



Europass Curriculum Vitae

Personal information

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Nationality	Italian	
Date of birth	30 th May 1967	
Gender	Male	

Work experience

19/09/2020	Full Professor in Cultural Psychology and Psychotherapy at Sigmund Freud University Vienna/Milano
09/2015-Present	Academic Teaching at Sigmund Freud University Vienna/Milano in Storia della Psicologia Applicata [History of Applied Psychology] e Tecniche del Colloquio in Psicologia Applicata [Interview Techniques in Applied Psychology]
09/2006-Present	Teaching member of the Italian Society of Cognitive-Behavioural Therapy (Società Italiana di Terapia Comportamentale e Cognitiva; SITCC)
06/2004-Present	Director of Studies, Post-Degree Cognitive Psychotherapy School 'Psicoterapia Cognitiva e Ricerca' with branches in Milan and Bolzano (Italy), licenced by National Health Ministry of Italy
06/2001-Present	Lecturer in Cognitive Psychotherapy, Post-Degree Cognitive Psychotherapy School 'Studi Cognitivi', Milan, Italy, licenced by National Health Ministry of Italy.
09/2000-Present	Private practice as Psychiatrist and Cognitive-Behavioural Therapist 57, Foro Buonaparte, Milan, Italy
09/2000-09/2002	Full Time Locum Psychiatrist 'Logos' Rehabilitation Unit of the 'Bosis' Mental Health Foundation of Bergamo, Italy
04/1999-08/2000	Full Time Locum Psychiatrist General Psychiatric Hospital of Bergamo (Lombardy)

	West and East Bergamo Community Mental Health Unit, Bergamo, Italy
11/1998-03/1999	Part Time Locum Psychiatrist Rehabilitation Department of 'Villa San Benedetto' Hospital Albese, Como, Italy
11/1994-10/1998	Junior Doctor in Training for Psychiatry Emergency Inpatients Unit and Eating Disorders Outpatients Unit, Psychiatric Department of the Ospedale Maggiore (General Hospital, IRCCS) University of Milan, Milan, Italy
10/1993-09/1994	Military Paramedic Staff Member Barraks of Casale Monferrato (Piedmont) and Milano (Lombardy)
11/1992-09/1993	Visitor Physician General Psychiatry Department of the Ospedale Maggiore (General Hospital, IRCCS) University of Milan, Milan, Italy

Scientific activities

1994 – 2000	COST (European Cooperation in Science and Technology) Action B6 Psychotherapeutic treatment of eating disorders
20-21/03/2010	NATO ARW (North Atlantic Treaty Organization Advanced Research Workshop) Science for Peace and Security Programme: "Predictors of Opposition to Modernity and of Identification with Terrorism among Young European Immigrants" (Reference number of ARW: HSD.MD.ARW 983584)
09/2015-Present	Member of Editorial Board Journal of Rational Emotive and Behavior Cognitive Therapy

Education and training

1987-1992	Degree in General Medicine Department of Medicine, University of Pavia Pavia, Italy
1994-1998	Post-Degree Specialization in Psychiatry and Psychotherapy Psychiatric Department, University of Milan Milan, Italy
1998-2001	Training in Cognitive Psychotherapy in APPC Milano and APC Verona
2006	Primary Training in Mentalization Based Therapy (MBT) at Sigmund Freud Institute in Frankfurt (Germany)
2012-2014	Primary, Advanced, Associate Fellowship e Supervisor Training in Rational Emotive Behavior Therapy (REBT) at Albert Ellis Institute, New York (USA).
2013	Advanced Training in Mentalization Based Therapy (MBT) at Anna Freud Institute in London (UK)
2013	

2014-2015	Accredited Associated Professor in Clinical Psychology (M-PSI/08; scientific section 11/E4, DD 1532/2013)
2017-2018	I level Masterclass in Metacognitive Therapy (MCT) at Metacognitive Institute di Manchester (UK)
2017-2019	II level Masterclass in Metacognitive Therapy (MCT) at Metacognitive Institute di Manchester (UK)
	Core Essentials, Anxiety, Depression and Personality Disorders in cognitive behavioral therapy (CBT) at Beck Institute di Philadelphia

