



Piero Stanley Pirro

Clinical Psychologist

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Licensed Clinical Psychologist, teacher in Resilience and Stress Management techniques. Mindfulness-Based Interventions Trainer, and Cognitive-Behavioural Hypnotherapist.

PROFESSION

Psychologist: N° 7908 - Regional Division: Tuscany, Italy

Member of the British Psychological Society (BPS): N° 414173

Member of the Italian Society for Cognitive and Behavioural Therapy (SITCC)

Mindfulness-Based Interventions Trainer (UNIPi)

Cognitive-Behavioural Hypnotherapist (UKCHH)

Psychologist for the Civil Defence

Educator and Trainer

EDUCATION

University of Turin

2009 - 2014

Master of Science in Mind Sciences - Psychology

Final degree mark: 110/110 summa cum laude

Minimum mark: 66

Thesis title: Mindfulness based Stress Reduction program on chronic low back pain: a pilot study

Thesis subject: Psychoneuroendocrinology | Effort 9 months

University of Pisa

2018 - 2019

Master (1 Year) - Mindfulness, Neurosciences, and Contemplative Practices

Credits: 60

Internship: 160 hrs

Objective: 1) to define neurobiological and psychobiological correlates of the meditation practices and their mental as well as bodily effects; 2) to give practical and theoretical basis of Mindfulness and of the various contemplative practices proposed; 3) give the necessary skills in order to teach Mindfulness based protocols, to be used in pre-clinical as well as clinical contexts.

Thesis title: Mindful Communication: palliative care, bereavement and end of life

Thesis subject: Communication in Hospital settings | Effort 3 months

Florence Centre for Cognitive-Behavioural Therapy (CTCC)

2019 - Ongoing

Doctor of Psychology - Clinic PsyD

Four years training in the Cognitive-Behavioural Therapy (CBT) approach at the **Centre for Cognitive-Behavioural Therapy (CTCC)**. The CTCC requires theoretical, practical and research application as well as participation to seminars and conferences. Scientific research and evidence-based interventions are core constituents that inform the practice as well as the theory of pathology and cure.

UK College of Hypnosis and Hypnotherapy

2019 - 2020

Cognitive Behavioural Hypnotherapy Diploma (1 year)

The Diploma is externally accredited and recognized by important British organizations such as:

- The British Psychological Society Learning Centre
- NCFE Awarded Level 4 Hypnotherapy Diploma
- The Register for Evidence-Based Hypnotherapy (REBHP)

The training provides a thorough grounding in modern **Cognitive Behavioural Hypnotherapy** and covers much of mainstream Cognitive Behavioural Therapy (CBT). However in addition to classical CBT there is a special focus on imagery techniques, imaginal exposure, relaxation training and a deep integration of CBT+Hypnosis+Mindfulness.

EXPERIENCE

Department of Psychology, Florence University, Italy

2015

Internship

Supervisor: Professor Barbara Giangrasso, PsyD

This was my first semester of my postgraduate internship which I carried out at the Department of Health Psychology, University of Florence. During this internship I actively participated in a research project concerning Mindfulness meditation, during which I collected the relevant data, and studied the wide research literature on the subject.

Duration in months: 6 months

Psychiatric Clinic "Villa Dei Pini" Florence, Italy

2015 - 2016

Internship

Supervisor: Dr Valentina Silvani, PsyD

This was my second semester of my postgraduate internship, which I carried out in the Psychiatric Ward of the Villa dei Pini Clinic. During this period I closely observed the work done in a psychiatric clinic, I participated as an observer in meetings and discussions about the patients and received constant and careful supervision during the entire period of my internship. I administered diagnostic tests such as the MMPI-2 and the MMSE.

Duration in months: 6 months

Self-employed

May 2017 - Ongoing

Course teaching

RESILIENCE TRAINING COURSES

I have created and taught a 5 week course to promote Resilience in the face of the growing economic, cultural and social crisis in Italy. Within the context of the course I used a battery of techniques such as value clarification, stress management, negative emotions management, cultivation of positive emotions, and consolidation of practice for lifelong growth. At the beginning of the course and at its end the Connor-Davidson Resilience Scale (CD-Risc) was administered to measure the changes experienced by participants.

Self-employed

July 2017 - Ongoing

Psychological Support and Psychotherapy

Work with clients is based mainly on Stress Management, Psychoeducation and general Psychological Support for non clinical populations. When clinical cases are met, I proceed with CBT and or Cognitive Behavioural Hypnotherapy interventions effective for the particular psychological issues that have been presented.

