

2011 - June 3rd - 4th, London, Has attended the **workshop on Tinnitus and Chronic Illness** by **Minnesota Institute of Hypnosis and Hypnotherapy** and **APHP - Association for Professional Hypnosis and Psychotherapy**. Lecturer: Kevin Hogan

2011 - August 7th, Southend-on-Sea **Diploma in Clinical Hypnosis with Psychotherapy (DHP)** and **Diploma in Hypnoanalysis (Advanced)** by **Essex Institute of Clinical Hypnosis - UK**

2011 - September 3rd-4th, Southend-on-Sea (UK), Has attended the **SymbioDynamics! Workshop** at EICH and has been awarded with the title of **Registered SymbioDynamics! Practioner**. Lecturer: Terence Watts

2011 - October 10th, **Working with Children (part 1)** - Workshop. EICH Southend-on-Sea (UK). Lecturer: Lynda Hudson

2011 - November 14th, **Working with Children (part 2)** - Workshop. EICH Southend-on-Sea (UK). Lecturer: Lynda Hudson

2011 - November 21st-25th, **Psychosexual Disorder Specialist Course (5 days)**

2011- November, Has been awarded as **Hypno-Band Licensed Practioner**

2011 - December 12th, **NLP** - Workshop. EICH Southend-on-Sea (UK). Lecturer: Andy Milton

2012 - January 9th, **Archetypal Parts Imagery (part 1) - Workshop**. EICH Southend-on-Sea (UK). Lecturer: Terence Watts

2012 – February 13th, **Archetypal Parts Imagery (part 2) - Workshop**. EICH Southend-on-Sea (UK). Lecturer: Terence Watts

2012 - March 3rd - 4th Southend-on-Sea (UK), Has attended the **SymbioDynamics' Workshop** at EICH and has been awarded with the title of **Registered SymbioDynamics' Consultant**. Lecturer: Terence Watts

2012 - April 16th, **Stress Management - Workshop**. EICH Southend-on-Sea (UK). Lecturer: John Hudson

2012 May 14th, **An Introduction to EFT - Workshop**. EICH Southend-on-Sea (UK). Lecturer: Alison Munro

2012 June 11th, Has attended **Advanced Analytical Hypno-Psychotherapy (part 1) - Workshop**. EICH Southend-on-Sea (UK). Lecturer: Terence Watts

2012 July 9th, Has attended **Advanced Analytical Hypno-Psychotherapy (part 2) - Workshop**. EICH Southend-on-Sea (UK). Lecturer: Terence Watts

2012 July - 24, 25, 26, Has attended **Masterclass in Anxiety, Phobias and Panic** - Academy of Clinical and Medical Hypnosis - Chesterfield (UK). Lecturers: Carol Wan and Alan Cooper

2012 October 10, 11 - **Anorexia, Bulimia, Eating Disorders & OCD Diploma Course** with D. Kato - Academy For Continued Hypnosis Education (International) - Bristol

2012 31 Oct - 2 Nov 2012 **Masterclass in Depressive Disorders** - Academy of Clinical and Medical Hypnosis - Chesterfield (UK). Lecturers: Carol Wan and Alan Cooper

2013, February 3rd **Fibromyalgia Specialist Certification** - Alabama Center of Hypnotherapy

2013, February 5th **Fibromyalgia Specialist Certification** - Alpha University

2013, April - August - has attended **Stage two and Stage three** (professional track) at **NCHP -National College of Hypnosis and Psychotherapy** - London (UK)

2014, April 5th – **Diploma in Parts Therapy and Regression Hypnosis– John Deware’s School of Hypnotherapy** – GHSc Accredited CPD

2014, **Human development and Sexuality - NCHP&M – National Council Hypnotherapy Psychotherapy and Mindfulness**

2014, **Research methods course - NCHP&M - National Council Hypnotherapy Psychotherapy and Mindfulness**

2014, June 13th - **Irritable Bowel Syndrome Specialist certification course** (10 ceu) - Melissa Roth accredited - **IMDHA**

2014, September 11th - **Medical Hypnotherapy Specialist Course** with Melissa Roth (20 ceu) accredited by the **IMDHA**

2105, April 6th – **Autoimmune Specialist Specialist Course** with Melissa Roth (20 ceu) accredited by the **IMDHA**

2015, November (3 days) – **Train the Trainer 1st part programme** – **UK Academy of Therapeutic Arts and Sciences**

2016 , January (3 days) - **Train the Trainer 2nd part programme** – **UK Academy of Therapeutic Arts and Sciences**

SEZIONE IN AGGIORNAMENTO ...

WORKSHOPS, SEMINARS, MEETINGS

2004 – 1st **Biannual of Art-Therapy** at Ente Campo Sampiero in Pistoia – Centro diurno del Dipartimento di Salute mentale di Pistoia (Department of Mental Health Diurnal Center)

2006 – 2nd **Biannual of Art-Therapy** at Ente Campo Sampiero in Pistoia – Centro diurno del Dipartimento di Salute mentale di Pistoia (Department of Mental Health Diurnal Center)

2009 – **One day seminar** about “**Pathology in relationships during the digital era**”- SIPT Società Italiana di Psicodinamica (Italian Society of Psycho-synthesis) in Florence (IT)

2011 - **APHP 2011 INTERNATIONAL CONFERENCE** - 2 DAYS CPD. London (UK)

2012 - **APHP 2012 INTERNATIONAL CONFERENCE** - 2 DAYS CPD. - London (UK)

SEZIONE IN AGGIORNAMENTO...

ALTRE ATTIVITA'

2012 - Has run a '**Stress management Course**' in Pistoia. The Course has been recognized from the APHP.

2013 - Has created the **Centro Toscano di Studi sull'Ipnosi - Tuscanian Center for Hypnosis Studies**

2013 February - Has run a '**Quit Smoking Group Center**' with **Associazione Misericordia in Pistoia**

2013 March - Has created a '**Quit Smoking Group Center**' with **Associazione La Pubblica Assistenza in Prato**

PAPERS

Allegretta A., *Fibromyalgia: a case study - Is Fibromyalgia just a matter of Rheumatology?*, FIDELITY - The Journal for the NCP. 2013, ISSN 1471-6659