

Patrizia Garberi Curriculum Vitae

PERSONAL INFORMATION

Name PATRIZIA GARBERI
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ITALY
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Nationality Italian
Date of irth Milan, September 12th, 1959
Gender Femal
Italian Native speaker
English Cefr **C1**
French Cefr **A2**
Present Occupation **PhD, Licensed Psychologist, MindfulnessTeacher, Artist**

EDUCATION AND TRAINING

- 2018 **PhD in Psychology and Cognitive Science**, Doctoral School in Psychological Sciences University of **Rome La Sapienza**
- 2015 - 2018 **Specialization in Cognitive Psychotherapy, APC school Grosseto**
- 2014 University of **Rome La Sapienza**, Department of Medicine and Psychology
Master in "Mindfulness: Practice, Clinic and Neuroscience" Prof. A.Raffone
- 2010-2013 **University of Trento-** Psychology and Cognitive Sciences department
Psychology Neuroscience
Master degree 110/110 – Final Thesis “Study of a Interoceptive Sensitivity training as a method to influence self-awareness”. Prof. C.Braun & Prof.F.Pavani
- 2006-2010 **University of Trento**
Cognitive Psychology
Bachelor degree 94/110 – Final Thesis “Administration by computer of the Raven test PM47 in patients with severe motor and language disability” Prof.ssa C.Finocchiaro
- 2000-2005 **ILTK Pomaia, Pisa**
Full Time Masters Program in meditation and Buddhist Philosophy, class in English
Certification of attendance and completion of the individual subjects
- 1977-1982 **Brera Academy of Fine Arts**
Scenography- final thesis in Art History “A Brief History of Art and Science from Renaissance to Informal” Prof.ssa J.De Sanna
Full degree 106/110
- 1980-1982 Course of the Lombardy Region-Italy
Surgical Anatomy and Scientific Drawing, with internship at the S.Carlo hospital in Milano
Certificate of attendance
- 1972-1976 **Art school Beato Angelico, Milan**
Artistic studies to address architecture, Full degree 56/60

WORK EXPERIENCE Psychology

- 2015- current **Private practice as psychologist, mindfulness-based interventions, Imagery psychosomatic, neuropsychological assessment and rehabilitation programs.**
- 2014- 2018 **Independent Research Activities and Artistic activity and exhibition**
PhD in Psychology and Cognitive Science, Doctoral School in Psychological Sciences University of **Rome La Sapienza**
- 2015- 2018 **Internship In Psychotherapy**, at Azienda Ospedaliero Universitaria Pisana, Neuro-rehabilitation Dep. Cisanello, Pisa "Psychotherapeutic intervention on patients with neurological problems even with mild cognitive impairment that have concurrent mood disorders"
- 2014 **Internship in Social Psychology** area at DiPSCo University of Trento "Study of Illusions body and personality traits related to social interaction" Tutor Prof.F.Pavani Prof. M.Zampini (690 hours)
- 2013 **Internship in General Psychology** area at DiPSCo UniTn "Study of Interoception relations with Emotions" Tutor Prof.F.Pavani (686 hours)
- 2010 **Internship in Neuropsychological** area at Auxilium Vitae Volterra (Si) Department of Neurological Rehabilitation and severe brain injury. Tutor. Dr PhD F.Tomaiuolo (5 months)

- **Since 2006 Self employed**
Private practice of counselling and art therapy
Facilitator and counsellor of well-being and stress management

- 2013
Library of Rovereto (Tn)
Diary of memories for four hands built from couples of grandparents and grandchildren, inspired by art's book
Teacher and facilitator
Meditation, imagery and art therapy during groups and individual meetings

- 2013
CEDRE-Cecina (Li)
Theoretical experiential training course "Know, recognize and manage emotions"
Teacher in Italian
Theoretical experiential teacher and facilitator

- 2012
Natural Reserve of Santa Luce
Art and meditation in natural environment
Teacher in Italian
Art education and meditation facilitator

- 2010-2011
ILTK, Pomaia (Pisa)
Online course of the Masters Program 2008-2013
Tutor of Italian class
Preparation of notes online and maintaining review classes in person

- 2005-2010
Kushi-Ling Buddhist Centre in Arco di Trento, Ewam Buddhist Centre in Florence, Green Tara Buddhist Study Group in Leghorn, GheDen SceDrup Ling Buddhist centre in Cremona
Meditation workshops and seminars on personal growth