AVIS of Reggio Emilia

April 2018

Course Teaching

RESILIENCE AND STRESS MANAGEMENT FOR VOLUNTARY WORKERS IN THE AVIS OF REGGIO EMILIA

Following what are now well tested guidelines I have illustrated the essentials of Resilience and Stress Management both theoretically and with a practical evidence-based exercise.

Logical Education

July 2018

Course Teaching

STRESS AND ANXIETY MANAGEMENT FOR MEDICAL SCHOOL ENTRY EXAMINATION

I have devised a short protocol to help young students to manage both stress and anxiety before their medical school entry

examination. The techniques I have included are both psychophysiological such as breathing exercises, and based on reflection, as well as mental experiments, aimed to create a distance between the observer and the objects arising in consciousness (aka cognitive defusion or distancing). The last part of the protocol was designed to stimulate the students' motivation and then on the realization of such motivation in specific and productive action.

Associazione Itaca Firenze Nonprofit Org.

January-March 2019

MBED - Mindfulness Based Empathic Dialogue

I devised a Mindfulness Based Intervention for volunteers at the Associazione Itaca in Florence. This intervention aimed to highlight awareness of how people communicate and to introduce small changes after a period of careful self-observation. In the context of this course I taught meditation, assertiveness, negotiation and self-compassion skills.

Department of Psychiatry - Careggi Hospital - Florence, Italy

2018 - Ongoing

Internship

Supervisor: Dr Silvia Quercioli, PsyD

The first two years of specialization internship with the Florence Center for Cognitive-Behavioural Therapy (CTCC), I did at the Department of Psychiatry at the Careggi Hospital in Florence. In this time I accrued 300 hours of time with patients as a Psychotherapist in training and in supervision.

Women's International Network (WIN)

January 2021

Lecture - Webinar

ADVERSITY AND RESILIENCE: LIVING THROUGH UNCERTAIN TIMES

I gave a lecture on what I call three paths to jumpstart our resilience in times of great uncertainty, such as the ones we're living because of the pandemic and the measures applied to contain it.

Police Force of Bologna

February - March 2021

Triple "A" Workplace Wellbeing - Lecture - Webinar

Resilience training on the management of extreme negative emotions for the Police Force of Bologna.

Cerchio Blu

March - July 2021

5 Webinars on Resilience Training for the Civil Defence and the Police

I was asked to lecture members of the Civil Defence and the Police in five webinars on Resilience Training and Stress Management. All of these lectures have been experiential in nature and practice oriented.

Florence Tennis Club 1898

May 2021 - Ongoing

Mental Training for Sport Performance

I have been working on a project for Sport performance with young athletes at the Florence Tennis Club 1898. The techniques used are currently designed to help these athletes to develop their full potential. It is recognized, for instance, that when playing, the athlete is playing on two fields at the same time: the actual field against their adversary, and another field against themselves. The Mental Training addresses issues on both of these playing fields by building on the already present resources of the athlete and enhancing performance.

Spazio ELLE - Women in Psychology

September 2021

Attention Reorientation Techniques

This lecture regarded the latest evidence pertaining Mindfulness in general and meditation techniques in psychology in particular. I argued that while the word "meditation" is an umbrella term, it implies in western culture a reasoning, therefore only some practices, such as, among others, the Analytic Meditation can be rightly called meditations, while the focusing on one's breath a simple attention reorientation technique. Having done this distinction I proceeded enumerating and describing the most relevant techniques followed by their practical application.

University of Florence - Nursing

September 2021

Fundamentals of Communication with Psychiatric Patients

I lectured future nurses at the Florence University of Human Sciences on the basic blocks of communicating with psychiatric patients in the hospital environment. I talked about the difficulty of using a straight forward diagnostic medical model to mental health disorders using examples given from history as well as present evidence. After this premise, I delved into the most agreed upon classifications found in the DSM-V and the ICD-11. Finally I talked about the fundamentals of communication, ending with a practical exercise.

CERTIFICATIONS

Course of Sensibilisation on the Social and Ecological Approach to Alcohol Related and Mixed Problems (Hudolin's Method)

2012

Regional Administration of Tuscany

Curatorship: Guido Guidoni, MD Psychiatrist

www.aicat.net/

Duration in weeks: 2 weeks

Expert Level nell'Ekman Micro Expression Training Tool Profile (eMETT Profile) Advanced Course

2012

Paul Ekman Group

Basic and advanced courses in micro expression recognition.

