

## Fabio Giommi, PhD

(University of Nijmegen, Nijmegen, the Netherlands; Associazione Italiana per la Mindfulness, Milan, Italy) Fabio graduated in Philosophy in 1988 and attained in 1993 a PhD in Clinical Psychology at the Faculty of Medicine of Milan University. He completed in 1994 the four-year psychotherapy training to be admitted to the Italian Society of Cognitive Therapy, and is a licenced psychotherapist. Fabio spends his time between Italy, where he is exploring as Cognitive Therapist the application of mindfulness into the clinical and psychotherapeutic settings, and the Netherlands where, as senior researcher at Radboud University-Nijmegen, he is working since 1998 with prof. Henk Barendregt and other scientists on the MBM (Mind-Brain-Mindfulness) project, a long-run interdisciplinary set of researches into the different aspects of mindfulness: clinical, cognitive, neuropsychological, neuro-scientific, philosophical. Fabio has completed the three-level professional training to become MBSR instructor at the J. Kabat-Zinn's Center for Mindfulness (CFM) at UMass Medical School. At CFM he has attended also the Interpersonal Mindfulness training. He has also completed the first MBCT training for instructors in 2002, led by Z. Segal, M. Williams, J. Teasdale and J. Kabat-Zinn. Fabio has thought as co-trainer with Z. Segal, M. Williams, and Florence Meleo-Meyer as well as trainer in several clinical and academic workshops.

**Interpersonal Mindfulness** The Interpersonal Mindfulness (IM) Program is a new program aimed to integrate mindfulness into everyday. It is currently in a pilot development stage at the Kabat-Zinn's Center for Mindfulness at UMass Medical School. IM is designed as an intensive six to eight week course that supports transformation in human relationships from reactivity to mindfulness and ease. The program is based upon the interpersonal meditation practice of Insight Dialogue, developed by Gregory Kramer, Ph.D and vipassana teacher. The meditation was adapted to a course format by a collaboration between Dr. Kramer and a group of MBSR teachers. Florence Meleo-Meyer, MS, MA, Director of Professional Education and Training at the CFM, has expanded the IM to include both the clinical offering and a professional training. The IM program is based on the simple facts that: stress is known to contribute to anxiety, general unhappiness and health problems; human relationships are a major source of stress; and positive change is possible by cultivating mindfulness and tranquillity in relationship. Like Mindfulness Based Stress Reduction, the basic dynamics of the Interpersonal Mindfulness Program are easy to understand but require careful training to master. This introductory and experiential workshop is aimed to favour in participants insights on the specific nature of the IM program. Some basic Insight Dialogue meditation instructions, that form the basis of the IM program, will be introduced, practiced in the group. In addition to the core instructions, dialogue topics are introduced that lead participants to contemplate essential aspects of the shared human experience, such as birth, aging, sickness, roles, and impermanence.