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# Ludovica Giani

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<i>Nationality</i>	Italian
<i>Date of birth</i>	18 <sup>th</sup> July 1996
<i>Qualifications</i>	Licensed Psychologist (OPL n. 25122) Cognitive-Behavioral Psychotherapist in training Lecturer in Developmental Psychology at SFU Milan Researcher at Child & Youth Lab SFU Milan
<i>Scientific Affiliations</i>	Affiliate member of “Associazione Italiana di Psicologia (AIP)” Affiliate member of “Società Italiana di Psicoterapia Cognitivo Comportamentale - CBT Italia” Member of the Society for the Study of Behavioral Phenotypes (SSBP)

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## 1. Education

Jan. 2022 - present	<b>Four-year Postgraduate Specialization School in Cognitive Behavioral Psychotherapy (CBT)</b> Psicoterapia Cognitiva e Ricerca - Milan Foro Bonaparte 57, 20121 Milan
Oct. 2020 - present	<b>PhD in Psychology</b> Sigmund Freud PrivatUniversität Wien Freudplatz 1, A-1020 Wien
2018-2020	<b>Master of Science (MSc) in Clinical Psychology</b> Sigmund Freud PrivatUniversität Wien – Milan branch Ripa di Porta Ticinese 77, 20143 Milan (Italy)
	Thesis title: “The role of sensory profile in infants at risk for Autism Spectrum Disorder: a mediation model between environmental risk factors and psychopathological outcome” Supervisor: Dr. Simona Scaini
	Final Grade: 110/110 with honors (1.00/1.00)

2015-2018

**Bachelor of Science (BSc) in Psychology**

Sigmund Freud PrivatUniversität Wien – Milan branch  
Ripa di Porta Ticinese 77, 20143 Milan (Italy)

Thesis title: “Evaluation of cognitive behavioral therapy efficacy in the treatment of separation anxiety disorder”

Supervisor: Prof. Simona Scaini

Final Grade: 109/110 (1.13/1.00)

2010-2015

**Scientific High School Diploma**

Liceo Scientifico “Leonardo Da Vinci”  
Viale dei Tigli 38, 21013 Gallarate (VA)

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## 2. Clinical Experience

April 2024 - present

**Self-employed Clinical Psychologist**

Italian Clinics of Psychotherapy – Developmental Age Centre (CIP EE)  
Corso San Gottardo 5, Milan

January 2023 - present

**Self-employed Clinical Psychologist**

Centro Clinico Areté,  
Via Trombini 16, Gallarate (VA)

January 2023 - present

**Self-employed Clinical Psychologist**

Via Tripoli 84, Paderno Dugnano (MI)

May 2022 - present

**Clinical Psychologist and Psychotherapist in Training**

Hospital Luigi Sacco  
Via Giovan Battista Grassi 74, Milan

Psychiatry Department – Center for the Treatment of Mood Disorders

Nov. 2021 – June 2022

**Psychologist**

Fondazione Mission Bambini – Milan

*Psycho-educative interventions at schools.*

• Project aimed at improving emotional intelligence promoting strategies for recognition, discrimination and regulation of emotions among schoolers and pre-adolescents.

• Project “Spazio Mission Bambini per l’Ucraina”: Training activities for teachers of six schools on the traumatic effects of war aimed at facilitating the inclusion of Ukrainian refugee children in the class.

- Oct. 2020 – Oct. 2021      **Postgraduated Psychologist Internship**  
Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico  
Department of Child and Adolescent Neuropsychiatry
- Assessment and rehabilitation interventions with children and adolescents affected by neurodevelopmental disorders and rare genetic syndromes.  
Tutor: Dr. Federico Monti
- Oct. 2019 – March 2020      **Master's Degree Curricular Internship**  
IRCCS E. Medea – Associazione La Nostra Famiglia  
Via Don Luigi Monza 20, 23842 Bosisio Parini (LC)
- Residential Therapeutic Rehabilitation Service for Minors
- Tutor: Dr. Claudio Lazazzera
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### 3. Research and Teaching Experience

