



Prof. Fabrizio Didonna, Psy D, is an internationally known Clinical Psychologist, Adjunct Professor of Clinical Psychology at the School of Medicine, University of Padova, Professor in the Institute for Lifelong Learning of the University of Barcelona, Spain and Visiting Professor at Shanghai Jiao Tong University. He is also a Founder Director of the International MBCT for OCD Center, in Vicenza, Italy (<https://mbctforocd.com/centro-mbct-per-il-doc-vicenza/>). He is the developer of the therapeutic model, and author of the related manual, *Mindfulness-Based Cognitive Therapy for Obsessive-Compulsive Disorder* (Guilford Press, 2020, translated in Chinese, Spanish, Italian, French and Russian), the first manualized and validated mindfulness-based treatment model for OCD. He is also a Founder and Honorary President of the Italian

Institute for Mindfulness (IS.I.MIND). He presented scientific papers, lectures and workshops at a number of international conferences and universities worldwide, including Harvard and Oxford, and published numerous articles, several chapters and three books. He is the Editor of the *Clinical Handbook of Mindfulness* (2009, Springer), the first manual on the clinical applications of mindfulness meditation (translated in five languages). He was for 25 years a Director of a Unit for Mood and Anxiety Disorders and a Unit for OCD at the Villa Margherita Private Hospital in Vicenza, Italy, where he implemented his therapeutic model for hundreds of severe and hospitalized patients. He is the Founder of *MBCT at Work*, a mindfulness-based program for the application of mindfulness in the workplace, and a Scientific Director of the Institute-sponsored One-Year Master's Program in Mindfulness-Based Therapy in Milan. He is an experienced instructor of mindfulness-based interventions and has trained more than 2,000 patients in inpatient and outpatient settings. He gives workshops and training retreats in the field of mindfulness and MBCT for OCD internationally, including United States, United Kingdom, China, Mexico, Spain, Panama, Israel, Finland and Poland.