

**EUROPEAN
CURRICULUM VITAE
FORMAT**



PERSONAL INFORMATION

Name RIVELLI SILVIA ANTARES
Address BORG LA CROCE, 32. 50121, FIRENZE, ITALY
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E-mail silviaantaresrivelli@gmail.com

Nationality Italian
Date of birth 9TH OCTOBER, 1960

WORK EXPERIENCE

- Dates (from – to) July 2013 - present
- Name and address of employer Centro Olos Firenze
Lungarno Colombo, 44. 50136, Firenze, Italy
- Type of business or sector Freelance activity in the Psychiatric and Psychotherapeutic sector
- Occupation or position held Doctor in Psychiatry and Psychoterapist
- Main activities and responsibilities Professional practice in Clinical Psychiatry and Psychotherapy and MBCT groups

- Dates (from – to) January 2005 - present
- Name and address of employer Casa di Cura Psichiatrica Villa dei Pini,
Via Ugo foscolo, 78. 50124 Firenze (Italy)
- Type of business or sector Psychiatric Nursing Home
- Occupation or position held Doctor in Psychyatry and Psychotherapist
- Main activities and responsibilities Psychotherapy Service at the Surgery

- Dates (from – to) January 1993 – July 2013
- Name and address of employer Firenze
Via Cavour, 62. 50129, Firenze, Italy
CesipC
Via Cavour, 64. 50129, Firenze, Italy
- Type of business or sector Freelance activityin the Psychiatric and Psychotherapeutic sector
- Occupation or position held Doctor in Psychiatry and Psychoterapist
- Main activities and responsibilities Professional practice in Clinical Psychiatry and Psychotherapy and MBCT groups

- Dates (from – to) January 1999 - 2008
- Name and address of employer Casa di Cura Psichiatrica Villa dei Pini,
Via Ugo foscolo, 78. 50124 Firenze (Italy)

- Type of business or sector Psychiatric Nursing Home
 - Occupation or position held Doctor in Psychiatry
 - Main activities and responsibilities Clinical activity (Doctor on duty) in Eating Disorders Department, groups Psychotherapy
- Dates (from – to) January 1990 – March 1998
 - Name and address of employer Istituto di Neuroscienze, Centro di Neurologia, Psichiatria e Psicologia Clinica
Viale Ugo Bassi, 1. 50137, Firenze, Italy
 - Type of business or sector Psychiatric Day Hospital
 - Occupation or position held Doctor in Psychiatry and Psychoterapist
 - Main activities and responsibilities Clinical activity in Psychiatric Day Hospital, Psychotherapy, Research activity
- Dates (from – to) 1989 - 1991
 - Name and address of employer Local Health Unit
Via Gabriele D'Annunzio, 29. 50135 Firenze, Italy
 - Type of business or sector Public Health
 - Occupation or position held Substitute General Practitioner
 - Main activities and responsibilities General Practitioner (Family Doctor)
- Dates (from – to) 1989 - 1991
 - Name and address of employer Local Health Unit
Via Gabriele D'Annunzio, 29. 50135 Firenze, Italy
 - Type of business or sector Public Health
 - Occupation or position held Doctor on duty for Emergency and general medicine, Night and Holidays Service (Guardia Medica)
 - Main activities and responsibilities Medical Emergency
- Dates (from – to) 1989 - 1991
 - Name and address of employer Local Health Unit
Via Gabriele D'Annunzio, 29. 50135 Firenze, Italy
 - Type of business or sector Public Health
 - Occupation or position held Medical Doctor
 - Main activities and responsibilities Collecting blood samples from patients for blood tests

EDUCATION AND TRAINING

- Dates (from – to) August 30th – 31st, 2014
- Name and type of organisation providing education and training Mindfulness Association
4Whaley Lane Whaley Bridge, Derbyshire SK237AE, UK
- Principal subjects/occupational skills covered Compassion Practitioner Certificate Course. Module 1
- Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Annick Nevejan, Fay Adams, Elena Oselladore
- Dates (from – to) July 6th – 15th, 2014