Title achieved.

Duration in weeks: 1 week

Think Again: How to Reason and Argue - Critical Thinking Course

2014

Duke University, Coursera

Critical Thinking Course organized by the Duke University

Title achieved with distinction: <https://www.coursera.org/records/Ss2XRrE9S9hAgFTw>

Duration in months: 3 months

Psychological First Aid

2015

Johns Hopkins - Bloomberg School of Public Health, Coursera

Utilizing the RAPID model (Reflective listening, Assessment of needs, Prioritization, Intervention, and Disposition), this specialized course provided me with perspectives on injuries and trauma that are beyond those physical in nature, and it is particularly useful since it is readily applicable to public health settings, the workplace, the military, faith-based organizations, mass disaster venues.

Title achieved with distinction: <https://www.coursera.org/account/accomplishments/certificate/6MXDKMZS98>

Duration in months: 3 months

MMPI-2 Test, Basic and Advanced Course

2016

Giunti O.S. and the Order of Psychologists of Tuscany

Basic and Advanced Courses on the history, administration, calculation, assessment and interpretation of the MMPI-2 test.

Title achieved.

Duration in months: 1 month

WORKSHOPS AND COURSES ATTENDED

Mindfulness Based Stress Reduction Course

2013

Curatorship: Bonapace, PsyD

Eight week group course on the fundamental Mindfulness Meditation techniques.

Duration: 2 months

Successful Negotiation: Essential Strategies and Skills

January 2015

University of Michigan , Coursera

Practical, holistic introductory course to the strategies and skills that can lead to successful negotiations both in one's personal life and in business transactions.

Curatorship: George Siedel

Role: participant

Communication and Coaching: Strategies and Change

December 2017

Coopselios , Reggio Emilia

Three day seminar on Communication and Coaching for Managers.

Curatorship: Bolmida Mauro

Role: assistant lecturer

Smoking Cessation MasterClass

2021

UK College of Hypnosis and Hypnotherapy

Multi-Component Cognitive-Behavioural Hypnotherapy Treatment training for Smoking Cessation MasterClass. I have used this to build my own Smoking Cessation Intervention.

Role: participant

Treating PTSD

30 April 2021

Keys to Resilience (CBT Workshop) with Donald Meichenbaum PhD

Dr Meichenbaum presented how to provide integrated treatment for such co-occurring disorders such as Substance Abuse, Depression and Suicidality, Prolonged and Complicated Grief – and the very important elements of how to integrate spirituality and psychotherapy were also addressed.

Building in and bolstering resilience is a key focus of Dr Meichenbaums' approach and considerations of developing and strengthening resilience across all domains were considered, in addition the important question of how we can build resilience in ourselves as therapists working with trauma and in our schools and communities was addressed.

Acceptance and Commitment Therapy (ACT) for Depression & Anxiety Disorders

March 2021

Intensive 6 week course

An advanced level, 6 week intensive course that specifically trains you in the most essential ACT interventions for the treatment of depression and anxiety disorders.

2021 Suicide Prevention Summit

October 2021

Mental Health Academy partnered with the British Psychological Society

2 day online summit on suicide prevention by leading experts in the field. Broadly an overview of contemporary developments in the assessment, management, and treatment of suicidal patients across a range of clinical settings and populations was presented. Systems level approaches, policy developments, and a stepped-care approach to care were discussed as well as the most important approaches to the assessment of suicidal risk, major management techniques for suicidal crises, suicide-focused interventions supported by clinical trials, critical policy considerations and matching different treatments to different patient needs.

Tricotillomania, Dermatillomania and Body Focused Disorders

October-November 2021

10 hours course

Curatorship: Davide Dettore

Course regarding the assessment and treatment of Body Focused Disorders through behavioural procedures such as Habit Reversal enhanced with cognitive techniques such as those pertaining Acceptance and Commitment Therapy and the Dialectical Behavioural Therapy.

PUBLICATIONS

The relationship between stress and diabetes mellitus

2015

Journal of Neurology and Psychology - Avens Publishing Group

Authors: G. Falco, P. S. Pirro, E. Castellano, M. Anfossi, G. Borretta, L. Gianotti.