Publications

Peer-reviewed Articles

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| 1995 | Papa, R., Ruggiero, G.M., Mantero, M., Giudici, E., Penati, G. (1995). Subjective Discomfort and Interference with Daily Life of Obsessive Symptoms in Anorexic Patients and in Obsessive Compulsive Patients. <i>Italian Journal of Psychiatry</i> , 5, 3, 117-119. |
| 1999 | Ruggiero, G.M., Mantero, M., Asti, M., Agostinelli, M.L., Casaccio, F., Garghentini, P.G., Gozzini, C., Zita, G., Penati, G. (1999). EAT-26 and Culture: A Study in Northern and Southern Italy. <i>Eating and Weight Disorders</i> , 4, 2, 89-94. |
| 2000 | Ruggiero, G.M., Hannöver, W., Mantero, M., Papa, R. (2000). Body Acceptance and Culture: A Study in Northern and Southern Italy. <i>European Eating Disorders Review</i> , 8, 40-50. |
| 2001 | Ruggiero, G.M., Laini, V., Mauri, M.C., Ferrari, V.M.S., Clemente, A., Lugo, F., Mantero, M., Redaelli, G., Zappulli, D., Cavagnini, F. (2001). A single blind comparison of amisulpride, fluoxetine and clomipramine in the treatment of restricting anorectics. <i>Neuro-psychopharmacology & Biological Psychiatry</i> , 25, 1049-1059. |
| | Ruggiero, G.M., Prandin, M., Mantero, M. (2001). Eating Disorders in Italy: a Historical Review. <i>European Eating Disorders Review</i> , 9, 292-300. |
| 2002 | Jaeger, B., Ruggiero, G.M., Edlund, B., Gomez-Perretta, C., Lang, F., Mohammadkhani, P., Sahleen-Veasey, C., Schomer, H., Lamprecht, F. (2002). Body dissatisfaction and its interrelations with other risk factors for bulimia nervosa in 12 countries. <i>Psychotherapy and Psychosomatics</i> , 71, 54-61. |
| | Milos, G., Spindler, A., Ruggiero, G., Klaghofer, R., Schnyder, U. (2002). Comorbidity of obsessive-compulsive disorders and duration of eating disorders. <i>International Journal of Eating Disorders</i> , 31, 284-289. |
| | Sassaroli, S., Ruggiero, G.M. (2002). I costrutti dell'ansia: Obbligo di controllo, perfezionismo patologico, pensiero catastrofico, autovalutazione negativa e intolleranza dell'incertezza. <i>Psicoterapia Cognitiva e Comportamentale</i> , 8, 45-60. |
| 2003 | Ruggiero, G.M., Mauri, M.C., Omboni, A.C., Volonteri, L.S., Dipasquale, S., Malvini, L., Redaelli, G., Pasqualinotto, L., & Cavagnini F. (2003). Nutritional management of anorexic patients with and without fluoxetine: 1-year follow-up. <i>Progress in Neuro-psychopharmacology & Biological Psychiatry</i> , 27, 425-430. |
| | Sassaroli, S., & Ruggiero, G.M. (2003). La psicopatologia cognitiva del rimuginio (worry). <i>Psicoterapia Cognitiva e Comportamentale</i> , 9, 31-45. |

