORS, NURSING STAFF, PSYCHOLOGISTS, PSYCHOTHERAPISTS (AS WELL AS TRAINEE PSYCHOLOGISTS AND PSYCHOTHERAPISTS) AND VOLUNTEERS
- RESEARCH FOR ANT.
- GUIDANCE FOR MBSR AND MINDFULNESS GROUPS FOR ONCOLOGICAL PATIENTS, FAMILY MEMBERS AND CAREGIVERS AS

-INITIAL RECEPTION AND FIRST VISIT
-TV SPEECHES, TRAINING IN SCHOOLS AND NHS OFFICES (e.g. CLASSES FOR SOCIAL WORKERS), HOSPITALS AND FURTHER FACILITIES

beginning 2004 - end of December 2005

palliative care HOSPICE OF LIVORNO (maximum 20 hours per week), Palliative Care Association in partnership with the public service in Livorno, internal office of the Livorno hospice - the Medical Director was the hospice head physician.

BEGINNING 2004 - DECEMBER 2005

psychological support to terminally ill patients and their families, grief processing (often family members and patients with other associated psychological diagnoses were sent to us), supervision of a team of doctors, training for medical nurses (OSA, OSS) physiotherapists and volunteers)

5 - MIUR PROFESSOR OF CONTINUING EDUCATION ECM CLASSES AND CONFERENCES

CONFERENCES

2003 TO DATE

5 - MIUR PROFESSOR OF CONTINUING EDUCATION CLASSES AND CONFERENCES

CONGRESSES

2003 TO DATE

- 1-"Developing the Potential of the Mind in the Encounter between Eastern and Western Psychology" (2003),
- 2 - "Developing the Potential of the Mind: Non-Ordinary States of Consciousness" (2004),
- 3-"Developing the Potential of the Mind: the Encounter between Psychotherapy Clinic and Meditation" (2006),
- 4 -"Compassion in Action", Mindfulness Project, iltk, 2011 Pomaia,
- 5 - "Mindfulness and Oncology" (2010). ANT, Bologna

"Giving Protection - Bringing Peace in Life and Death ", 2010

7 - Managing Stress: Meditation, Mindfulness, Developing Emotional Intelligence in the Italian Healthcare and University System. Experiences and Testimonies, 11th-12th October 2013 (see certificate and ECMs) NHS PISA

8 - A.N.T. "Mindfulness in Oncology":

Ms Silvia Bianchi "Mindfulness: Mindfulness for ANT professionals" and "MBSR for grieving and oncological patients" at the ANT premises in Pontedera

9 - International Conference "LIVING WITH AWARENESS" July 2012 M.I.N. with 2 speeches by Saky Santorelli, Director of the Center of Mindfulness - University of Massachusetts, Ms Silvia Bianchi's speech "Awareness of Thinking and Emotion"

10th-13th May 2013 Conference sponsored by the City of Naples, The Art of Living and Dying, "Consciousness of Death, Contact with Life" Speech by Silvia Bianchi

10 - September 2014

Thursday, 25th. September 2014 - Sunday, 28th. International Conference organized by the Dpt. of Psychology, University of Padua

11. Seeing beyond. Spirituality before Dying: from a Sick Body to Salvation - Contents, Care and Relational Aspects in Different Cultures

12 - October 2014

Thursday, 23rd. October 2014 - Friday, 24th. October 2014 8:00am - 5:00pm

XI Florence Summer Course by *Silvia Bianchi* Conferences, **organized by Professor Pallanti, Institute of Neuroscience, University and Psychiatry of Florence.**

13 - *12th March 2015, residential training TITLE "CLINICAL APPLICATIONS OF MINDFULNESS IN THE HEALTHCARE SERVICE" 12th March 2015 from 9.00am to 5.00pm CLASS VENUE SEMINAR ROOM*

AOU San Luigi Gonzaga – Orbassano (TO)
Accredited calculated ECM: 5

6 - Scientific Director and Speaker at the Conference

14th-20th March 2015 AWARENESS MEDITATION:

FROM TRADITION TO MINDFULNESS
PROTOCOLS AND BEYOND Experiences within the
NHS - 20th March 2015 This Conference was
sponsored by the Department of Mental Health and
Addictions of Genoa and aimed at presenting some
experiences of Mindfulness application - both in terms
of practitioner training and patient treatment in different
Public Service contexts and in different areas (Pisa,
Milan, Genoa) to promote interest in new models of
intervention. 10.00am - 11.00am
Ms Silvia Bianchi

