

## ALESSIO FAGGIOLI, MA, BSC

### Who I am

I am a registered **Psychotherapist** and **Psychologist**, with over 10 years of experience in clinical mental health, substance use, trauma, counselling experience, and 15 years of psychedelic healing experience. Psychotherapist with in-depth knowledge and training Psychodynamic psychotherapy, Ketamine Assisted Psychotherapy (KAP), Psychedelic Assisted Therapies, Mindfulness Based Therapy (MBT), IFS (Internal Family System) and NeuroAffective Relational Model.

Skilled at motivating, communicating and advocating for clients dealing with mental health issues. Driven and compassionate mental health professional with a strong focus on clients' wellness. Clinician well versed in working with multidisciplinary teams and multicultural clients.

As a Psychotherapist, I learnt and use different approaches among which Transpersonal psychology, Person Centred, Jung, Gestalt, Mindfulness, Existential Therapy, Transactional Analysis, Attachment theory, Complex Trauma, Somatic approach, Character styles, Internal Family System, mentalization, Meditation and Mindfulness approach.

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### Memberships

- Czech Association for Psychotherapy ( [www.czap.cz](http://www.czap.cz) );
- Irish Association of Humanistic Integrative Psychotherapy ( IAHIP);

### Skill highlights

Group therapy facilitation;	Psychodynamic Psychotherapy;
Psychedelic Assisted Psychotherapy;	Humanistic Integrative approach;
Ketamine Assisted Psychotherapy;	Excellent interpersonal skills;
Mindfulness Based Therapy;	Problem solver;
Solution-focused counselling;	Attentive listener;
Substance Use Counselling;	Compassionate;
Extensive DSM-V knowledge;	Psychiatric population knowledge;
Internal Family System;	Therapeutic expertise;

NeuroAffective Relational Model; Teaching skills;	PTSD and Trauma extensive knowledge;
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### What I offer

I provide *individual, couple* and *group* therapy. I also provide *preparation and integration* sessions for ***Expanded States of Consciousness***. I hold an **MA in Psychology** and a **BA(H) in Psychotherapy** and I have been practicing Psychotherapy since 2013.

My experience is in dealing with a wide-range of issues and presenting problems such as: ***Bereavement & Loss, Anxiety and Depression, Panic attacks and Stress Management, Separation & Relationships, Cultural Issues, Family Issues, Anger Issues, Low Self Esteem, Traumas, Spiritual Issues, Personal development, Sexual Issues.***

### Education:

- 2019: **Master degree – Psychology**, Gugliermo Marconi University – Italy;
- 2013: **BA(H) in Counselling and Psychotherapy**, CIT University – Ireland;
- 2002: **BA in Computer Science**, “La Sapienza” University;
- 2015: **Youth and Community Work** (1 semester) – University of Cork;
- 2006: **Certificate in pedagogy skills** – Universidad de Guadalajara - Mexico;

### Languages skills:

- English - advanced
- Spanish - advanced
- Italian - native

### Courses, trainings:

2023: *MDMA Assisted Therapy Training: Multidisciplinary Association for Psychedelic Studies (MAPS);*

2022: *ICH Good Clinical Practice E6 (R2): The Global Health Network;*

2022: *Introduction to clinical research: The Global Health Network;*

2022: *The Research Question: The Global Health Network;*

2022 until 2023: One-year placement in Child Neuropsychiatry Hospital – Chieti, Italy;

2021: *SSDP Psychedelic Pipeline Career Mentorship Program;*

2021: *Building a Psychedelic Medicine Clinic - Prati Group;*

2020: *Ketamine Assisted Psychotherapy (KAP) - Polaris Insight – San Francisco – US;*

2019: *Irish Association Humanistic Integrative Psychotherapy Accreditation* - IAHIP;  
2019 *Couple Therapy Training* - Irish Gestalt Training Institute– Killarney, Ireland;  
2018: *Drug and Alcohol Abuse Awareness Training* – Cork, Ireland;  
2018: *Child Protection and Children's First Training* – Cork, Ireland;  
2018: Seminar on *Shame* with Dr. Patricia DeYoung – Cork, Ireland;  
2017: *ASIST (Applied Suicide Intervention Skills Training)* training – Cork, Ireland;  
2017: *Advanced group facilitation skills training* – Fusion – Cork, Ireland;  
2016: *SAFE talk* – Cork, Ireland;  
2015: *Mindfulness certificate* course – Cork, Ireland;  
2015: *Youth and Community Work* (1 semester) – University of Cork;  
2006: *Certificate in pedagogy skills* – Mexico;

### **Interests**

Psychedelic assisted therapies, human development, resilience, languages, yoga & meditation, mindfulness, slack line, sauna, swimming, learning and teaching, mental health and well-being, music, dance, hiking, research and education, trauma, substance use, somatization, and study of consciousness.

### **Contact**

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