- Name and type of organisation providing education and training
Oasis Institute for Mindfulness-Based Professional Education and Training
Center for Mindfulness, Department of Medicine, Medical School, University of Massachusetts and Motus Mundi, Center for Mindfulness, Cultural Association, Via Lussemburgo, 4, Padova, Italy
- Principal subjects/occupational skills covered
Nine Day Practicum in MBSR
- Title of qualification awarded
Certificate of Attendance
- Notes
Conducted by Saki Santorelli and Florence Meleo Meyer. Roma, Italy
- Dates (from – to)
May 10th – 11th, 2014
- Name and type of organisation providing education and training
Mindfulness Association
4Whaley Lane Whaley Bridge, Derbyshire SK237AE, UK
- Principal subjects/occupational skills covered
Compassion Practitioner Certificate Course Introduction
- Title of qualification awarded
Certificate of Attendance
- Notes
Conducted by Rob Nairn, Annick Nevejan, Fay Adams
- Dates (from – to)
April 7th- present, 2014
- Name and type of organisation providing education and training
Mindfulness Association
4Whaley Lane Whaley Bridge, Derbyshire SK237AE, UK
- Principal subjects/occupational skills covered
Seven Day Silent Retreat
- Title of qualification awarded
Certificate of Attendance
- Notes
Conducted by Rob Nairn. Monteortone, Abano Terme (PD), Italy
- Dates (from – to)
January - April, 2014
- Name and type of organisation providing education and training
Mindfulness Association
4Whaley Lane Whaley Bridge, Derbyshire SK237AE, UK
- Principal subjects/occupational skills covered
Teaching Skills: 20 hours of teaching (divided in 2 weekend modules) on Mindfulness Teaching
- Title of qualification awarded
Certificate of Attendance “Teaching Skills”
- Notes
Conducted by Rob Nairn and Heather Regan-Addis. Venezia, Italy
- Dates (from – to)
January 2nd – 6th, 2014
- Name and type of organisation providing education and training
Motus Mundi, Center for Mindfulness, Cultural Association.
Via Lussemburgo, 4, Padova, Italy
- Principal subjects/occupational skills covered
5- Days Silent Retreat “La via del silenzio e dell’ascolto”
- Title of qualification awarded
Certificate of Attendance
- Notes
Conducted by Gherardo Amadei e Franco Cucchio. Monteortone, Abano Terme (PD), Italy
- Dates (from – to)
September 20th- 21st, 2013
- Name and type of organisation providing education and training
Istituto di Scienze Cognitive s.r.l.
Piazzale Segni, 1, Sassari, Italy
- Principal subjects/occupational skills covered
“Interpersonal Neurobiology” Workshop
- Title of qualification awarded
Certificate of Attendance
- Notes
Conducted by Daniel Siegel. Milano, Italy
- Dates (from – to)
June 21st– 28th, 2013
- Name and type of organisation providing education and training
Oasis Institute for Mindfulness-Based Professional Education and Training
Center for Mindfulness, Department of Medicine, Medical School, University of Massachusetts