ECM CLASSES

"From Mindfulness to Dharma in training professionals of
NHS 5 Pisa. MBSR protocol (mindfulness-based stress
reduction) as a Dharma re-contextualization" 11.30am -
1.00pm Meditation experience
led by Ms Silvia Bianchi 4.00pm - 4.30pm
Ms Silvia Bianchi

"Training experiences with nursing staff in NHS 5 Pisa"
15th-24th, 25th and 26th September 2015

XVII Congresso AIAMC

"Cognitive Behavioral Therapy and Scientific
Psychotherapy. New Perspectives".
17TH NATIONAL AIAMC CONGRESS. Turin,
Conference Center, Industrial Union, Speech by
Silvia Bianchi "Mindfulness and Grief" and
"Spirituality and Psychotherapy" ([http://
congressoaiamc.iwatson.com](http://congressoaiamc.iwatson.com))

16 - Friday, Saturday and Sunday 9th-10th-11th October
2015

RECANATI

Saper Vivere FINO alla FINE Festival - World Hospice
and Palliative Care Day, speech by Silvia Bianchi
"Death and Meditation in Palliative Care and Tibetan
Buddhism"

17 - October 2015

Saturday, 24th. October 2015 8:00am

Separation and traumatic loss, Florence, speech by *Silvia Bianchi* "Mindfulness in Illness and Death". Mindfulness in grief and traumatic separation
There is much more I you cannot recall (it was on my old website which no longer exists)

ECM CLASSES

- SEE ALL CLASSES with ECM described above under point 3: NHS OFFICE

and much more - this list only includes the few I can remember (my classes were on my old website which crashed and I did not keep the posters etc)

class:

1 - 2nd-8th-9th February, 8th-9th March, Saturday 2.00pm - 7.30pm Sunday 9.30am - 7.00pm

**“LIVING AND DYING WITH COMPASSION”
PSYCHOSOMATIC MEDICINE CENTER PROMETEO
SIMP SECTION - NAVIGLIO GRANDE - MILANO**

www.psicosomatica.org

psicosomatica@psicosomatica.org LED BY

**SILVIA BIANCHI Buddhist and Western
Psychology Teacher**

2 - November 2014

Saturday, 29th November 2014 - Sunday,
30th November 2014 8:00am - 5:00pm

MINDFULNESS AND OTHER

CONTEPLATIVE PRACTICES by Silvia
Bianchi, Milan

3 - ECM Class of residential training no.

**81-113566 "Mindfulness - how to live it and
its applications: life and death", Bologna
09-10/05/2015, L**

**4 - ECM no. 81-121298” MINDFULNESS - how to
live it and its applications. Stress management
through Mindfulness”**

to be held in BOLOGNA at the OM YOGA CENTER on
Saturday **9th** and Sunday **10th MAY** 9.00am to 6.00pm.

**6 - CLASSES,
SEMINARS AND
CONFERENCES
WITHOUT ECMs FOR
CENTERS,
ASSOCIATIONS AND
CORPORATIONS
2000 TO DATE**

**2009 TO NOW
MBSR**

2000 TO DATE

**2012, 2013, 2014
CORPORATIONS**

2011-2012

Scientific Head and Lecturer is Ms Silvia Bianchi.
The class grants **19** ECMs to all the professions and disciplines recognized by Agenas

5 - 2002 Class Who am I? Identification and disidentification through mindfulness, compassion and contemplative practices. 50 ECMs for clinical and healthcare professionals over four weekends. The other teacher was Mr Andrea Bocconi, ILTK and many more (at least 2 weekends per month since 2000)

2000 TO DATE

6 - CLASSES, SEMINARS AND CONFERENCES WITHOUT ECMs FOR ILTK, CENTERS, ASSOCIATIONS AND CORPORATIONS

- **Teacher at *iltk (Lama Tzong Kapa Institute)* since 2000** (the University of Pisa has recently signed an agreement with the Lama Tzong Kapa Institute - www.iltk.org. For more information please contact Professor Angelo Geminani and Professor Neri at the University of Pisa). **Teacher of topics and meditation such as mindfulness and compassion, MBSR for almost 16 years (see covering letter by the current Director in the folder)**

SINCE 2009 I HAVE MANAGED MORE THAN 20 MBSR PROTOCOLS IN VARIOUS CENTERS AND ASSOCIATIONS

SINCE 2000 I HAVE HELD CLASSES BASED ON MEDITATION AND MINDFULNESS BOTH IN THE CLINICAL AND CORPORATE FIELD

2012, 2013, 2014 consultant and trainer of mindfulness and awareness of death for ST microelectronic corporation (<http://www.st.com/web/en/home.html>) in the context of the Perseo project, teacher and training, around 150 hours with 40 ST managers (supervisors)