This study investigates the psychological correlates of T1DM and T2DM and the role of stress in the development of the disease as well as in the creation of effective plans for lifelong medication.

<http://www.avensonline.org/wp-content/uploads/JNP-2332-3469-03-0018.pdf>

Mindfulness Based Stress Reduction program on chronic low back pain: Impact on endocrine, physical, and psychological functioning

2017

The Journal of Alternative and Complementary Medicine

Authors: **Ardito Rita B.***, **Pirro Piero Stanley***, **Re Tania S.**, **Bonapace Isabella**, **Menardo Valentino**, **Bruno Emanuela**, and **Gianotti Laura**. *these authors contributed equally to this work.

online.liebertpub.com/doi/10.1089/acm.2016.0423

The Road to Well-Being (Verso il Benessere)

2019

Aliberti

Synopsis: The economic crisis in Italy of the last few years, together with the questioning of certainties that once were considered unquestionable, can provoke new psychological problems. Today, these problems can be solved rapidly, thanks to recent advances in the psycho-therapeutic techniques. This book analyzes what can be done once positive change has occurred and when the patient comes up against the difficult reality that his disorder had previously helped to overshadow. It explores the kinds of interventions on well-being that can be applied "beyond the problem ". These interventions must be suitable to respond effectively to the challenges arising in various contexts such as the therapeutic session, within the group, in the workplace or even in cases of attempts at psychological do-it-yourself. It is necessary, therefore, to identify and build up the person's fundamental skills which will activate positive actions important for developing flexibility and resilience, essential qualities in a constantly and rapidly changing environment.

LANGUAGES

English (Native proficiency), **Italian** (Native proficiency)

VOLUNTEERING

AILO Nonprofit Org.

2000 - Today

Community Service

Twice a year I participate in a big charity bazaar, aimed at collecting funds in order to purchase advanced machinery (such as an hyperbaric chamber) for use in hospitals, charities and other welfare organizations. The early years I acted in the role of security, where I learned how to communicate assertively and head off any issues. More recently I have acted as a coordinator of the foreign books' booth, selling books and checking the takings.

Helios Nonprofit Org.

2015 - 2016

Care of children and adolescents affected by neuropsychiatric disorders

Once every two weeks, I visit the Villa Olivella Neuropsychiatric Clinic, to engage children and adolescents in creative workshops where they can paint, or build objects with the available materials (buttons, tissue, colored cardboard, straws etc.) and generally express their creativity. I have learned to interact with youths with neuropsychiatric disorders, being able to capture and keep their fleeting attention on the small tasks of the day.

Aurora Nonprofit Org.

2017

Empowerment for disadvantaged women

Once a week, for an hour and a half, I conduct a course on stress management and mindfulness for the benefit of people in economic difficulties. Within this context, I also provide free psychological consultation and counseling.

Associazione Itaca Firenze Nonprofit Org.

September 2017 - Today

Empowerment of families facing mental illness

I have volunteered for their "Ponte Telefonico" project, an open telephone line for families and people facing mental illness and related issues. I am also organizing Resilience training courses for the benefit of the volunteers and the organization at large.

CerchioBlu

February 2019 - Today

Civil Defence

I'm working as a Psychologist for the Civil Defence in the context of emergency interventions.

Under the Covid-19 lockdown, between March 10th and May 3rd 2020, I have been part of a task force of psychologists for the Civil Defence providing psychological first-aid and psychological emergency interventions through the phone and online. I have provided a guided video and a guided audio for stress and anxiety management.

Lately the service has been renewed at the beginning of November with the worsening of the conditions at the regional level and the establishment of a new, if not softer, form of lockdown.

SKILLS

Generally excellent to very good computer skills: Microsoft Office, Internet skills, AdobenPhotoshop, Gimp, R, Audacity (sound

editing framework).

As for soft skills, I work very well autonomously, I am flexible and adaptable, I am a good organizer, being both precise in paying attention to details, and I have made my life goal to keep learning.

DRIVING LICENCE

B

MISCELLANEA

Other pertinent information

Things that may be of interest:

- 1) I have double citizenship Italian and Australian;
- 2) I am good at teaching in a way which is tailored to the audience;
- 3) I plan on going to work abroad for a period and gain as much varied experience as possible;
- 4) I meditate regularly.

REFERENCES

Academic References: Professor Rita Ardito, University of Turin: rita.ardito@unito.it