- March 2022 - present      **Lecturer in Exercises in Methods of Experimental Psychology**  
Department of Psychology  
Sigmund Freud PrivatUniversität Wien – Milan branch  
Ripa di Porta Ticinese 77, 20143 Milan (Italy)
- Oct. 2021 - present      **Lecturer in Developmental Psychology**  
Department of Psychology  
Sigmund Freud PrivatUniversität Wien – Milan branch  
Ripa di Porta Ticinese 77, 20143 Milan (Italy)
- Oct. 2020 – Sept. 2023      **University Teaching Tutor for bachelor students**  
Sigmund Freud PrivatUniversität Wien - Milan branch  
Ripa di Porta Ticinese 77, 20143 Milan (Italy)
- Oct. 2020 - present      **Researcher**  
Child and Youth Lab  
Sigmund Freud PrivatUniversität Wien – Milan branch  
Ripa di Porta Ticinese 77, 20143 Milan (Italy)
- Oct. 2020 – Oct. 2021      **Teaching and Research Assistant**  
Sigmund Freud PrivatUniversität Wien – Milan branch  
Ripa di Porta Ticinese 77, 20143 Milan (Italy)
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## 4. Abroad Experiences

13.07.2014 – 26.07.2014	<b>English Summer School</b> Loyola Marymount University – Los Angeles (USA) with final English exam. Certificate of English level: “Advanced B” (66/70)
15.07.2013 – 26.07.2013	<b>English Summer School</b> Experience English ELC – Edinburgh (UK) with final English exam  Certificate of English level: C1
15.07.2012 – 29.07.2012	<b>English Summer School</b> Cotswold International Language School – Cirencester (UK) with final English exam  Certificate of English level: “Advanced Level”

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## 5. Training courses and Seminars

05/10/2022	<b>Challenges in assessment and treatment of ADHD: The MOXO test</b> Ordine Psicologi Lombardia (OPL) – Milan. Speaker: Dr. Carlotta Rivella
Oct. – Nov. 2021	<b>Specific Learning Disabilities (SLD): Predictive markers for SLD diagnosis and efficacy of treatments</b> Fondazione Mondino
23.09.2021	<b>Writing European Grants: how to attract funds for research?</b> Workshop Post-conference AIP - section Developmental Psychology. Speakers: Elisabetta Crocetti, Serena Cheren, Laura Sparaci, Francesca Cavallini.
24.03.2021 27.03.2021 7.04.2021	<b>Autism spectrum disorder: integrated and up-to-date approach from early diagnosis to treatment</b> Fondazione Pierfranco e Luisa Mariani
10.01.2021	<b>Depression in the elderly: a diagnostic challenge to promote well-being</b> Studi Cognitivi San Benedetto del Tronto. Speaker: Dr. Roberta Sciore
16.12.2020	<b>The role of the psycho-oncologist in the oncological disease</b> Ordine Psicologi Lombardia (OPL) – Milan. Speaker: Dr. Gabriella Pravettoni

- Dec. 2020                    **Mental health needs and care pathways for young offenders**  
Cycle of training meetings organized by Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico of Milan
- Nov. 2020                    **Psychodiagnostic novelties for the evaluation of dyslexia in adults**  
Giunti Psychometrics. Speaker: Dr. Massimo Ciuffo
- 21.11.2020                  **Depression in children. It is important to recognize it immediately, but what are the signs?**  
IGEA. Speaker: Dr. Eugenia Ferrovicchio
- 16.11.2020                  **Suicide prevention in adolescence**  
Ordine Psicologi Lombardia (OPL) – Milan. Speaker: Dr. Cristiano Salvemini
- 12.11.2020                  **Migration and mental health: the culture of trauma in the socio-educational field**  
Cycle of training meetings organized by Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico - Milan  
Speaker: Dr. Vittoria Ardino
- 07.11.2020                  **Psychological consultation in developmental age: test, diagnosis and then?**  
Ordine Psicologi Lombardia (OPL) – Milan. Speaker: Dr. Stefano Salvadeo
- Nov. 2020 – Feb. 2021      **Augmentative and Alternative Communication (AAC) applied to complex disabilities**  
Cycle of training meetings organized by Fondazione IRCCS Ca' Granda Ospedale Maggiore Policlinico Milan
- 22.09.2020                  **Child abuse and maltreatment: early identification of signs of discomfort and the role of school in the child protection system**  
Centro di Aiuto al Bambino Maltrattato e alle famiglie (CABMF) and Istituto Psicoanalitico per le ricerche sociali (IPRS). Speakers: Dr. Annamaria Giannini, Dr. Rocco Pinneri, Dr. Serena Ciccarelli, Dr. Raffaele Bracalenti.
- 12.09.2020                  **Digital Summit Psychology Saronno 2020**  
Centro InTerapia Saronno  
Metacognitive Therapy (MCT), Schema Therapy (ST), Mindfulness-based Therapy
- 11.09.2020                  **Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder**  
Center for Mindfulness and Compassion in collaborazione con Harvard Medical School Teaching Hospital e Cambridge Health Alliance (CHA).