2011-2012

- Teacher of "professional training in mindfulness" for the Mindfulness center in Rome (www.centrostudiminfulness.com) for 60 hours from early August 2011 to the end of April

2012: theoretical and experiential classes on mindfulness, science and Buddhism, meditation and mindfulness, dharma. See attached poster in folder. Since 2000 (many classes in several dharma centers and associations - at least 2 weekends per month): impossible to remember them all:

much more I cannot recall (because since 2000 they have been at least 2 weekends per month: they were on my old website which crashed and I did not keep the posters etc) some examples:

- ***as far as the EWAM Centre of Florence 6 MBSR is concerned (see letter by the Florence director)***
- ***as far as the Cenresig Center in Bologna is concerned, at least 6 classes between 2002 and 2007 - always on mindfulness and compassion***
- ***as far as the Tara Cittamani Center in Padua is concerned, at least two classes on mindfulness between 2002 and 2007***
- ***Parma downtown***

- ***after 2007 in Milan: 1 class at the Esperienze di Mindfulness Association and 4 classes for 4 weekends for Il Labirinto Association***
- ***Modena: 2 classes and a conference for ASIA Association***
- ***mindfulness-based hospital class in Cecina***
- ***class Hospice of Livorno***
- ***classes for the volunteers of the Association "Dare Protezione"***
- ***other***

some of those of the last years are available on www.silviabianchi.com at the link <http://www.silviabianchi.com/corsi/corsi-passati> more here:

**8th-9th February 8th-9th March, Saturday,
2.00pm - 7.30pm Sunday 9.30am - 7.00pm
LIVING AND DYING WITH COMPASSION
PSYCHOSOMATIC MEDICINE
CENTER PROMETEO**

SIMP SECTION - NAVIGLIO GRANDE - MILANO

www.psicosomatica.org

psicosomatica@psicosomatica.org LED BY

**SILVIA BIANCHI Buddhist and Western
Psychology Teacher**

15. February 2014

Saturday, 15th. February 2014 10:00am -
5:30pm

Mindfulness Practice by *Silvia Bianchi*

Classes 21. February 2014

Friday, 21st. February 2014 8:15pm - 11:15pm

**MBSR (mindfulness-based stress
reduction)** by *Silvia Bianchi* Classes

11. July 2014

Friday, 11th July 2014 - Sunday, 13th July 2014
8:00am - 5:00pm

STRESS MANAGEMENT by *Silvia Bianchi*
WELL-BEING 2014-2015

28 September 2014

Sunday, 28th September 2014 - Saturday,
4th October 2014 8:00am - 5:00pm

Mindfulness and Dharma Tools by *Silvia
Bianchi* WELL-BEING 2014-2015

1st October 2014

Wednesday, 1st October 2014 -
Tuesday, 30th June 2015 8:00am - 5:00pm

**...WELL-BEING FOR HEALTHCARE
OPERATORS AND PROFESSIONALS...** by *Silvia
Bianchi* WELL-BEING 2014-2015

15th October 2014

Wednesday, 15th October 2014 -
Wednesday, 3rd December 2014 8:00am - 5:00pm

**MINDFULNESS COURSE – Taking care of
yourself with awareness** by *Silvia Bianchi* Classes
23rd October 2014

Saturday, 15th November 2014 - Sunday,
16th November 2014 8:00am - 5:00pm

**Stress management class through
mindfulness** by *Silvia Bianchi* Classes

29.

