

# Maria Cristina Perica

Psychologist Psychotherapist Hypnotherapist

## PERSONAL DETAILS

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## LANGUAGE

English: Fluent  
Italian: Native

## CONTRIBUTIONS to professional Scientific societies

- **Member of the Board of Directors** of the Italian Society of Hypnosis (SII)
- **Advisory Board Member** of "Ipnosi – Rivista Italiana di Ipnosi Clinica Sperimentale", the official publication of the Italian Society of Hypnosis
- Curating the SII's **Social media communication** activity
- Member of the International Society of Hypnosis

## NATIONAL AND INTERNATIONAL EVENTS

- **Invited Speaker** at the **16th ESH Congress** held in Antalya on October 2023
- **Speaker and Workshop Facilitator** from 2009 in National and International Congresses

## PERSONAL STATEMENT

- Psychologist and Psychotherapist specializing in Hypnosis, active in private practice since 2008.
- Teacher of Hypnotherapy Training Programs for Psychologists, Doctors and Psychotherapists.
- Member of the Board of Directors of the Italian Society of Hypnosis since 2016.
- Trainer and Supervisor of Mental Health professionals.
- Experienced in coordinating Mental Health Projects, applying for and managing European grants.

## WORK EXPERIENCE

### Psychologist and Psychotherapist

Private Practice, in-person and online, psychotherapy and hypnotherapy. Specialties include: treatment of anxiety, somatic symptom disorders, panic attacks, mood disorders, dissociative disorders and relationship issues.  
From 2008 to present

**Teacher in the Hypnotherapy Training Program** at the Italian School of Hypnosis and Ericksonian Hypnotherapy (Clinical hypnosis, Ericksonian hypnosis, Hypnotherapeutic processes, General Psychology and Group hypnosis).  
From 2016 to present

**Teaching and Supervising** Psychotherapists, Psychologists and Educators involved in Mental Health projects about burnout prevention, evaluation of therapeutic processes and about innovation and digitalization of services  
From 2008 to present

**Group Trainer** of Social Skills Training, Personal and Professional Empowerment, Psychoeducation with people with mental health issues.  
From 2008 to present

**Project Manager in the Mental Health sector**  
Experienced in identifying, drawing down European grants and coordinating Mental Health projects.  
Consultant for identifying grants and tenders, feasibility analysis, partners relationship building, project drafting, project management and financial reporting.  
From 2005 to present

## SPECIAL PROJECTS

- **Active participation in ESH Research Project** from 2020 on the efficacy of Hypnosis.
- **Italian Translation** for the **Milton Erickson Foundation** - all 12 videos in the **Masters of Psychotherapy Series**.
- **Manager and Supervisor** for **Trauma assessment and treatment** of over 200 Ukrainian citizens.
- Development of the Platform **"Multimedia Training"** of the Italian Society of Hypnosis: <https://www.ipnosiivideo.it/>
- Field research about **Virtual Reality Hypnosis** and **Digital Hypnosis**.

## OTHER EXPERIENCES

- **Training Manager** for an organization accredited by the Lazio Region.
- **Qualitative researcher** owner of the entire research process for a research company
- From 2003 **Trainer** of Soft Skills in courses for employees, people with occupational issues, NEETs, people with special needs and disabilities.

## EDUCATION

- **Masters Degree** in Psychology (2003) from L.U.M.S.A. University in Rome (Italy).
- Notation as Registered **Psychologist** (2004)
- Specialization in Psychotherapy at the **Italian School of Hypnosis and Ericksonian Psychotherapy** SIIPE (2006-2009)
- Notation as Registered Psychotherapist (2010)
- Master's Course in Human Resources Management (2004)
- **Professional Training for Teachers in Ericksonian Hypnotherapy** (2010-2014)
- **Course in Diagnostic Psychological Testing** and Graphology (2000-2005)
- **Cognitive Remediation Training** held by CRiSP - Institute of Psychiatry, Psychology & Neuroscience, coordinated by Prof. Til Wykes (2021).

## DIGITAL COMPETENCIES

- **Professional management of communication** systems, social networks and web apps. Instrumental knowledge of video and graphics editing software.
- Good knowledge of the **Learning Management Systems**.
- Trained in utilizing **Virtual Reality in psychotherapy**.
- Good knowledge of SPSS (Statistical Packet for Social Sciences).
- Excellent knowledge of the Office package: Word, Excel, Access and Powerpoint. Web, Mail and digital communication. Microsoft Project.

## PUBLICATIONS

- Perica Maria Cristina (2023). Interoception and Hypnosis: using interoceptive modifications in hypnotherapy. Vol.2 pag. 19-35. DOI 10.3280/IPN2022-002002.
- Perica Maria Cristina, Marazzi Mario (2021) Learning Emotions from Milton H. Erickson. *Ipnosi*. Vol.1 pag. 41-54. DOI: DOI: 10.3280/IPN2022-001004.
- Perica Maria Cristina (2020), Virtual Reality and Hypnosis. *Ipnosi*. Vol.1 pag. 49-60. DOI: DOI: 10.3280/IPN2020-001003.
- Loredio Camillo and Perica Maria Cristina (2020) Chapter 1- "Rapport: advantage of the hypnotic relationship within clinical work".

- Carnevale Fabio and Perica Maria Cristina (2020) Chapter 14- "Hypnosis in groups and with groups" in the book "RAPPORT: a special relationship that can heal. Responsiveness, reciprocity and synchronism in naturalistic psychotherapy" (2020), Franco Angeli.
- Perica Maria Cristina (2013), Professional identity and employment crisis: tools for hypnotic intervention. *Ipnosi*. Vol.2 pag. 37-45. DOI: 10.3280/IPN2013-008003.