	and Motus Mundi, Center for Mindfulness, Cultural Association, Via Lussemburgo, 4, Padova, Italy
• Principal subjects/occupational skills covered	Mindfulness-Based-Stress-Reduction in Mind-Body Medicine: 7 days Residential Training
• Title of qualification awarded	Certificate of Attendance
• Notes	Conducted by Jon Kabat-Zinn and Saki Santorelli. Roma, Italy
• Dates (from – to)	September 2010 – May 2013
• Name and type of organisation providing education and training	Mindfulness Association 4Whaley Lane Whaley Bridge, Derbyshire SK237AE, UK
• Principal subjects/occupational skills covered	Mindfulness One Year Training: 40 hours of teaching (divided in 4 weekend modules) on Mindfulness.
• Title of qualification awarded	Certificate of Attendance
• Notes	Conducted by Rob Nairn and Heather Regan-Addis. Venezia, Italy
• Dates (from – to)	March 23 rd – 24 th , 2013
• Name and type of organisation providing education and training	Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
• Principal subjects/occupational skills covered	Seminary on “Compassion in therapy and in daily life”
• Title of qualification awarded	Certificate of Attendance
• Notes	Conducted by Ven Akong Tulku Rimpoche, Brion Sweeney, Gelong Thubten. Vicenza, Italy
• Dates (from – to)	October 5 th - December 7 th , 2012
• Name and type of organisation providing education and training	Motus Mundi, Center for Mindfulness, Cultural Association Via Lussemburgo, 4 Padova, Italy
• Principal subjects/occupational skills covered	Psychosocial well-being MBSR
• Title of qualification awarded	Certificate of Attendance
• Notes	Courses Leaders : Franco Cucchio and Anna Lucarelli. Padova, Italy
• Dates (from – to)	October 13 th – 14 th , 2012
• Name and type of organisation providing education and training	Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
• Principal subjects/occupational skills covered	Seminary on “Compassion focused Therapy”
• Title of qualification awarded	Certificate of Attendance
• Notes	Conducted by Paul Gilbert. Vicenza, Italy
• Dates (from – to)	September 13 th – 16 th , 2012
• Name and type of organisation providing education and training	Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
• Principal subjects/occupational skills covered	Mindfulness residential retreat “Insight, Compassion and Acceptance”
• Title of qualification awarded	Certificate of Attendance
• Notes	Conducted by Rob Nairn, Renato Mazzonetto and Anna Gallo. Costabissara (VI), Italy
• Dates (from – to)	July 4 th – 8 th , 2012
• Name and type of organisation providing education and training	Oasis Institute for Mindfulness-Based Professional Education and Training Center for Mindfulness, Department of Medicine, Medical School, University of Massachusetts and Motus Mundi, Center for Mindfulness, Cultural Association, Via Lussemburgo, 4, Padova, Italy

<ul style="list-style-type: none"> • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes • Dates (from – to) • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes • Dates (from – to) • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes • Dates (from – to) • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes • Dates (from – to) • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes • Dates (from – to) • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes • Dates (from – to) • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded <ul style="list-style-type: none"> • Notes 	<p>Retreat “The Insight of the Heart”</p> <p>Certificate of Attendance</p> <p>Conducted by Saki Santorelli. Monteortone, Abano Terme (PD), Italy</p> <p>June, 2012</p> <p>Kagyü Samye Ling, Tibetan Buddhist Centre, Eskdalemuir Langholm, Dumfriesshire. Scotland, UK</p> <p>Intensive Course in Mindfulness</p> <p>Certificate of Attendance</p> <p>Conducted by Rob Nairn and Renato Mazzonetto. Eskdalemuir Langholm, Dumfriesshire. Scotland, UK</p> <p>March 12th – 13th, 2011</p> <p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Seminary on Mindfulness Based Cognitive Therapy for Depression</p> <p>Certificate of Attendance</p> <p>Conducted by Mark William. Vicenza, Italy</p> <p>March 5th – 6th, 2011</p> <p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Residential Mindfulness seminary</p> <p>Certificate of Attendance</p> <p>Conducted by Fabrizio Didonna. Vicenza, Italy</p> <p>February, 13th, 2011</p> <p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Seminary on “Mindfulness Based Protocols for Disordered Eating”</p> <p>Certificate of Attendance</p> <p>Conducted by Ruth Baer. Vicenza, Italy</p> <p>February 12th, 2011</p> <p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Seminary on “Research on Mindfulness”</p> <p>Certificate of Attendance</p> <p>Conducted by Ruth Baer. Vicenza, Italy</p> <p>November 18th – 21, 2010</p> <p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Mindfulness Retreat</p> <p>Certificate of Attendance</p> <p>Conducted by Fabrizio Didonna. Arco di Trento (TN), Italy</p>
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- Dates (from – to) October 2nd – 3rd, 2010
 - Name and type of organisation providing education and training Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
 - Principal subjects/occupational skills covered Seminary on “Acceptance and Compassion in Psychotherapy”
 - Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Rob Nairn. Vicenza, Italy

- Dates (from – to) July 23rd - 25th, 2010
 - Name and type of organisation providing education and training Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
 - Principal subjects/occupational skills covered Intensive Residential Retreat
 - Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Fabrizio Didonna. Arco di Trento (TN), Italy