29th January 2015

Thursday, 29th January 2015 - Thursday, 26th
March 2015 8:00pm - 10:30pm

**MINDFULNESS-BASED STRESS REDUCTION
(MBSR Protocol)** by *Silvia Bianchi* Classes Florence

26th June 2015

Friday, 26th June 2015 - Sunday, 28th June 2015

8:00am

How to manage stress by *Silvia Bianchi* WELL-BEING
2014-2015

24th July 2015

Friday, 24th July 2015 - Wednesday, 29th July 2015

6:00pm - 1:00pm

**Mindfulness Tools. Awareness and Dharma
Tools** by *Silvia Bianchi* Classes, **15th February 2014**
10:00am - 5:30pm

Mindfulness Practice by *Silvia Bianchi*
Classes

21st February 2014

Friday, 21st February 2014 8:15pm - 11:15pm

MBSR (mindfulness-based stress reduction) by *Silvia
Bianchi* Classes

11th July 2014

Friday, 11th July 2014 - Sunday, 13th July 2014 8:00am
- 5:00pm

STRESS MANAGEMENT by *Silvia Bianchi* WELL-
BEING 2014-2015

2

28th September 2014

Sunday, 28th September 2014 - Saturday, 4th
October 2014 8:00am - 5:00pm

Mindfulness and Dharma Tools
by *Silvia Bianchi* WELL-BEING 2014-2015

1st October 2014

Wednesday, 1st October 2014 - Tuesday, 30th
June 2015 8:00am - 5:00pm

**...WELL – BEING FOR HEALTHCARE
OPERATORS AND PROFESSIONALS...** by *Silvia
Bianchi* WELL-BEING 2014-2015

15th October 2014

Wednesday, 15th October 2014 - Wednesday, 3rd
December 2014 8:00am - 5:00pm

**MINDFULNESS CLASS – Taking care of
yourself with awareness** by *Silvia Bianchi*
Classes

by *Silvia Bianchi* Conferences

15th November 2014

Saturday, 15th November 2014 - Sunday, 16th
November 2014 8:00am - 5:00pm

Stress management class through mindfulness
by *Silvia Bianchi* Classes

29th November 2014

Saturday, 29th November 2014 - Sunday, 30th
November 2014 8:00am - 5:00pm

**MINDFULNESS and OTHER CONTEMPLATIVE
PRACTICES** by *Silvia Bianchi* Conferences
29th January 2015

Thursday, 29th January 2015 - Thursday, 26th
March 2015 8:00pm - 10:30pm

**MINDFULNESS-BASED STRESS REDUCTION
(MBSR Protocol)** by *Silvia Bianchi* Classes

26th June 2015

Friday, 26th June 2015 - Sunday, 28th June 2015
8:00am

How to manage stress by *Silvia Bianchi* WELL-
BEING 2014-2015

24th July 2015

Friday, 24th July 2015 - Wednesday, 29th July
2015 6:00pm - 1:00am

Mindfulness Tools. Awareness and Dharma

EDUCATION AND

TRAINING

MINDFULNESS BASED

EDUCATION

1999

11th July 2014

Friday, 11th July 2014 - Sunday, 13th
July 2014 8:00am - 5:00pm

STRESS MANAGEMENT by *Silvia Bianchi* WELL-
BEING 2014-2015

1st October 2014

Wednesday, 1st October 2014 - Tuesday, 30th
June 2015 8:00am - 5:00pm

2004

**...WELL-BEING FOR HEALTHCARE
OPERATORS AND PROFESSIONALS...** by *Silvia*

Bianchi WELL-BEING 2014-2015

30th January 2015

Friday, 30th January 2015 - Friday, 20th March
2015 8:00am - 5:00pm

MBSR - Mindfulness-Based Stress Reduction
by *Silvia Bianchi* Classes

17th April 2015

Friday, 17th April 2015 - Friday, 12th June 2015
7:30pm

MBSR FLORENCE by *Silvia Bianchi* Classes

**- Introduction to mindfulness-oriented
psychotherapy**

sponsored by "ESPERIENZE DI MINDFULNESS"
Florence, 2nd March – 16th March – 6th April 2013

THEORETICAL/EXPERIENCE SEMINARS FOR
PSYCHOTHERAPISTS

- Other

EDUCATION AND TRAINING

2012-2013

mindfulness-based education

2009 TO DATE

- 1999

13/02/1999 5-year degree in Clinical Psychology with final dissertation on mindfulness “The Power of Compassion, the Buddhist Contribution to Assisting the Terminally Ill” (at Karuna Hospice, Brisbane, Australia, which has used a mindfulness-based approach for patients, families and professionals for a few years)

-2004

MA in Psychosynthetic Psychotherapy, S.I.P.T., a school basing personal Psychodynamics on awareness (mindfulness) and using meditations on mindfulness and compassion during sessions with patients and in training psychotherapists. Final dissertation on mindfulness “Who am I? Identification and Disidentification” (through awareness or mindfulness) with Professor Andrea Bocconi

14th December 2005 - May 2006 Foundation Course (on mindfulness in Psychotherapy) Karuna Institute UK 2008-2010, 150-hour training in Italy on mindfulness and psychotherapy with Ann and Deidri Gordon as teachers (teachers of Karuna institute in UK)

2010-2015

I was awarded a certification at the University of Massachusetts, US, Center for Mindfulness as “Teacher of mindfulness and MBSR” (see

DHARMA
EDUCATION
(MINDFULNESS
ORIGIN AND
PSYCHOLOGY)

1998-2006

certificate, director's letter in the folder and class details below)

2012-2013

Two-year Master "Mindful Accompaniment of the Terminally Ill and Their Family", (mindfulness based) with Frank Ostasesky (former director of the Zen Hospice in San Francisco, USA) on Mindfulness

