

Pisa psychosomatic course presents:

# Focus on interoception

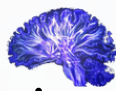
**Hybrid Workshop**

In person and on-demand  
Italian/English



**Location:** GIFT Institute of Integrative Medicine,  
Lungarno Simonelli, 1 Pisa

**29-30 September 2023**



# Pisa psychosomatic course presents: Focus on interoception

## Main Program

### Friday 29th (oral presentation)

15.00: opening and registration

15.30: **Interoception: Neurophysiology, Pain and Clinical Applications**

-Giancarlo Carli, Prof. Human Physiology, University of Siena

-Antonella Ciaramella, MD. Lab. Psychosomatic, GIFT Institute of Integrative Medicine Pisa

16.15: **Interoceptive Awareness: its Role in Physical and Mental Health**

-Wolf E. Mehling, MD. University Of California, San Francisco, USA  
(online/Italian translation)

17.00: **Affective Touch and CT Fibers: the Role of Interoception in the Self- or Social-touch.**

-Paula Salamone, PostDoc. Linköping University, Stockholm, Sweden  
(online/Italian translation)

17.45: **Hypnotizability and Interoception**

-Enrica Santarcangelo, MD, PhD. Lab. Cognitive & Behavioral Neuroscience, University of Pisa

**Scientific secretariat:** Antonella Ciaramella, MD

**Organizational secretariat:** Melania Boni, PsyD; Simone Violi, BHSc

**Contacts and registration:** [info.psicosomaticaformazione@gmail.com](mailto:info.psicosomaticaformazione@gmail.com); +39 0505205616

**Registration fees:** Early: until June 30th, 2023; Late: until September 1st, 2023

**Student:** Early: 75 euro; Late: 90 euro

**Regular:** Early: 120 euro; Late: 150 euro

**On-demand** (after September 30th, 2023), registration until September 1st, 2023

**Regular:** 150 euro

**Regular+ECM:** 250 euro

### Saturday 30th (workshop)

9.00: opening

9.15: **Using the Interoceptive Awareness to Prevent Somatisation in Children**

-Martina Rossi, PsyD. GIFT Institute of Integrative Medicine Pisa  
-Antonella Ciaramella, MD. Lab. Psychosomatic, GIFT Institute of Integrative Medicine Pisa

11.00: **Working Top-Down and Botton-Up on Interoceptive Awareness through Bioenergetics and Qigong**

-Alessandro Lazzarelli, PhD. Department of Civilizations and Forms of Knowledge, University of Pisa

13.00 Lunch

15.00: **Interoceptive Awareness in Gestalt Psychotherapy**

-Stefano Rossi, PsyD. GIFT Institute of Integrative Medicine Pisa

17.00: **Sensation and Feeling in the Chairwork Existential Method**

-Antonella Ciaramella, MD. Lab. Psychosomatic, GIFT Institute of Integrative Medicine Pisa



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