- Dates (from – to) June 12th, 2010
 - Name and type of organisation providing education and training Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
 - Principal subjects/occupational skills covered Seminary on Buddhist Psychology
 - Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Ven Yeshe Losal Rinpoche (Kagyü Samye Ling, Tibetan Buddhist Centre, Scotland). Vicenza, Italy

- Dates (from – to) May 27th, 2012
 - Name and type of organisation providing education and training CESIPc (Centro Studi in Psicoterapia Cognitiva), Via Cavour, 64. Firenze, Italy
 - Principal subjects/occupational skills covered “Therapy Focused on Emotions” Workshop
 - Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Leslie S. Greenberg. Firenze, Italy

- Dates (from – to) May 19th – 23rd, 2010
 - Name and type of organisation providing education and training Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
 - Principal subjects/occupational skills covered Training in MBCT: “Intensive MBCT Retreat”
 - Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Zindel Segal, Lucio Bizzini, Guido Bondolfi. Campagnatico (GR), Italy

- Dates (from – to) April 18th, 2010
 - Name and type of organisation providing education and training Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy
 - Principal subjects/occupational skills covered Seminary on Mindfulness: “Mindfulness and Addiction”
 - Title of qualification awarded Certificate of Attendance
 - Notes Conducted by Thomas Bien. Vicenza, Italy

- Dates (from – to) April 16th – 17th, 2010
 - Name and type of organisation providing education and training Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy

<ul style="list-style-type: none"> • Principal subjects/occupational skills covered • Title of qualification awarded • Notes 	<p>Seminary on Mindfulness: "Mindful therapy: the art of true presence and deep listening"</p> <p>Certificate of Attendance</p> <p>Conducted by Thomas Bien. Vicenza, Italy</p>
<ul style="list-style-type: none"> • Dates (from – to) 	<p>March 20th, 2010</p>
<ul style="list-style-type: none"> • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded • Notes 	<p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Seminary on MBSR</p> <p>Certificate of Attendance</p> <p>Conducted by Guido Bondolfi and Beatrice Weber. Vicenza, Italy</p>
<ul style="list-style-type: none"> • Dates (from – to) 	<p>2010 - 2011</p>
<ul style="list-style-type: none"> • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded • Notes 	<p>Italian Institute for Mindfulness (IS.I.MIND), Via Pietro Meloni, 11, 37138 - Verona, Italy</p> <p>Mindfulness Based Cognitive Therapy applied to the prevention of Mood Disorders Relapses. Mindfulness Based Therapy applied to Stress Reduction</p> <p>Master's degree in Mindfulness Based Cognitive Therapy</p> <p>Training with Professor Zindel Segal and Professor Mark William and Ven. Yeshe Losal Rinpoche. Vicenza, Italy</p>
<ul style="list-style-type: none"> • Dates (from – to) 	<p>1992-1996</p>
<ul style="list-style-type: none"> • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded 	<p>SPI (Società Psicoanalitica Italiana), Firenze, Italy</p> <p>Psychosocial well-being</p> <p>Certificate of Attendance Didactic Psychoanalysis</p>
<ul style="list-style-type: none"> • Dates (from – to) 	<p>1991-1992</p>
<ul style="list-style-type: none"> • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded 	<p>Ordine dei Medici Chirurghi e degli Odontoiatri della Provincia di Firenze, Firenze, Italy</p> <p>General Medicine</p> <p>Certificate of Attendance in General Medicine</p>
<ul style="list-style-type: none"> • Dates (from – to) 	<p>1990-1991</p>
<ul style="list-style-type: none"> • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded 	<p>Association for the study and research in Adolescence (A.ST.E.R.I.A), Roma, Italy</p> <p>Adolescence and relative diseases</p> <p>Certificate of Attendance</p>
<ul style="list-style-type: none"> • Dates (from – to) 	<p>March and July 1991</p>
<ul style="list-style-type: none"> • Name and type of organisation providing education and training • Principal subjects/occupational skills covered • Title of qualification awarded 	<p>University of Maastricht (NL) and Oxford (GB)</p> <p>Clinical Anxiety Disorders</p> <p>European Certificate in Anxiety Disorders</p>