2009 to date

Qualification in London, UK, as: mindfulness-based supervisor (for psychotherapists, psychologists and others) in "contemplative supervision", Karuna Institute, Devon, UK, "<http://www.karuna-institute.co.uk/core/index.html>"(mindfulness-based psychotherapy school recognized the UK)

Dharma education and training (mandatory for Mindfulness teachers), metapsychology e metaphilosophy on which mindfulness is based

(one of the psychologies mindfulness is based on - together with some other Western psychologies - is mainly Buddhist psychology and the person as conceived in Buddhist science and psychology. Hence, such training is mandatory for Mindfulness teachers: see Dharma CV in folder CV in English and Dharma)

1998-2006

Master in Buddhism and Meditation,

iltk(www.iltk.it, www.iltk.org),
FPMT international, (USA and 176
centers worldwide), teacher: Gheshe
Ciampa Ghiatso

(see certificates “ Masters Program”
in folder) and continuous training in
this field to date:

7-year training with 11.000 class
hours plus individual study with
exams every 2 months and yearly
meditation retreats (plus 3-month
meditation retreats etc. for a total of
at least 3000 hours of meditation
during retreats) to become a
Buddhism and meditation in the West
teacher for FPMT international, iltk,
via Poggiberna, Pomaia, Pisa
(www.fpmt.org) (www.iltk.org)

2006-2013

2006-2013

- I followed almost all classes (daily)
of the basic program (2-year course of
at least 15 hours a week for classes on
meditation and Buddhism, teachers:
Gheshe Ciampa Ghiatso, Gheshe
Tempel)

- I followed almost all the daily classes
of the 2-year MA in Wisdom (iltk and

Sant'Anna University) studying
Buddhist texts and meditation.

- 2 Vipassana meditation retreats a
year for at least 10 days each

- Numerous Vipassana meditation
retreats every year and other - 2 or 3
days

2012

2012

Registered in the “ FPMT registered
teachers” list (Buddhism and
meditation teacher in the
international FPMT list)
(write to

claire@fpmt.org and/or

tom@fpmt.org for confirmation and
certificates if necessary)

to date:

I still follow the Master and Basic
classes at least 2 hours a day every
day (at iltk) to fully understand
Buddhist psychology in all its depth.

**EDUCATION AND
GENERAL TRAINING**

Education and general training

1988-89

1988-89

High-School Degree in Chemistry,
ITIS (Aldini Valeriani), Bologna

1990-91

1990-91

Trainee Coordinator of social facilities - Social cooperative C.A.D.I.A.I e A.G.F, Bologna

1998-99

1998-99

Diploma of the Emilia-Romagna Region, Professional Educator (European level 4, qualification on work, training type 4.01) pursuant to Act no. 845 of 1978 and EU Directive no. 51 of 1992, qualification approved with Decision of the Regional Meeting no. 1139 of 13/07/98, Body of training institute: EFESO

1999

1999

13th February, 1999 5-year University Degree in Clinical Psychology, Dpt. of Psychology, Padua. Dissertation “Buddhist Compassion as an Aid to the Terminally Ill” at Karuna Hospice in Brisbane (Australia) and ANT Bologna

Post Lauream

1999-2000

1999-2000

1-year internship - 40 hours a week at NHS Cecina, Child Neuropsychiatry (children and adolescents at risk - also due to psychosis) and systemic psychology (sessions with psychologist-psychotherapist with psychotic families and teams)

2001

2001

State exam to qualify as a clinical psychologist, Florence

2002

2002

Registration with the Psychologists' Association of Bologna under no. 3077

2003

2003

8th October 2003 DEA (High-Study Diploma, post lauream), EHESS, Ecole des études en sciences sociales, University of Paris, Relationship between Psychology and Buddhism: "Is Buddhism still alive in Italy today?"

2000-2004

2000-2004

MA in Psychosynthetic Psychotherapy (Psychosynthesis is a kind of mindfulness-based dynamic transpersonal psychotherapy) SIPT (School of Psychosynthetic Psychotherapy recognized with Ministerial Decree of 29/9/1994)

Internship as psychotherapist in training - 400 hours at the Careggi Hospital in Florence - Dpt. of Internal Medicine, I followed two patients under psychotherapy (an anorexic-psychotic patient with hallucinations etc and a borderline patient with major depression) as well as oncology sessions

and participation in the research project “NEQ Questionnaire on the oncological patient’s needs” (in coll. with IST Genoa, University of Florence), Mr Massimo Rosselli (director of the School of Psychosynthetic Psychotherapy, researcher, psychiatrist at Careggi hospital and University), psychosomatic and oncological practice and Dpt. of Internal Medicine.