## ACTIVE PARTICIPATION IN CONGRESSES

- Invited Speaker at the XVI Congress of the European Society of Hypnosis "Hypnosis Food for Body and Mind". Workshop "Sensing and Feeling: using Interoceptive plasticity in Hypnosis to enhance Integration and Emotional Regulation" Lecture "Hypnosis and Digital Universes".
- XVII Congress of the Italian Society of Hypnosis "Hypnotic Phenomena and Their Role in Hypnotherapy" BOLOGNA 9-12 Nov. 2023. Lecture "The plasticity of interoceptive processes as a hypnotic phenomenon" Workshop with Fabio Carnevale "Theory and techniques of "Wow!": surprise, destabilization and "awe" in hypnotic psychotherapy".
- XVI Congress of Italian Society of Hypnosis "SHARING EMOTIONS: The Sharing of Emotions in Hypnosis and in the Ericksonian Hypnotic Relationship" VITERBO 3-6 Nov. 2022. Workshop "From sensations to feelings: integration and regulation in the sensorimotor experience of hypnosis" Lecture: "On moving and being moved: using movement in Ericksonian hypnosis"
- XV Congress of the Italian Society of Hypnosis "HYPNOSIS: DISSOCIATION, CONNECTION, INTEGRATION, COMPLEXITY" ALGHERO 08-10 October 2021. Workshop with Camillo Lorio and Fabio Carnevale "9 Naturalistic sharing techniques: when the therapist personally enters the therapy scene" Lecture "Integrations: bodily and emotional experiences in hypnosis" Workshop "Connecting therapy with life: techniques to facilitate adaptation in critical situations"
- XIV Congress of the Italian Society of Hypnosis "Strategies of induction and deepening trance. Changes in consciousness in the Ericksonian Hypnotic process" PAESTUM 24-27 September 2020. Workshop with Camillo Lorio and Fabio Carnevale "From Technique to the Therapist: how to develop the therapist's resources to activate therapeutic change" Presentations "Creative and self-healing processes in Ericksonian hypnotherapy" and "Hypnosis and digital narrative processes: amplifying the experiential intensity in the online setting"
- XIII Congress of the Italian Society of Hypnosis "RAPPORT: the hypnotic relationship, a special relationship that heal" TORINO 7-10 November 2019. Lecture title: "Serious game and Ericksonian hypnotherapy: a hypnotic game to improve couple communication". Workshop title: "Dimensions of rapport in group hypnosis".
- V Congress of the Italian Society of Psychotherapy " Evolution of Psychotherapy: THE LITTLE PRINCE. THE CHILD AND THE INNER CHILD, FROM CHILDHOOD TO ADOLESCENCE AND ADULT AGE " Bologna, 2-6 October 2019. Workshop title "Age regression for the recovery of resources and contact with the inner child in Ericksonian hypnotic psychotherapy" co-presenter Doc. Anna Maria Rapone.
- XII Congress of the Italian Society of Hypnosis "HYPNOSIS: CONNECTIONS AND DISCONNECTIONS IN CLINICAL PRACTICE" Bologna 25-28 October 2018. Lecture title: "Creativity, generativity and planning: Ericksonian hypnosis techniques and tools". Workshop title: Connections and Disconnections in the age of the On-Line: Dissociative processes and hypnotic experiences in Digital Life.
- XI Congress of the Italian Society of Hypnosis "Hypnosis: theories of the mind and theories of change" Alghero 19-22 October 2017. Lecture title "Hypnosis and Occupational Therapy: hypnotic intervention techniques for adults with mental illness". Workshop Minimal Cues and use of emotional transformations in the trance experience (co-presenter Doc. Fabio Carnevale).
- X Congress of the Italian Society of Hypnosis "The Languages of Hypnosis: a bridge between mind and body, past and future, imagination and reality" Verona 21-23 October 2016. Lecture title "The Ego Strength technique". Workshop title "Integration of emotions and experiences through a two-voice induction: male and female in the hypnotic clinic."
- III Congress of the Italian Society of Psychotherapy "Evolution of Psychotherapy: emotional discomforts and regulation of affects in times of crisis" - Rome 2015: lecture title "Group Hypnosis Treatment with people that have lost their jobs"
- IX Congress of the Italian Society of Hypnosis "Embodied Languages: body languages and contributions of neurosciences and hypnotic experience" - Orvieto 2015: Lecture title: "Rhythm and learning, embodied experiences and hypnotic relationships"
- XIII Congress of the European Society of Hypnosis "HYPNOSIS AND RESILIENCE" (2014) from Trauma and Stress to Resources and Healing. Lecture title: "The taste of change: ericksonian hypnosis tools for the individual development in the global crisis"
- VIII Congress of the Italian Society of Hypnosis "Naturalistic therapy of Milton Erickson. The use of hypnosis in respect of the subject" - Orvieto 2013: lecture title "Hypnosis and communication processes"
- VII Congress of Italian Society of Hypnosis "Interpersonal relationships and hypnotic relationships" - Orvieto 2011: lecture title "Hypnosis and Assisted Animal Activities"
- XVIII Congress of the International Society of Hypnosis. "Hypnosis and Neurosciences: clinical implication of the new mind-body paradigm"- Rome 2009: lecture title "Hypnosis and Training" - "Hypnosis and Cinema in the National Health System"

I authorize the processing of personal data present in the CV under the Legislative Decree. Lgs. 101/2018 and of the GDPR (EU Regulation 2016/679).

Rome, 15.03.2024

