

Mauro Galluccio Ph.D.

Cognitive and Behavioural Therapy

Objectives:

Learning how to nurture mind over mood working with emotional intelligence: improve emotional regulation; resilience and problem-solving strategies; improve the way we can learn to fulfill our potential (personal, interpersonal, relationships, parenting, school, business).

What is Cognitive and Behavioural Therapy

Cognitive and Behavioural Therapy (CBT) is based on the assumption that it is not the events themselves that determine our reactions and emotions, but rather the meaning we attribute to them. A central idea in CBT is that our *perception* of an event or experience powerfully affects our thinking, physiological, emotional, and behavioural responses to it. How people use their minds to solve problems, or to create them, or aggravate them is of the most importance to our work.

Cognitive and Behavioural Therapy has two main objectives. The first is to define the kind of thought that accompanies unpleasant emotions (ex. sadness, anger, anxiety, fear). The second is to look for alternative, more functional ways of dealing with problem situations. The adoption of more constructive thought modes leads to a modification of the painful emotional experience.

Currently, CBT covers the field of treatment of all mental disorders: anxiety disorders, depression, eating disorders, personality disorders, substance abuse, schizophrenia, as well as those of the age of evolution or the elderly.

CBT is:

- Scientifically based;
- Focused on the problem;
- A relatively short-term approach;
- Collaborative;
- Purpose oriented.

Cognitive psychotherapy lends itself to being scientifically investigated more easily than other forms of psychotherapy, and it is therefore

possible to evaluate the effectiveness of the intervention. Also for these reasons, it lends itself to synergies with pharmacological treatment or to represent an irreplaceable strategic aspect, as happens in complex psychosocial rehabilitation programs.

Curriculum Vitae

Dr. Mauro Galluccio, is a psychologist certified in Psychology of International Institutional contexts. He is specialized in cognitive-behavioral psychotherapy and he has been trained personally by Dr. Aaron Tim Beck and Dr. Albert Ellis the two founding fathers of the Cognitive and Behavioral Therapy. He has also a special certified training on Compassion Focused Therapy (CFT) as he was trained personally by Dr. Paul Gilbert, the founding father of the CFT. He has been officially recognized, accredited, and certified for **International Good practice in Cognitive and Behavioural Therapy** by The European Association for Behavioural and Cognitive Therapies (EABCT).

He is a past member and senior research scientist at the Academy of Cognitive Therapy in Philadelphia (solicited by Dr. Aaron T. Beck). He is a member of the Register of Psychologists of Italy and Belgium, and an ordinary member of the Italian Society for Cognitive and Behavioral Therapy (SITCC) and of the European Association for Behavioral and Cognitive Therapies (EABCT). He is International affiliated member to the American Psychological Association (APA).

He studied and was trained at the Johns Hopkins University, Washington D.C.; Harvard School, Cambridge, MA; the Beck Institute for Cognitive and Behavioral Therapy, Philadelphia; Derby University, the Compassion mind foundation. He has given many speeches, presented numerous papers and symposia at international conferences with a particular interest in the application of cognitive-behavioral psychology and psychotherapy principles to the field of negotiation, mediation, and institutional contexts.

He is the editor of a book entitled *Handbook of International Negotiation*, Springer, where he has also written a main chapter together with Dr. Aaron T. Beck, the founder of the Cognitive Therapy. He is the co-author of *Psychological processes in international negotiations: theoretical and practical perspectives* (with F. Aquilar, Springer, New York, 2008) and

co-editor of *Psychological and Political Strategies for Peace Negotiation. A Cognitive Approach* (with F. Aquilar, Springer, New York, 2011).

Dr. Galluccio works either in French, English or Italian.