Lecturer: Dr. Fabrizio Didonna

- 17.06.2020      **Synaptic plasticity for an effective cure: focus on addictions and emotional disorders. The integration of transcranial magnetic stimulation with psychiatry and psychotherapy. The method and use in the psychiatric field**  
Studio Clinico San Giorgio – Milan. Speakers: Dr. Mattia Ferro, Dr. Patrizia Vaccaro, Dr. Giandomenico Schiena and Dr Sofia Crespi.
- 11.06.2020      **Online psychotherapy with children: efforts, opportunities, and a look to the future**  
Ordine Psicologi Lombardia (OPL) – Milano. Docente: Dott.ssa Nicoletta Santilli Marcheggiani
- 04.10.2019      **Course Safety at work**  
Formazione lavoratori – Parte generale  
Sigmaelle – Milan

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## 6. Postgraduate Education

13-14-15 October 2023. Primary REBT. **1° Level of Rational Emotional Behavioral Therapy (REBT)**. Supervisors: Dr. Ruggiero, Dr. Tugnoli, Dr. Sarracino and Dr. Ammendola.

October 2023 – **Global forum on trauma-related work-in-progress and advanced research methodology**. Dr. Karestan Koenen's Trauma Epidemiology Research Meetings at Harvard T.H. Chan School of Public Health.

18-19 February 2023 –**Metacognitive Therapy**– Speaker: Dr. Andrea Ferrari. Workshop Scuola Psicoterapia Cognitiva e Ricerca Milano.

24-25 September 2022 - **CBT essentials and CBT core anxiety and depression**. Prof. Diego Sarracino and Dr. Elena Tugnoli.  
Workshop Scuola Psicoterapia Cognitiva e Ricerca Milano.

18-19 June 2022 – **Psychodiagnostic Assessment Techniques**. Dr. Federica Gandini.  
Workshop Scuola Psicoterapia Cognitiva e Ricerca Milano.

27-28-29 May 2022 – **Behavioral Therapy**. Prof. Stefano Marchi  
Workshop Scuola Psicoterapia Cognitiva e Ricerca Milano.

19-20 March 2022 – **Theory and Technique of Attachment Assessment**. Prof. Walter Sapuppo.  
Workshop Scuola Psicoterapia Cognitiva e Ricerca Milano.

12-15 July 2021 – **Summer School in Methodology AIP – Section Developmental Psychology: Multiple regression models for longitudinal and cross-sectional studies: effects of mediation and moderation**. Prof. Fabio Presaghi.

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## 7. Publications in international peer-reviewed journals