- Ruggiero, G.M., Levi, D., Ciuna, A., & Sassaroli, S. (2003). Stress situation reveals an association between perfectionism and drive for thinness. *International Journal of Eating Disorders*, 34, 220-226.
- 2004** Milos, G., Spindler, A., Buddeberg, C., Ruggiero, G. (2004). Eating disorders symptomatology and inpatient treatment experience in eating-disordered subjects. *International Journal of Eating Disorders*, 35, 161-168.
- Apparigliato, M., Ruggiero, G. M., Sassaroli, S. (2004). Il criticismo: un'analisi cognitiva. *Psicoterapia Cognitiva e Comportamentale*, 10, 197-210.
- 2005** Sassaroli, S., & Ruggiero, G.M. (2005). The role of stress in the association between low self-esteem, perfectionism, and worry, and eating disorders. *International Journal of Eating Disorders*, 37, 135-141.
- Sassaroli, S., Bertelli, S., Decoppi, M., Crosina, M., Milos, G., & Ruggiero, G.M. (2005). Worry and eating disorders: a psychopathological association. *Eating Behaviors*, 6, 301-307.
- Sassaroli, S., Mezzaluna, C., Amurri, A., Bossoletti, R., Ciccioli, T., Perrotta, A., Romualdi, A., Stronati, A., Urbani, S., Valenti, V., Milos, G., & Ruggiero, G.M. (2005). Stress plays a role in the association between cognitive constructs and measures of eating disorders in male subjects. *Eating Weight Disorders*, 10, 117-24.
- 2007** Vinai, P., Cardetti, S., Ferrato, N., Vallauri, P., Carpegna, G., Masante, D., Luxardi, G., Todisco, P., Manara, M., Ruggiero, G.M., Sassaroli, S. (2007). Visual evaluation of food amount in patients affected by Anorexia Nervosa. *Eating Behaviors*, 8, 291-295.
- Apparigliato, M., Ruggiero, G. M., Sassaroli, S. (2007). Il Perceived Criticism Inventory (PCI): un nuovo strumento di valutazione del criticismo genitoriale. *Psicoterapia Cognitiva e Comportamentale*, 13, 275-300.
- 2008** Sassaroli, S., Romero, L., Ruggiero, G.M., Frost, R. (2008). Perfectionism in depression, obsessive compulsive disorder and eating disorders. *Behaviour Research and Therapy*, 46, 757-765.
- Sassaroli, S., Ruggiero, G.M. (2008). The control and worry-centered treatment of eating disorders (CWT-ED). *International Journal of Child and Adolescent Health*, 2, 229-242.
- Vinai, P., Allison, K.C., Cardetti, S., Carpegna, G., Ferrato, N., Masante, D., Vallauri, P., Ruggiero, G.M., Sassaroli, S. (2008). Psychopathology and treatment of NES. *Eating and Weight Disorders*, 13, 54-63.
- Sassaroli, S., Gallucci, M., & Ruggiero, G.M. (2008). Low perception of control as a cognitive factor of eating disorders. Its independent effects on measures of eating disorders and its interactive effects with perfectionism and self-esteem. *Journal of Behavior Therapy and Experimental Psychiatry*, 39, 467-488.
- 2009** Vinai, P., Cardetti, S., Carpegna, G., Ferrato, N., Vallauri, P., Masante, D., Sassaroli, S., Ruggiero, G. M., Scarone, S., Bertelli, S., Bidone, R., Busetto, L., Sampietro, S. (2009). Daily and nightly anxiety amongst patients affected by Night Eating Syndrome and Binge Eating Disorder. *Eating Disorders*, 17, 140-145.
- Paulesu, E., Sambugaro, E., Torti, T., Danelli, L., Ferri, F., Scialfa, G., Sberna, M., Ruggiero, G. M., Bottini, G., Sassaroli, S. (2009) Neural correlates of worry in generalized anxiety disorder and in normal controls: a functional MRI study. *Psychological Medicine*, 7, 1-8.
- Vinai, P., Cardetti, S., Carpegna, G., Ferrato, N., Vallauri, P., Masante, D., Sassaroli, S., Ruggiero, G. M., Scarone, S., Bertelli, S., Bidone, R., Busetto, L., Sampietro, S. (2009). Daily and nightly anxiety amongst patients affected by Night Eating Syndrome and Binge Eating Disorder. *Eating Disorders*, 17, 140-145.