- Level in national classification (if appropriate) ERASMUS International Program
- Dates (from – to) 1989 - 1994
- Name and type of organisation providing education and training Italian Society of Behavioural and Cognitive Psychotherapy, Firenze, Italy
- Principal subjects/occupational skills covered Clinical Psychotherapy
- Title of qualification awarded Specialization in Psychotherapy

- Dates (from – to) 1988 - 1993
- Name and type of organisation providing education and training Faculty of Medicine and Surgery, University of Firenze, Firenze, Italy
- Principal subjects/occupational skills covered Psychiatry
- Title of qualification awarded Specialization in Psychiatry (magna)

- Dates (from – to) 1979 – 1988
- Name and type of organisation providing education and training Faculty of Medicine and Surgery, University of Firenze, Firenze, Italy
- Title of qualification awarded Degree in Medicine and Surgery (magna cum laude)

**PERSONAL SKILLS
AND COMPETENCES**

Acquired in the course of life and career but not necessarily covered by formal certificates and diplomas.

MOTHER TONGUE

ITALIAN

OTHER LANGUAGES

ENGLISH

- Reading skills Good
- Writing skills Good
- Verbal skills Good

FRENCH

- Reading skills Basic
- Writing skills Basic
- Verbal skills Basic

SOCIAL SKILLS
AND COMPETENCES

Living and working with other people, in multicultural environments, in positions where communication is important and situations where teamwork is essential (for example culture and sports), etc.

High predisposition to personal relationship and teamwork

Running marathons and ultramarathons:
2012 Jubilee Marathon Stockholm 2012
2012 Virgin London marathon
2012 100 km del Passatore
2011 L'Eroica Running
2011 Ecomaratona del Chianti
2011 Venice Marathon
2011 Firenze Marathon
2011 Maratona del Mugello
2011 Jungfrau Marathon
2010 Pistoia – Abetone (50 km)
2010 100 km del Passatore
2009 Firenze Marathon
2009 Berlin Marathon
2009 Paris Marathon
2008 Firenze Marathon

ORGANISATIONAL SKILLS
AND COMPETENCES

Coordination and administration of people, projects and budgets; at work, in voluntary work (for example culture and sports) and at home, etc.

High level of analytical and organisational skills

Voluntary work for sports events:

2012 Firenze Marathon (pacemaker)

DRIVING LICENCE

Car Driving Licence

ADDITIONAL INFORMATION**BIOGRAPHY:**

Married since 1994

One daughter (1995) – one son (1998)

PUBLICATIONS:

- "Il cardiologo e lo psichiatra nella valutazione del malato di cuore. Esperienze di Liason Psichiatria nel cateterismo cardiaco", presented at "Cuore and Psiche" Congress, Firenze 03/02/1991 and published in "Volume degli Atti del Convegno"
- "La solitudine e l'adolescenza", presented at "Adolescenza: un problema sociale" Congress in Sorrento 03/25-26/1988, published in "Volume degli Atti del Congresso"
- Sviluppo del seno ed immagine corporea nell'adolescenza" presented at "La mammella nella pubertà, età fertile e menopausa" at Impruneta Congress in Florence 07/07-08/1989 published in "Volume degli Atti del Congresso"
- "Il Sé adolescenziale: indagine nell'area fiorentina" presented at XXXVII National Congress of Italian Psychiatric Society, Roma, 02/06-11/1989, published in "Progressi di Psichiatria" Supplemento II, 1989
- "Perception of early parenting in panic and agoraphobia", published in "Acta Psychiatrica Scandinavica", 1991 84:6-8
- Clomipramine I.V. in Panic Disorder", Biological Psychiatry, 1991,29, 11S:429S

MASS MEDIA:

2007 – 2008

Partecipated in a TV Health Program (Local TV ITALIA 7, Viale Eleonora Duse, 30/B. 50124. Firenze) conducted by Graziana Vitti who hosted a series of TV programs on Mood and Anxiety Disorders, Eating Disorders, Mindfulness and other related topics. I was invited to speak as a professional expert Psychiatrist, Psychotherapist.