1. Silvestri, C., Scaini, S., **Giani, L.**, Ferro, M., Nobile, M., & Caputi, M. (2024). Theory of mind: a brief review of candidate genes. *Genes*, *15*(6), 717. <https://doi.org/10.3390/genes15060717>
2. Scaini, S., Torres, D., Forresi, B., Piron, R., & **Giani, L.** (2024). The role of anger cognitions and rumination in predicting internalizing and externalizing problems in adolescence. *Journal of Clinical Child & Adolescent Psychology*
3. De Francesco, S., Amico, C., De Giuli, G., **Giani, L.**, Fagnani, C., Medda, E. & Scaini, S. (2024). Exploring the comorbidity between Internalizing/Externalizing dimensions and Cognitive Disengagement Syndrome through twin studies: A narrative review. *Journal of Translational Genetics and Genomics*, *8*, 102-118. <https://dx.doi.org/10.20517/jtgg.2023.51>
4. **Giani, L.**, Crepaldi, C., Morello, L., Grazioli, S., Scaini, S., Caputi, M., Michelini, G., & Forresi, B. (2024). L'inflessibilità psicologica nella relazione tra conflitto inter-parentale e difficoltà emotivo-comportamentali negli adolescenti: uno studio di mediazione. *Psicoterapia Cognitivo e Comportamentale*.
5. Forresi, B., **Giani, L.**, Scaini, S., Nicolais, G., & Caputi, M. (2023). The mediation of care and overprotection between parent-adolescent conflicts and adolescents' psychological difficulties during the pandemic: which role for fathers? *International Journal of Environmental Research and Public Health*, *20*(3), 1957. <https://www.mdpi.com/1660-4601/20/3/1957>
6. Scaini, S., Caputi, M., & **Giani, L.** (2023). Parent and child predictors of internalizing and externalizing symptomatology during Covid-19: A longitudinal study. *Children*, *10*(10), 1625. <https://doi.org/10.3390/children10101625>
7. Ajmone, P.F., **Giani, L.**, Allegri, B., Michelini, G., Dall'ara, F., Rigamonti, C., Monti, F., Vizziello, P.G., Selicorni, A., Milani, D., Scaini, S., & Costantino, A. (2022). The developmental trajectories of the behavioral phenotype and neuropsychiatric functioning in Cornelia de Lange and Rubinstein Taybi Syndromes: A longitudinal study. *American Journal of Medical Genetics: Part A*, *191*(2), 424-436. <https://doi.org/10.1002/ajmg.a.63039>
8. Caputi, M., Forresi, B., **Giani, L.**, & Scaini, S. (2022). Cooperation with teachers as a mediator of the relationship between family conflict and children's psychological difficulties. *International Journal of Environmental Research and Public Health*, *19*(20), 13151. <https://doi.org/10.3390/ijerph192013151>
9. **Giani, L.**, Michelini, G., Ajmone, P.F., Scaini, S., Selicorni, A., Vizziello, P., & Costantino, A. (2022). Age-related hallmarks of psychopathology in Cornelia de Lange and Rubinstein-Taybi syndromes. *Research in Developmental Disabilities*, *126*, 104235. <https://doi.org/10.1016/j.ridd.2022.104235>
10. **Giani, L.**, & Olivari, C. (2022). University and Higher Education: a Clockwork in Perpetual Motion. *Human Arenas*, 1-9. <https://doi.org/10.1007/s42087-022-00300-y>
11. Caputi, M., **Giani, L.**, Forresi, B., & Scaini, S. (2022). Parental flooding as mediator in the relationship between children emotional/behavioral difficulties and resilience in times of Covid-19. *30° Congresso dell'Associazione Italiana di Psicologia*, 787-787. <https://arts.units.it/handle/11368/3036518>
12. **Giani, L.**, Caputi, M., Forresi, B., Michelini, G., & Scaini, S. (2021). Evaluation of Cognitive-Behavioral Therapy efficacy in the treatment of separation anxiety disorder in childhood and adolescence: a systematic review of randomized controlled trials. *International Journal of*

- Cognitive Therapy*, 1-24. <https://doi.org/10.1007/s41811-021-00129-3>
13. Caputi, M., Forresi, B., **Giani**, L., Michelini, G., & Scaini, S. (2021). Italian children's well-being after lockdown: Predictors of psychopathological symptoms in times of Covid-19. *International Journal of Environmental Research and Public Health*, 18(21), 11429. <https://doi.org/10.3390/ijerph182111429>
  14. Scaini, S., Caputi, M., **Giani**, L., & Forresi, B. (2021). Temperament profiles to differentiate between stress resilient and stress affected children during Covid-19 pandemic. *Psychology Hub*, 38(3), 7-16. <https://doi.org/10.13133/2724-2943/17582>
  15. **Giani**, L., Michelini, G., Nobile, M., Ajmone, P., Vizziello, P., & Scaini, S. (2021). Behavioral markers of social anxiety in Cornelia de Lange Syndrome: a brief systematic review. *Journal of Affective Disorders*, 299, 636-643. <https://doi.org/10.1016/j.jad.2021.12.099>
  16. **Giani**, L., Michelini, G., Ajmone, P.F., Scaini, S., Allegri, B., Costantino, A., & Vizziello, P. (2023). Executive function deficits as risk markers for psychopathology and autism related traits in Cornelia de Lange and Rubinstein-Taybi Syndromes. *Research in Developmental Disabilities* (Under review)
  17. Scaini, S., Grazioli, S., **Giani**, L., Forresi, B., De Francesco, S., & Caputi, M. (2024). Italian validation of the Children's Attributional Style Questionnaire-Revised: psychometric properties and cluster analysis.  
(PREPRINT)
  18. Caligari, L., **Giani**, L., Grazioli, S., & Michelini, G. (...). The application of machine learning algorithms to implement the use of Child and Adolescent Needs and Strengths 0-5 (CANS) in a mental health service for children.  
(Under review)
  19. Scaini, S., De Francesco, S., **Giani**, L., Battaglia, M., Medda, E., & Fagnani, C. (...). Navigating unexplored domains: twin studies unravels novel insights into Cognitive Disengagement Syndrome, ADHD and Emotion dysfunction.  
(Under review)
  20. Scaini, S., **Giani**, L., De Francesco, S., Amico, C., De Giuli, G., Denevi, A., & Caputi, M. (...). Standardization of the Italian Cognitive Disengagement Syndrome Scale in a sample of Italian school-aged children.  
(Under review)