2006

2006

Registration with the Psychologists and Psychotherapists’ Association of Bologna on 14-07--2006 under no. 3077

2009 TO DATE

2009-to date

Ongoing qualifications in London, UK, as:

mindfulness-based *supervisor*

(for psychotherapists, psychologists and others) in “contemplative supervision”, Karuna Institute, Devon, UK, “<http://www.karuna-institute.co.uk/core/index.html>”(mindfulness-based psychotherapy school recognized in the UK)

Already completed:

1 - classes in London (about 200 hours) during the first year.

2 - Now following psychologists, psychotherapists, counselors and mindfulness teachers as a supervisor (at least 70 supervision hours with at least 25 supervisions on supervisions).

3 - Supervisions on supervisions performed by Doctor Sue Taylor, teacher at Karuna institute (15 to date)

To be completed:

1 - I only have to write my final dissertation on a case followed under supervision.

2010-2015

2010-2015

Ongoing certification in USA, Massachusetts University, C.F.M. as “Teacher of mindfulness and MBSR”

ongoing qualification at the University of Massachusetts, Center for Mindfulness, University of Massachusetts Medical School (The Department of Psychiatry low and Psychiatry Program)“ Teacher in mindfulness”

Levels already completed:

1 - Practicum in Mindfulness, University of Massachusetts (U.S.A.) 9-day intensive course, 61 CE, hours, US training credits (about 110-120 hours)

2-T.D.I. (teacher training): 10-day intensive course (about 120-130 hours)

3-Supervision program (I have taught 8 MBSR groups in Italy for a oncological patients, NHS professionals, doctors, psychologist etc.) supervised via Skype. To date 15 supervisions by Doctor Elana Rosembau, C.F.M. teacher and supervisor at the University of Massachusetts, USA

4 - June 2013 “ 7 days” with J.Kabat-Zinn and Saky Santorelli

I completed the expedition to the University of Massachusetts for an MBSR video, audio of all the mindfulness practices with English subtitles and translations of all the material used for MBSR and evaluation letters by psychiatrists, doctors, dharma teachers etc for the Final Certification (which was unanimously accepted - see certificates and letter by the Center For Mindfulness at the University of Massachusetts Director Saky Santorelli).

2012-2013

2012-2013

Two- year Master in “Mindful accompaniment of terminally ill patients and families” (mindfulness based) with Frank Ostasesky (former director of the Zen Hospice in San

Francisco, USA) on
Mindfulness

Further training

Continuous training in Italy

(see below)

1998-2006

1998-2006

**Master in Buddhism and
Meditation,**

iltk (www.iltk.it, www.iltk.org),
FPMT international, (USA and 176
centers worldwide), teacher: Gheshe
Ciampa Ghiatso

(see certificates “ Masters Program “ in
folder) and continuous training in this
field to date:

7-year training of 11.000 class hours
plus individual study with exams every
2 months and yearly (plus 3-month
meditation retreats etc for a total of at
least 3000 meditation hours during the
retreats) to become a
BuddhismBuddhism and meditation in
the West teacher for FPMT
international, iltk, via Poggiberna,
Pomaia, Pisa (www.fpmt.org)

2009 AD OGGI

2006 to date

- I followed almost all classes (daily) of the basic program (2-year course of at least 15 hours a week for classes on meditation and Buddhism, teachers: Gheshe Ciampa Ghiatso, Gheshe Tempel)

- I followed almost all the daily classes of the 2-year MA in Wisdom (iltk and Sant'Anna University) studying Buddhist texts and meditation.

- 2 Vipassana meditation retreats a year for at least 10 days each

- Numerous Vipassana meditation retreats every year and other - 2 or 3 days

2012

2012

Registered in the “ FPMT registered teachers” list (Buddhism and meditation teacher in the international FPMT list)

- other

TODAY

today

I still follow the Master and Basic classes at least 2 hours a day every day (at iltk) to fully understand Buddhist psychology in all its depth.