- 2006-2007
Public Health Care in Cecina and Rosignano
Training for the activation of peer educators in high school
Tutor in Italian
Meditation, imagery and art therapy during classroom training and counselling

- 2005
Nursery Neruda in Cecina, Livorno
Classes of children aged 3,4 and 5 years

- Teacher in Italian**
Relaxation techniques on breathing, Imagery and drawing

• 2005-2007

ILTK, Pomaia (Pisa)
Personal growth

Teacher in Italian
Meditation techniques and art therapy (4 residential group workshops 3/6 days)
- 2003-2009

ILTK, Pomaia (Pisa)
Morning / forum on Buddhism for school students

Teacher in Italian
Teachings and relaxation techniques on breathing, Imagery and drawing
- 2005-2006

Ewam Buddhist Centre, Florence
Buddhist psychology - Lorig

Teacher in Italian
weekly course for 2 years
- 2004

Amitaba Association, SPA Euganee Abano Terme
Meditation and Yoga

Teacher in Italian
Meditation and Relaxation

WORK EXPERIENCE *ART*

ince mid-90s to present

Self employed

Wall and canvas painting

Artist

Private commissions and personal research

Since 1995 to present

Self employed

Art classes to private students

Teacher in Italian and English

Private art courses

2012/2013

Accademia del Giglio, Florence

Plein air classes on the seaside

Teacher in English

Art education

2012/2013

Accademia del Giglio, Florence

Lifedrawing workshops

Teacher in English

Art education

2010

Municipality of Pontedera, 6th edition Giocalarte

Series of Art workshops

Teacher

Understanding the use and dissemination of contemporary art with the goal of familiarizing children, through concrete experience brought by professional artists, active manner and direct experimentation

• 2000-2003

Ass. Greenshades, UK

Art workshops

Teacher in English

Groups landscape drawing and watercolor painting at Villa Palagione in Volterra

• 1998-2003

Accademia Italiana, Florence

Art classes in the postgraduate diploma and annual and biennial summer schools for adults.

Teacher in English and Italian

Classes in the areas of Art and Graphic Arts (mixed media, visual perception, life drawing and model, artistic anatomy, painting techniques, geometric and perspective drawing, illustration and graphic design)

• 2003

Chanapatana Institute - Accademia Italiana, Bangkok Thailand

Art Workshops

Teacher in English

Teaching life drawing and human figure

• 2000

Public Secondary School, Elba Island (Li)

Art workshops

Teacher in Italian

drawing and perception of natural forms for children

• 1981-2000

Self-employed, Milan

Advertising and publishing

Illustrator and Graphic freelance

Creation and realization of illustrations in the fiction and non-fiction fields, mainly science and medical subjects

• 1978-1980

Photo Studio F & B in Milan

Photography

Set-assistant and art-buyers

Assistant

WORK EXPERIENCE VOLUNTEERING

• 1980-1982

CEIS, Milan

Centre for rehabilitation from drugs addiction

Maintenance of an artistic laboratory

Weekly voluntary collaboration.

• 1982-1985

1982-1985

Public Emergency Service

Health care

Volunteer and coordinator

Service activities and coordination

• 1985-1986

LIPU, league for Bird Protection Milan

Services in natural environments

Volunteer

Scientific observation of birds and assistance to tourists

• 2005-2006

Palliative Care Hospital of Livorno

Health Care

Volunteering

Counselling

CONFERENCE POSTERS and PRESENTATIONS

Mazurega, M., Occelli, V., Garberi, P., Esposito, G., & Zampini, M. (2014). Body representation and interpersonal socio affective factors: The enfacement illusion modulated by autistic-like traits. International Multisensory Research Forum, Amsterdam, The Netherlands, June, 11-14.

Garberi,P. "Mindfulness based stress reduction and interoceptive awareness" (2016) Oral communication at International Conference on Mindfulness, Rome Italy, May,11-15

Cavalli L., Garberi P., Bongioanni P., Carboncini M.C. (2017)

Un caso di sindrome atassica in polineuropatia sensitivo-motoria di origine dismetabolica trattato efficacemente con agopuntura e con interventi di mindfulness e di imagery . XVII Congresso Nazionale SIRN, Pisa Italy, April 6-8

LANGUAGE SKILLS

ENGLISH

IELTS - ACADEMIC FORMAT

CERTIFICATION 11 MAY 2013

Overall Band 6.5 (CEFR C1-Cambridge CAE)

Listening 6.0 Reading 8.5 Writing 6.0 Speaking 6.0

OTHER SKILLS

TEXT TRANSLATION FROM ENGLISH TO ITALIAN

CREATION AND MAINTENANCE OF **PERSONAL WEBSITE AND OTHER BLOGS**,
PRESENCE ON SOCIAL NETWORK .