- 2011** Veronese, G., Ruggiero, G. M., Sassaroli, S., & Castiglioni, M. (2011). Interpersonal and Individual Factors in the Grandiose Fantasies and Threats to Self-esteem of A Non-clinical Sample. *The Open Psychology Journal*, 2011, 4, 1-5.
- Spada, M. M., Caselli, G., Manfredi, C., Rebecchi, D., Rovetto, F., Ruggiero, G. M., Nikèevia, A. V., Sassaroli, S. (2011). Parental Overprotection and Metacognitions as Predictors of Worry and Anxiety. *Behaviour and Cognitive Psychotherapy*, 6, 1-10.
- Ruggiero, G. M., Veronese, G., Sassaroli, S., & Castiglioni, M. (2011). Grandiose fantasies and low self-esteem: an experimental study. *Psychological Studies*, 54, 368-372.
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- 2012** Ruggiero, G. M., Stapinski, L., Caselli, G., Fiore, F., Gallucci, M., Sassaroli, S., Rapee, R. (2012). Beliefs over control and meta-worry interact with the effect of intolerance of uncertainty on worry. *Personality and Individual Differences*, 53, 224-230.
- Spada M.M., Caselli, G., Manfredi, C., Rebecchi, D., Rovetto F., Ruggiero, G.M., Nikcevic, A., & Sassaroli S. (2012). Parental Styles and Metacognitions as Predictors of Worry and Anxiety. *Behavioral and Cognitive Psychotherapy*, 40, 287-296
- 2013** Spada M.M., Caselli, G., Manfredi, C., Rebecchi, D., Rovetto F., Ruggiero, G.M., Nikcevic, A., & Sassaroli S. (2012). Parental Styles and Metacognitions as Predictors of Worry and Anxiety. *Behavioral and Cognitive Psychotherapy*, 40, 287-296.
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- Martino, F., Caselli, G., Ruggiero, G.M., Sassaroli, S. (2013). Collera e Ruminazione Mentale [Anger and mental rumination]. *Psicoterapia Cognitiva e Comportamentale*, 19, 341-354.
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- 2014** Bassanini, A., Caselli, G., Fiore, F., Ruggiero, G.M., Sassaroli, S., Watkins, E.R. (2014). Why “why” seems better than “how”. Processes underlining repetitive thinking in an Italian non-clinical sample. *Personality and Individual Differences*, 64, 18-23.
- Caselli, G., Decsei-Radu, A., Fiore F., Manfredi C., Querci, S., Sgambati, S., Rebecchi, D., Ruggiero G.M., Sassaroli, S. (2014). Self-Discrepancy monitoring and its impact on negative mood: an experimental investigation. *Behavioral and Cognitive Psychotherapy*, 42(4), 464-478.
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- 2015** Caselli, G., Canfora, F., Ruggiero, G.M., Sassaroli, S., Albery, I.P. and Spada, M.M. (2015). Desire thinking mediates the relationship between emotional intolerance and problem drinking. *International Journal of Mental Health and Addiction*, 13, 185-193.
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- Sassaroli, S., Centorame, F., Caselli, G., Favaretto, E., Fiore, F., Gallucci, M., Sarracino, D., Ruggiero, G.M., Spada, M.M., & Rapee, R.M. (2015). Anxiety control and metacognitive beliefs mediate the relationship between inflated responsibility and obsessive compulsive symptoms. *Psychiatry Research*, 228, 560-564.
- Sassaroli, S., Fiore, F., Mezzaluna, C., Ruggiero, G.M. (2015). Stressful task increases drive for thinness and bulimia: a laboratory study. *Frontiers in Psychology*, 6, 591-6.
- Spada, M.M., Caselli, G., Fernie, B.A., Manfredi, C., Boccaletti, F., Dallari, G., Gandini, F., Pinna, E., Ruggiero, G.M., Sassaroli, S. (2015). Desire thinking: A risk factor for binge drinking? *Eating Behaviors*. 18, 48-53.
- Vinai, P., Speciale, M., Vinai, L., Vinai, P., Bruno, C., Ambrosecchia, M., Ardizzi, M., Lackey, S., Ruggiero, G.M., Gallese, V. (2015). The Clinical Implications and Neurophysiological Background of Using Self-Mirroring Technique to Enhance the Identification of Emotional Experiences: An Example with Rational Emotive Behavior Therapy. *Journal of Rational-Emotive and Cognitive-Behavioural Therapy*, 33, 115-133. doi:10.1007/s10942-015-0205-z
- 2016** Caselli, G., Manfredi, C., Ruggiero, G.M., Sassaroli, S. (2016). La terapia cognitivo-comportamentale dei disturbi d'ansia: una revisione degli studi di efficacia. *Psicoterapia Cognitiva e Comportamentale*, 22, 81-101.
- Manfredi, C., Caselli, G., Pescini, F., Rossi, M., Rebecchi, D., Ruggiero, G.M., Sassaroli, S. (2016). Parental criticism, self-criticism and their relation to depressive mood: an exploratory study among a non-clinical population. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 19, 1-8.
- Offredi, A., Caselli, G., Manfredi, C., Liuzzo, P., Rovetto, F., Ruggiero, G.M., Sassaroli S., (2016). Effects of anger rumination on different scenarios of anger: an experimental investigation. *American Journal of Psychology*, 129, 381-390.
- Ruggiero, G.M., Bassanini, A., Benzi, M.C. et al. (2016). Irrational and Metacognitive Beliefs Mediate the Relationship Between Content Beliefs and GAD Symptoms: A Study on a Normal Population. *Journal of Rational-Emotive and Cognitive-Behavioural Therapy*. First Online: 18 October 2016. doi:10.1007/s10942-016-0253-z