CONTINUOUS TRAINING ECM continuous training

WITH ECM

2012

a - 27 ECMs for teacher professional training (see certificate in folder) + 1

b- 3 ECMs for mindfulness stress reduction training: integrated approaches in oncology (see certificate)

2011:

a- US ECMs 61(see certificate by the University of Massachusetts Medical School)

b- 2 ECMs “Art Therapy, mindfulness as an integrated cure of...” see certificate) as continuous training speaker: “Art therapy, mindfulness as integrated cure to support patients, families and healthcare operators, ANT, Formazione Emilia Romagna

c: 3 ECMs “ Body and Soul Therapists Yesterday and Today” (see certificate) 2010: 11 ECMs, Mindfulness - a self-care practice (see certificate) Veneto Region, Istituto Oncologico Veneto, Doctor Eleonora Capovilla (regional program for continuous training of healthcare professionals)

2008:

a - 7 ECMs “ The relationship among

**doctor, psychologist, nursing staff,
patient and family for the program
(Emilia-Romagna Region) at ANT**

2006:

**24 ECMs for 2006 “Theoretical and
practical updates on diagnosis and
psychotherapeutical-psychosyntetic
treatment methods in SIPT clinical
center”**

2012-2013:

**- 50 ECMs (see certificates) 7-day
mindfulness, June 2013**

**-4 ECM congress “ Living in
awareness”, June 2013 (see
certificate)**

**-ECMs 32 (8 ECMs for 4 identical
events of 7 hours each for NHS 5 Pisa
as stated below)**

-ECMs 8:

**NHS no. 5 - Pisa Staff Training
Manager. C.Carloni - Tel. 050-954252
E- mail:c.carloni@usl5.toscana.it**

**PARTICIPATION CERTIFICATE
BIANCHI SILVIA**

**She performed a teaching activity for
a total of 7 hours - Granted ECMs 8
Training event no. 1052013036280**

**Audit meetings to check the efficacy
of the mindfulness-based stress
reduction method**

This training event falls the
Permanent Ward Meetings/FSC and
was authorized with Act no.1586 of
13/04/2012 Class venue: La Bicocca
Località Pontedera on 11/05/2013
10.00am - 6.00pm

ECMs 8:

NHS no. 5 - Pisa Staff Training
Manager C.Carloni - Tel.
050-954252
Email:c.carloni@usl5.toscana.it

**PARTICIPATION CERTIFICATE
BIANCHI SILVIA**

She performed a teaching activity for
a total of 7 hours - Granted ECMs 8
Teaching event no. 1052013036280

**Audit meetings to check the efficacy
of the mindfulness-based stress
reduction method**

This training event falls the
Permanent Ward Meetings/FSC and
was authorized with Act no.1586 of
13/04/2012 Class venue: Località
Pontedera on 24/02/2013 10.00am -
6.00pm

NHS no. 5 - Pisa Staff Training
Manager C.Carloni - Tel.

050-954252

Email:c.carloni@usl5.toscana.it

ECMs 38:

PARTICIPATION CERTIFICATE BIANCHI SILVIA

She performed a teaching activity for a total of 40 hours - Granted ECMs 38 Teaching event no. 1052012032950

Audit meetings to check the efficacy of the mindfulness-based stress reduction method

This training event falls the Class category and was authorized with Act no.1586 of 13/04/2012 Class venue: Località Pontedera from 26/02/2012 to 28/01/2013 9.00am - 1.00pm

ECM 2:

NHS no. 5 - Pisa Staff Training Manager C.Carloni - Tel.

050-954252

Email:c.carloni@usl5.toscana.it

PARTICIPATION CERTIFICATE BIANCHI SILVIA

She performed a teaching activity for a total of 8 hours - Granted ECMs 2 Teaching event no. 1052013038821

Stress management: meditation, mindfulness, emotional intelligence development in the Italian NHS and University system. Experiences and testimonies.

This training event falls the Conference category and was authorized with Act no.1398 of 19/04/2013 Class venue: Centro Espositivo San Michele degli Scalzi Localita Pisa on 11th-12th/10/2013 2.00pm to 6.00pm and 9.00am - 7.00pm

- Other

I have not been sent my ECM certificates for many classes, e.g.:
2000--2006: psychotherapy school valid as ecm
2004--2005 ecm as speaker and participant at the course organized by the hospital of Livorno for Livorno Hospice operators and palliative care, plus many ANT events (as as speaker and participant)
----2006 ecm as speaker at the congress “Developing the Mind Potential: an Encounter between Clinical and Psychotherapy” 9th—11th June 2006
2008: 2008 ecm for the seminar “Imagination, Creativity and Coping in Oncological Diseases” held by Jan Taal at SIPT

2011 T.D.I, USA. Medical school,
University of Massachusetts — 10-day
intensive course

Languages

Italian native speaker

English C1(writing, reading, speaking)

French B1-B2 (writing, reading, speaking)

Tibetan beginner level

Spanish minimum writing and reading comprehension (basic),
no writing skills

Basic computer skills

Basic skills in:

WORD, EXCEL AND POWER POINT. WITH MAC:
PAGES, NUMBERS, IMOVIE, KEYNOTE, QUICKTIME,
SAFARI, ITUNES, MAIL, HI-PHOTO,
FINDER, FACETIME, SKYPE, MESSENGER, FACEBOOK,
TWITTER, ICALENDAR, BASIC UPLOAD WITH
Joomla.

