

Biography / CV

Antonio Onofri is a psychiatrist, a Senior Member of the Italian Society for the Cognitive and Behavioral Therapy, an EMDR Supervisor, a Board Member of EMDR Italia and the Italian Representative at the Board of EMDR Europe.

He works in the Emergency Psychiatric care Unit of Santo Spirito Hospital in Rome, where he leads a Clinic for the Post-Traumatic Stress Disorders.

For almost 15 years he has worked in the field of inpatients and outpatients immigrants and foreigners, cooperating with one of the main Italian charities in the assistance of Refugees and Asylum Seekers and implementing a pilot study about the utilization of EMDR in the therapeutic work with the traumatized Refugees and Asylum Seekers.

Since 2014 he has been a member of the Board of the ESTD Newsletter.

With Paola Castelli and with Cecilia La Rosa, he is the author or co-author of many papers and books regarding PTSD, Grief, Cognitive-Evolutionary Psychotherapy, Attachment Theory, Mood Disorders, EMDR.

One of his main activities is teaching and training.

Address

Antonio Onofri
Via Vespasiano 85
00192 Roma RM

Mail address:

dottoronofri@gmail.com

Paola Castelli Gattinara is a clinical psychologist, specialized in cognitive psychotherapy and EMDR consultant. She works as a psychotherapist at the De Sanctis Clinic in Rome and as a consultant for the Muscular Dystrophy Rehabilitation Centre of Rome.

She is member of the Italian Society for Cognitive-behavioral Therapy and the Italian Association for EMDR. She is professor at the graduate school for Childhood and Adolescent Psychotherapy directed by Prof. Fabio Veglia of Turin University.

She is specialized in psychotraumatology and uses the EMDR method in her work with severely disabling physical illnesses and problems related to mourning in both adults and children.

Since 2008 she has worked with refugees and asylum seekers using EMDR therapy and supervises the activities of the Reception Centers operators

Since 2016 she is implementing a pilot study about EMDR group therapy with asylum seekers

Address

Paola Castelli Gattinara
Viale Liegi 52
00198 Rome
Italy

Mail

paola.castelligattinara@gmail.com

Daytime phone number: 0039 3393733074

Abstract

Author:

Antonio Onofri,
dottoronofri@gmail.com,
+393472434552.

Via Vespasiano 85, Roma, Italy
Psychiatrist, Santo Spirito Hospital of Rome
Clinical Center de Sanctis, Roma
Psicoterapia Training School, Roma

Co-author:

Paola Castelli Gattinara,
paola.castelligattinara@gmail.com
+393393733074.

Viale Liegi 52, Roma, Italy
Psychologist and Psychotherapist, Clinical Center De Sanctis, Rome

TITLE: THE MENTAL HEALTH AND THERAPEUTIC WORK WITH REFUGEES AND ASYLUM SEEKERS WITH SEVERE TRAUMATIC EXPERIENCE: THE USE OF EMDR GROUP PROTOCOL

Abstract

The Aim of the workshop is to illustrate the known effects of forced migration on mental health, in particular Post-Traumatic Stress Disorder and the symptoms deriving from chronic stress. Some fundamental principles for the treatment of post-traumatic conditions and specifically for traumatized refugees and asylum seekers will be provided. The Authors describe a particular clinical intervention: group therapy with EMDR and the use of Bilateral Stimulation to enhance resilience in this clinical population. Bilateral stimulation will be used in some group only for resource installation, in other to process the traumatic experiences. Difference in results will be illustrated.

A pilot study will be illustrated to assess the efficacy of EMDR group intervention for Asylum seekers recently arrived in Italy, to reduce PTSD symptoms and to facilitate a coherent narrative of their history in order to receive refugee status from the Commission.

Learning objectives:

- to provide knowledge about the effect of forced migration on mental health
- to provide tools to increase stabilization of PTSD symptoms.
- To use EMDR group protocol with this population.