2017

Sarracino, D., Dimaggio, G., Ibrahim, R. Popolo, R., Sassaroli, S., Ruggiero, G.M. (2016). When REBT Goes Difficult: Applying ABC-DEF to Personality Disorders. *Journal of Rational-Emotive and Cognitive-Behavioural Therapy*. First Online: 23 December 2016. doi:10.1007/s10942-016-0258-7

Sassaroli, S., Caselli, G., Ruggiero, G.M. (2016). Un modello cognitivo clinico di accertamento e concettualizzazione del caso: Life themes and plans Implications of biased Beliefs: Elicitation and Treatment (LIBET). *Psicoterapia Cognitiva e Comportamentale*, 22, 183-197.

Sassaroli, S., Caselli, G., Redaelli, C. & Ruggiero, G.M. (2017). Procedure e protocollo di terapia LIBET – prima parte: le procedure ABC-LIBET, laddering e disputing. *Psicoterapia Cognitiva e Comportamentale*, 23, 73-92.

Sassaroli, S., Caselli, G., Bassanini, & Ruggiero, G.M. (2017). Procedure e protocollo di terapia LIBET seconda parte: fasi del protocollo e caso clinico Antonia A. *Psicoterapia Cognitiva e Comportamentale*, 32, 331-344.

Ruggiero, G. M., Sarracino, D., McMahon, J., Caselli, G., Sassaroli, S. (2016). Practicing REBT in Italy. Cultural aspects. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, 35, 125–135. First Online: 20 July 2016 <http://link.springer.com/article/10.1007/s10942-016-0246-y> DOI 10.1007/s10942-016-0246-y

Ruggiero, G. M., Veronese, G., Castiglioni, M., Procaccia, R., Sassaroli, S. (2017). Cognitive Avoidance, Humiliation and Narcissism in Non-Clinical Individuals: An Experimental Study. In A. M. Columbus (Ed.), *Advances in Psychology Research*. Volume 128 (pp. 1-16). New York: NOVA Publisher.

Ruggiero, G.M., Bassanini, A., Benzi, M.C., Boccalari, F., Caletti, E., Caselli, G., Di Tucci, A., Fiore, F., Ibrahim, R., Marsero, S., Moioli, E., Ponzio, E., Sapuppo, W., Sarracino, D., Telesca, M., Zizak, S., Sassaroli, S. (2017). Irrational and Metacognitive Beliefs mediate the relationship between content beliefs and GAD symptoms: a study on normal population. *Journal of Rational-Emotive and Cognitive-Behaviour Therapy*, 35(3), 240-253.

Caselli, G., Offredi, A., Martino, F., Varalli, D., Ruggiero, G. M., Spada, M. M., Wells, A. (2017). Metacognitive beliefs and rumination as predictors of anger: A prospective study. Published on-line 23 February 2017.