## Chapters of Books:

1. Scaini, S., Caputi, M., **Giani**, L., & Palmieri, S. (2022). Rumination. In B. Halpern-Felsher (Ed), *Encyclopedia of Child and Adolescent Health* (pp. 236-247). Elsevier. <https://doi.org/10.1016/B978-0-12-818872-9.00103-5>

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## 8. Associations and Scientific Affiliations

Associazione Italiana di Psicologia (AIP) – Affiliate member

Società Italiana di Psicoterapia Cognitivo Comportamentale – CBT Italia – Affiliate member



## 9. Conferences

### Participation as speaker:

5-6<sup>th</sup> April 2024, Riccione. Forum di Psicoterapia. Flessibilità e rigore. Speaker of the oral presentation: Psychological Inflexibility in the relationship between interparental conflict and emotional-behavioral difficulties among adolescents: a mediation study.

19-20<sup>th</sup> October 2023, Milan. 3° Congresso italiano di psicoterapie cognitivo comportamentali di terza generazione. Processi in psicoterapia. Dai contesti di ricerca ai contesti clinici. Symposium Speaker: L'inflessibilità psicologica nella relazione tra conflitto interparentale e difficoltà internalizzanti ed esternalizzanti negli adolescenti: uno studio di mediazione.

8-9-10<sup>th</sup> September 2022. Oslo, Norway. *SSBP Conference 2022*.

Poster presentation: The developmental trajectories of the behavioral phenotype and neuropsychiatric functioning in Cornelia de Lange and Rubinstein Taybi Syndromes: A longitudinal study.

9-10<sup>th</sup> July 2021, Bressanone (BZ). *Cognitive Science Arena Conference*.

Talk presentation: Temperament profiles to distinguish resilient from stress affected children during Covid-19 quarantine (Scaini, S., Caputi, M, Giani, L., & Forresi, B., 2021).

### Participation as discussant:

4-5 November 2022. Florence. *1° Congresso Nazionale CBT-Italia*.

Discussant of the Symposium: Internalizing symptomatology in the school system: the preventive role of metacognition, efficacy teaching and evidence-based programs.

6-7<sup>th</sup> May 2022, Riccione. *Forum di Psicoterapia Cognitiva e Ricerca*.

Discussant of the Poster session of the Congress.

### Participation as co-author:

Scaini, S., **Giani**, L., De Francesco, S., Amico, C., De Giuli, G., Denevi, A., & Caputi, M. (2024). Studio di standardizzazione della *Italian Cognitive Disengagement Syndrome Scale* in un campione italiano di bambini di età scolare. Presented at CBT-Italia, Palermo 18-19<sup>th</sup> October 2024.

Grazioli, S., De Francesco, S., **Giani**, L., Scaini, S., Piron, R., Sassaroli, S., Ruggiero, G., & Caselli, G. (2024). Prediction of early dropouts and non-responders to therapy through supervised machine learning models: new digital developments in evidence-based therapy. Presented at the European Association for Behavioural and Cognitive Therapies (EABCT) – Belgrado, 4-7<sup>th</sup> September 2024.

Caligari, L., Grazioli, S., **Giani**, L., Michelini, G. (2024). Analyzing Child and Adolescent Needs and Strengths 0-5 (CANS) data through machine learning algorithms. Presented at the *European Conference on Digital Psychology 2024*, 21-22<sup>nd</sup> March 2024.

Caputi, M., **Giani**, L., Forresi, B., & Scaini, S. (2022). Parental flooding as mediator in the relationship between children's emotional difficulties and resilience in times of Covid-19. Presented at the *XXX Congresso AIP - tutte le sezioni*, 27-30<sup>th</sup> September 2022, Padova.

**Poster:**

Ajmone, P.F., **Giani**, L., Allegri, B., Michelini, G., Dall'Ara, F., Rigamonti, C., Monti, F., Vizziello, P., Selicorni, A., Milani, D., Pagliaccia, E., Costa, D., & Costantino, A. (2023). The developmental trajectories of the behavioral phenotype and neuropsychiatric functioning in Cornelia de Lange (CdLS) and Rubinstein-Taybi syndromes (RSTS): implications for treatment. Presented at the *XII Cornelia de Lange syndrome World Conference*, 29<sup>th</sup> November-2<sup>nd</sup> December 2023.

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**Treatment of personal data**

I authorize the use of my personal data pursuant to Legislative Decree 30 June 2003, n. 196 "Code regarding the protection of personal data".

Date: 12.09.2024

Signature:

*Ludovica Giani*