GOOD KNOWLEDGE OF THE MAIN PROGRAMS OF **GRAPHICS PROCESSING AND GRAPHIC DESIGN**, ILLUSTRATION AND **PHOTO RETOUCH**, OPEN SOURCE AND PRIVATE SOFTWARE.

GOOD KNOWLEDGE OF PROCESSING PROGRAM STATISTICS **SPSS**.

GOOD KNOWLEDGE OF S.O. **WINDOWS (MODELS 98, 2000, XP, VISTA, W7, W10)**;

GOOD KNOWLEDGE OF MICROSOFT OFFICE APPLICATIONS (**MOVIE MAKER, ONE NOTE, POWER POINT, PUBLISHER, WORD, EXCEL**) AND SIMILAR IN OPEN SOURCE; EXPERIENCES OF PROGRAMMING (**HTML, PHP, VISUAL BASIC, MATLAB**)

Data Analysis **KUBIOS**

EDUCATION AND TRAINING

OTHERS

- **2010 Mind and Life XX** Conference Altruism and Compassion in Economic Systems: with H.H.Dalai Lama, Zurich
- **2009 Compassion and Neuroscience Conference Holy Island**, with P.Gilbert and R.Nairn, Scotland UK
- **2009 Clinical applications of mindfulness**, APC F.Didonna, Roma
- **2007** Introduction to John Kabat Zinn's MBSR for awareness practice, workshop with **Florence Meleo Meyer**, Roma
- **2006** "Emotions , Illness , wellness" , the body-mind - spirit model in health and the experience of the **Mind -Body Institute at Harvard Medical School**, Bologna
- **2006-2008** Introductory seminar on " The Psycho-oncology Simonton method" with Ph.d.O.Carl Simonton, Milano and **First and Second level of Psycho Oncology Method SCC**
- **2004-2005** Formation course for staff **Volunteer for home care for terminally ill**, Ass. Palliative Care, Livorno
- **1983-1985** Enrollment and attendance of Master Degree in Biological Sciences, Milan (2 years of 5)

- **2006 to present** Participation in continuing education seminars and workshops in neuropsychological assessment and rehabilitation, cognitive sciences, psychophysiology and clinical psychology (list available on request)

ILLUSTRATIONS FOR SCIENTIFIC JOURNALS

E.Berti Riboli G.Reboa F.Cafiero, "**Criochirurgia**" - R.Cortina Editore, Milano 1983, all illustrations

P.Castano, "**Anatomia e fisiologia dell'uomo**" - collana per il personale paramedico - R.Cortina Editore, Milano 1983, all illustrations not from archive (80)

E.Bisiach S.Cappa G.Vallar, "**Guida all'esame neuropsicologico**" - R.Cortina Editore, Milano 1983, all illustrations

E.Berti Riboli G.Reboa G.Arnulfo, "**La mobilità dello stomaco e del duodeno**" - Lombardo Editore, Roma 1984, all illustrations

A.Scordamaglia G.Ciprandi M.Bagnasco G.W.Canonica, "**Risposta immunitaria e antibiotici**" - Editoriale Fernando Folini, Milano 1985, all illustrations For the series "**Guardiamoci Intorno**", ed. Touring Club Italiano: "Il Bosco", 1984, with 5 illustrations "La Spiaggia", 1984, 2 illustrations, "Il Giardino", 1985, 4 illustrations, "Albero e siepe", 1986, 6 illustrations

P.Castano e altri, "**Anatomia umana per le facoltà di farmacia e di scienze**" - Edi Ermes, Milano 1986, almost 300 illustrations

E.Ferrario, "**Biomeccanica della masticazione**", Edi Ermes, Milano 1987, all illustrations

Ed. Theorema libri, "**Corso di scienze per la scuola media**", vol.unico, Gruppo d'Adamo Editore, Milano 1992, almost 70 illustrations

Biancotti, "**Biologia per gli istituti superiori**" De Agostini, 1994, almost 50 anatomical illustrations