Articles

1 - "Meditation on Death", Rivista di Psicopsintesi
Terapeutica year VIII no. 16

2 - "Sometimes it's easy, some other times a bit

less” (oncological clinical cases), Rivista di Psicossintesi
Terapeutica year VIII no. 15, March 2007

3 - Documents of the international conference “Seeing
beyond in facing death” University of Padua, 25th-28th
September 2014 (see article in the “article” folder).

Article by Silvia Bianchi “Death, Tibetan Buddhism, Clinical
Psychology and Transformation” (always on meditation and
Clinical Psychology) University of Padua Press

4 - Chapter 6.1 of the book “Mindfulness” Come Essere
Consapevoli by Gherardo Amadei, Published by Il Mulino,
“Accompaniment to the end of life” this chapter was written
by Silvia Bianchi

5 - Article “Awareness of Death and Contact with Life” by
Silvia Bianchi, documents of the conference “The Art of
Living and Dying” - Naples, 13th May 2013

6 - “Beyond Life and Death” - the death of a Tibetan Master
in Italy

PERSONAL AND RELATIONAL SKILLS

Numerous skills acquired during my work as psychotherapist,
psychologist, educator for six years and professional educator.
Team skills acquired during over 16 years as a professional in
completely different environments (schools, hospitals,
companies, private practice, apt groups, dharma centers,
associations, NHS and as an operator (both in tourist resorts
and in summer centres for children).

1993-2000

*qualification as “Educator and/or Professional
Educator”*

1993 al 1998

- Professional educator for NHS no. 27 and no. 22 in Bologna, social cooperative “Nuova Sanità ” and privately (patients’ pathologies: psychoses, autism, deafness, tetraplegia, Down’s syndrome. Type of educator-patient relationship: individual, one-to-one relationship). About 20 hours a week.

Professional educator for 4 years with an autistic child, individual meetings for 5 hours a week

1998-2000

- Professional educator for CADIAI, apt. group for psychiatric patients (former Roncati), psychosis and epilepsy in via Sant’Isaia, about 15 to 20 hours a week

1998-2000

palliative care:

no State exam yet so:

questionnaires, tests, meetings supervised by a teacher of the school of psychotherapy - “Onlus Concordia”, patient type: oncological patients and families, terminally ill

patients and families,
grieving process - at home in
Bologna but also in the
hospice in Ferrara and at
“Casa di cure Nigrisoli” (a
private clinic under
convention, Bologna). About
20 hours a week. In
cooperation with Doctor
Stefano Giordani, oncologist
- see reference letter by
Doctor Giordani

other works:

Before 1993 when I started to work as a professional educator I worked as summer operator for children, adolescent and adults. Then I was the leader of the “Tambrands education service in Italy” for 2 areas - Emilia Romagna and Veneto - plus long experience in telemarketing

as summer operator:

1991

I took a 300-hour course to become a summer operator for adults and children (3 months in a resort) for Satiro agency

as animator-educator:

1995

for the Bologna Council “educator-animator” for 4 weeks during a summer intensive residential camp in an Agriturismo (training in the mountains and games) for children aged 6-13.

as leader of Tambrands (Tampax Educational service)

for 2 areas: Emilia Romagna and Veneto, Italy

1991-92

I worked for 2 years as leader of Tambrands in Italy:

I presented a sexual education program for adolescents to media and high schools in all

the cities of Romagna and Veneto: the program was led by doctors, gynecologists and psychologists paid by from Tambrands.

as a volunteer

from 1995 to 1998 for at least 3 months a year: different pilgrimages and trips to India, Tibet, China, Indonesia, Nepal, North and South America with a Tibetan Master who had established an NGO working within the UN for Peace in the World. We often attended UN conventions and meetings around the world).

ORGANIZATIONAL SKILLS

partially acquired through the job described hereunder

ARTISTIC SKILLS

acquired during 10-15 years of activities linked to my personal and work interests as 1983 to 1998 I took part in many theater and dance theater groups. I also followed many seminars in both fields - dance theater and dance therapy. Those certificates are not attached here as they are not relevant to this call. I also attended numerous seminars on visual art, drawing, painting, art therapy and writing, though not constantly or daily as for dance, dance theatre or dance therapy. Then I kept on using these skills, first an educator and later as psychotherapist: writing, theater, movement, creative drawing are psychosynthetic therapeutic tools.

DRIVING LICENSE : B

OTHER