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Compare, A., Brugnera, A., Spada, M.M., Zarbo, C., Tasca, G.A., Sassaroli, S., Caselli, G., Ruggiero, G.M., Wittstein, I. (2018). The Role of Emotional Competence in Takotsubo Cardiomyopathy. *Psychosomatic Medicine* 80, 377-384.

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Mansueto, G., Caselli, G., Ruggiero, G.M., Sassaroli, S. (2018). Metacognitive beliefs and childhood adversities: an overview of the literature. *Psychology, Health & Medicine*, 1-9, published on-line 21th November 2018.

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2019 Ruggiero, G.M., Caselli, G., Sassaroli, S. (2019). Risposta ai commenti su 'Laicizzare la relazione terapeutica in psicoterapia cognitivo-comportamentale: la formulazione condivisa del caso [Response to comments on 'Secularizing the therapeutic relationship in cognitive-behavioral psychotherapy: the shared formulation of the case]. *Psicoterapia Cognitiva e Comportamentale*, 25(1), 101-105.

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Edited books	<p>2003 Ruggiero, G.M. (Ed.) (2003). Eating Disorders in Mediterranean Area. New York: NOVA Publishers.</p> <p>2006 Sassaroli, S., Lorenzini, R., Ruggiero, G.M. (Eds.) (2006). Psicoterapia Cognitiva dell'Ansia. Milano: Raffaello Cortina Editore.</p> <p>2010 Sassaroli, S., Ruggiero, G.M. (Eds.) (2010). Cognitive Therapy of Eating Disorders on Control and Worry. New York: NOVA Publishers. Translated in Italian: Sassaroli, S., Ruggiero, G.M. (Eds.) (2010). I Disturbi Alimentari. Bari: Laterza.</p> <p>2011 Ruggiero, G.M. (2011). Psicoterapia Cognitiva. Una Storia Critica [Cognitive Psychotherapy. A Critical History]. Milano: Raffaello Cortina Editore.</p> <p>2013 Ruggiero, G.M., Sassaroli, S. (2013). Il Colloquio in Psicoterapia Cognitiva. Tecnica e Pratica Clinica [The Cognitive Psychotherapy Session. Clinical Technique and Practice]. Milano: Raffaello Cortina Editore.</p> <p>2014 DiGiuseppe, R., Doyle, K., Dryden, W., Backx, W. (2014). A Practitioner's Guide to Rational Emotive Behavior Therapy. New York : Oxford University Press. Tr. italiana a cura di Sarracino, D., Ruggiero, G.M. (2014). Manuale di Terapia Razionale Emotiva Comportamentale. Milano: Cortina.</p> <p>2017 Caselli, G., Ruggiero, G.M., Sassaroli, S. (2017). Il Rimuginio. Teoria e terapia del pensiero ripetitivo [Worry. Theory and therapy of repetitive thinking]. Milano: Raffaello Cortina Editore</p> <p>2021 Ruggiero, G. M., Caselli, G., Sassaroli (2020). Case Formulation as Therapeutic Process in CBT. Cham, Switzerland: Springer.</p>
Personal skills and competences	<p>Mother tongue(s) Italian</p> <p>Other language(s) English (excellent understanding, speaking, scientific writing) French (competence in reading scientific paper) German (partial competence in reading scientific paper)</p> <p>Social skills and competences Competence in team management and as supervisor of clinical practitioners. Involvement in several projects of international cooperation and scientific network development on mental health issues.</p> <p>Organisational skills and competences Experience in direction and management of a post graduate school in Cognitive Psychotherapy with a wide teaching staff.</p>

	Competence in the management of complex and international scientific events (i.e. meeting, congresses). Competence in the management of a clinical team in the Bergamo period (1998-2000)
Technical skills and competences	Clinical competences as psychiatrist and cognitive-behavioural therapist Competences as cognitive psychotherapy trainer and teacher Competence in research methods in clinical psychology Competence in statistical analysis in clinical psychology research Competences in writing and editing of scientific papers
Computer skills and competences	Excellent knowledge of Microsoft Office package Good knowledge of data processing software (i.e. SPSS, Amos, Lisrel)
Driving licence	Full clean driving licence

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