G.Bertini, P. Danise, E. Franchini, "**Dire, fare, conoscere le scienze**" in three volumes for the secondary school , Gruppo Ugo Mursia Editore, Milano 1995, almost 180 illustrations

L.Tesio, A. Merlo, A. Raschi, "**Trazione lombare attiva**" SO.GE.COM editrice, Milano 1996, with 6 illustrations scientific-anatomical

Garzanti "**Enciclopedia medica in 6 CD ROM**" distributed attached to the magazine L'Espresso, Milan 1998, with eighty illustrations of anatomy Many other publications and brochures on behalf of several pharmaceutical companies (**Bayer, Midy, Italfarmaco, Mediolanum, Ibi, Bracco, Tielle, Corvi** et others)

ART WORKS

2003 Collaboration with the **Buzzi Hospital in Milan** in a project of humanization, environment planning and filter room décor in Neonatal Pathology Department, and realizing a serie of paintings to be exhibited permanently in the department.

1985 **Museum of Montepulciano Lake** (Poster explanatory of aquariums)

1984 **Natural History Museum of Milan** (production of various scientific explanatory illustrations for the windows and realization of one diorama)

OTHER ILLUSTRATIONS

Customers : Lazzaroni, Riva Cantù, Flex, Boffi, Vini i Santi , Sans Soucis, Nestlè, Saratoga, Thermore, Antica Erboristeria, L'Unità, Bayer, Midy, Italfarmaco,

Mediolanum, Ibi, Bracco, Tielle, Corvi ed altri.

Advertising companies: Ted Bates, G&R S&H, Adval, Airon, Milano AD ed altre

Publishers Salve (RCS) **Corriere medico e Medicina Illustrata** (Rizzoli)

Oasis (Musumeci)

SOLO EXHIBITIONS

"Ritratti", Bambino & Company, Milano, 1993

"Paesaggi Emozionali Armonici", Il Papavero, Milano, 1996

Esposizione personale nel comune di Piazzatorre (BG), 1996

"Corrispondenze Cosmiche e armonie naturali", Villa Mirabello, Parco di Monza (MI), 1997

"I segreti della natura", Palazzo del Cinema, Venezia Lido, 1997 - 2° Congresso Internazionale di Astrologia del Cida.

"Visioni e Metamorfosi", Salone New Age Next Age, Lacchiarella, 1998.

Dipinti ed oggetti", Momoyama Artspace, Firenze 2003

"Inner Landscapes", Associazione Castagneto Arte, Castagneto Carducci 2007

"Arte e benessere Interiore" Mitica India, Marina di Carrara 2010

GROUP EXHIBITIONS

Viaggio nel corpo umano, Palazzo Bagatti Valsecchi, Milano, 1986

Estemporanea di pittura, Galleria La Danza Degli Specchi, Inzago, 1994

2° Estemporanea "Via dell'Amore" a Manarola (SP), 1996-(Premio Provincia)

Concorso-Ricerca ARTEANIMA 1- Fondazione Mazzucconi, Milano, 1996

Fiera di Pordenone, a cura di Edoardo Di Mauro, Galleria VSV di Torino, 1997

Esposizione docenti / studenti 'Accademia Italiana- Firenze, novembre 1998

Donne in Campo donne nell'Arte", spazio Microstoria Rosignano 2006

VI Estemporanea Bruno Cosimi, Livorno 2006

11° Concorso Nazionale Paese di Cardoso

7° Estemporanea di Pittura Castagneto Carducci

Omaggio Pop, Ecomuseo di Castellina (Pisa) dicembre 2006

Concorso Pittura Scultura Donoratico 2006

Concorso Pittura Scultura Donoratico 2007

posSESSO corpo e ossessioni, ArteForte Spazio eventi Mondadori, Venezia 2008

56 Rotonda di Ardenza , Livorno 2008

Estemporanea Marina Cala de Medici 2015 Rosignano Solvay

Estemporanea Salvadori 2014 e 2015 Castiglioncello

Donne nell'Arte in Toscana, 2016 Pisa

Paratissima, NICE "Mettersi a nudo" a cura di Ludovica Romano e Gabriele Pantaleo 2018 Torino

Maschere e Carnevale, Ass. Percorsi d'arte Viareggio, 2019

L'arte tra sogno e realtà, Ass. Napoli Nostra Venezia 2019

Asylum-La paura come Arte, Asylum Fantastic Fest, Valmontone 2019