

# Curriculum Vitae

Family name: Scrimali; First name: Tullio; Second Name: Michele  
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Catania, Italy, on June 03, 1952 and actually he is resident in Catania. Physician, he reached is “laurea” “cum laude” in Medicine at the University of Catania and he specialised in Psychiatry at the University of Milan. Tullio Scrimali is founding fellow and therapy certified trainer consultant of the Academy of Cognitive Therapy (ACT of Philadelphia). He was one of the pioneers in the development of Cognitive Psychotherapy in Italy, publishing his first research in 1976 and obtaining the first Chair, even set in Italy of *Cognitive Therapy*, at University of Catania, in 1980.

He is official teacher of the Italian Association of Behavioural and Cognitive Therapy (SITCC) and also Member and Teacher of the European Association for Behavioural and Cognitive Therapies (EABCT).

Tullio Scrimali teaches this subject both at the ALETEIA International, European School of Cognitive Therapy ( [www.aleteiainternational.it](http://www.aleteiainternational.it) ), of which he is the Director (and which was founded by him in 1990) and at the University of Catania, where he is a Professor of Psychiatry and Clinical Psychology at the Department of Medical & Chirurgical Sciences and *Advanced Technologies*.

He has been carrying out and still carries out research and didactic activities in several foreign countries, among which the United States, Canada, Mexico, Columbia, Argentina, Uruguay, Brazil, Morocco, Egypt, China, Korea, Japan, Taiwan, Moscow and various European Community countries. He organized and directed the first Training in Cognitive Psychotherapy ever organised in Poland. He is the author of 165 scientific articles and several monographs written in six languages.

His book: *Neuroscience-Based Cognitive Therapy*, published by Wiley, is a huge international success.

He also developed and patented a new device designed for integrating Applied Psychophysiology and Biofeedback into CBT. This device is called *MindLAB Set* and it is disseminated by Psychotech ([www.psychotech.it](http://www.psychotech.it)).

As CEO of Psychotech, Tullio Scrimali developed a great experience in the field of medical marketing. He also has been, during Eighties, Medical Direttore of Takeda Italia and responsible of the new drug named Esilgan (Estazolam).

He founded and he was the Director, at the Department of Psychiatry, University of Catania, of the first Laboratory of Cognitive Psychophysiology and Biofeedback started in Italy (1980). He describes this experience in the monograph he wrote, together with Grimaldi "On the Traces of Mind" (Angeli Editore, Milano 1991).

**He has been concerned for more than thirty years about the cognitive approach to the Therapy and Rehabilitation of schizophrenic patients.** He published several scientific contributions on the issue of schizophrenia, among which the first controlled study ever carried out in Italy on a cognitively inspired protocol for the treatment of schizophrenia. His book on this topic, *Entropy of Mind and Negative Entropy. A Cognitive and Complex Approach to Schizophrenia and its Therapy*, published in London, by Karnac Books, on 2008 is a great international success. This book was officially presented in New York in March 2008, during the Congress of the International Society for Psychological and Social Approaches to Psychosis.

He was the Chair of the Scientific Committee and of the Organising Committee of the first International conference of the International Association for Cognitive Psychotherapy “Cognitive Psychotherapy Towards a New Millennium” to be held in Catania in June 2000.

He is Chair of two International Conferences: Volcanic Mind and The Mind in the Clouds, held every year in Catania and in Enna (Sicily).

During 2001 he was an invited speaker at the World Congress of Behaviour and Cognitive Therapy in Vancouver and at the annual meeting of the European Association for Cognitive Therapy in Istanbul.

Tullio Scrimali presented in occasion of the EABCT of Prague on September 2003 an invited keynote lecture, a one-day workshop and 3 symposia.

In Kobe (Japan), during the World Congress of Behavioural and Cognitive Therapies, held in July 2004, he has been an invited lecturer and also he held a very successful one day workshop on Schizophrenia (the workshop was overbooked and 46 participant attended).

During the 2005, 2006 and 2007, 2008, 2009, 2010 he has been invited lecturer and workshop leader in Serbia, Sweden, Finland, Greece, Brazil, Poland, Spain, Argentina, Uruguay, Romania, Lithuania, Croatia, Serbia, Slovakia and Russia.

He also lectured in England, France, Germany, Spain, Denmark, Mexico.

During 2006 he presented, as an invited speaker, at ALAPCO of Buenos Aires and then in 2008 at the ALAPCO held in Montevideo, at the EABCT of Helsinki and in New York during the ISPS Congress. He his invited speaker and workshop leader at the EABCT 2009 in Dubrovnik.

In June 2010 Tullio Scrimali has been chair of a Round table in Boston for the WCBCT and in October he held a workshop in Milan for the EABCT Congress.

In February 2011, Professor Scrimali lectured in Columbia and has been and invited speaker at the ICCP Congress of Istanbul. In July 2011 he also served as an invited speaker and workshop leader during the third Asian Congress of CBT, held in Seoul. Actually he is Chairing Professor at Asia University of Taichung in Taiwan.

During 2012 Professor Scrimali lectured and held workshops in New York and in Boston at the Boston University, School of Social Work, in Geneva at the EABCT, in Hong Kong and in Taichung (Taiwan) at Asia University.

On August 2013 he served as an invited speaker at the Fourth Asian CBT Congress in Tokyo and in September 2013 as a workshop leader at the EABCT Congress of Marrakesh.

During 2014 Professor Scrimali has been among the founders of the Egyptian Association for CBT and also served as an invited speaker at the first National Congress organized by this new born scientific society. In August he has been Invited speaker and workshop leader in Beijing, China where he has been charged of training some psychiatrists and psychologists in CBT for Schizophrenic Patients.

During 2015 and 2016 he lectured and held workshops, as an invited speaker, in Cairo City, Pittsburgh, Athens and Stockolm.

During 2017 he served ad invited speaker at the ICCP of Cluj-Napoca and at the EABCT 2017 in Lubljana.

In 2018 Professor Scrimali held some workshops in Cairo City, Gdansk, Moscow and Sofia.

In 2019 he served as lecturer and workshop leader, at the World Congress of Cognitive and Behavioural Therapy held in Berlin.

During 2020 he lectured and held a workshop (on a web platform) at the annual Congress of the European Association of Cognitive and Behavioural Therapy, held in Athens.

In Italy, during last 40 years, he always took part, as an *invited speaker* at the national conferences organized by the Italian Association for Behavioural and Cognitive Therapy (SITCC).

Tullio Scrimali speaks fluently English and French and he is a journalist, member of the Italian Association of Journalists (Regional Office of Sicily). He founded and directed an international scientific journal named *Complexity and Change* and still direct the scientific bulletin: ISSCo & ALETEIA News.

During last few years Tullio Scrimali started a new research project aimed to develop an original cannabidiol-based herbal medicine that he patented and named *NegEnt* (see: [www.herbalneurocare.it](http://www.herbalneurocare.it)). This new herbal medicine has been largely experimented by Tullio Scrimali in Psychiatry and Neurology. *NegEnt* could be become a new revolutionary treatment for mental disorders.

During the Covid-10 pandemia Prof. Scrimali helped many patients working hardly in some non profit organisation he set up such as Ambulatorio Solidale ALETEIA.