

CURRICULUM VITAE

Prof.ssa IRENE MESSINA



Personal Information

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Surname	Messina
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Telephone	+39 3202685626
Date of Birth	27/03/1984
Place of Birth	S. Stefano Quisquina (AG), Italy

Current Position

Affiliation	Faculty of Social and Communication Sciences Universitas Mercatorum, Rome (Italy)
Roles	Associate Professor of Dynamic Psychology Coordinator master “Psicologia del lavoro e delle Organizzazioni” (LM-51)
Teaching responsibility	“Psicodinamica dei gruppi e delle istituzioni” (master “Psicologia del Lavoro e delle Organizzazioni” – LM-51) “Psicodinamica dei gruppi e delle istituzioni” (master “Ingegneria Gestionale – LM-31) “Psicologia delle emergenze” (bachelor “Scienze Politiche e Relazioni Internazionali” L-36) PhD in Big Data e intelligenza artificiale (co-tutoring) National PhD in Learning Science and Digital Technologies (co-tutoring) PhD Pegaso International “Law, Education and Development” (co-tutoring/evaluator) PhD “Il benessere lavorativo della persona tra diritto, educazione e sviluppo sociale” (teaching activities)

Education

Date	01/2012 – 07/03/2016
Title	Four-year training in Integrated Psychodynamic Psychotherapy
Institution	Centro Psicologia Dinamica (CPD), Padua, Italy.
Date	26/03/2013
Title	PhD in Psychological Science
Institution	University of Padua, Italy
Date	10/2005 - 04/2008
Title	Master Degree in Psychology
Institution	Faculty of Psychology – University of Padua – Italy
Date	10/ 2002 - 10/2005
Title	Bachelor’s degree in Psychological Science
Institution	Faculty of Education – University of Palermo - Italy

Academic Background

Date	02/04/2017
	Habilitation for teaching as Associate Professor
Date	01/05/2018-30/09/2018
Position	Post-doc researcher
Institution	Department of Psychiatry and Psychotherapy III, University of Ulm, Germany
Date	01/03/2015-28/02/2017
Position	Post-doc researcher
Institution	Department of Philosophy, Sociology, Education and Applied Psychology (FISPPA) - University of Padua, Italy
Date	15/07/2014 – 31/12/2014

Position	Post-doc researcher
Institution	Department of Psychiatry and Psychotherapy III, University of Ulm, Germany
Date	15/04/2014 – 15/10/2014
Position	Research collaboration
Institution	University of Bozen, Italy
Date	1/03/2013 – 28/02/2014
Position	Post-doc researcher
Institution	Department of Philosophy, Sociology, Education and Applied Psychology (FISPPA) - University of Padua, Italy

Publications	
Citations Overview	<p>H-Index (Google Scholar 31/01/2023): 19</p> <p>Number of Citations (Google Scholar 31/01/2023): 1187</p>
Scientific Articles	<p>Messina, I., Calvo, V., & Grecucci, A. (2023). Attachment orientations and emotion regulation: new insights from the study of interpersonal emotion regulation strategies. <i>Research in Psychotherapy: Psychopathology, Process and Outcome</i>, 26(3).</p> <p>Finistrella, M., Rizzi, L., Messina, I., Saraulli, D., & Spataro, P. (2023). Relations between mindfulness, perceived stress and psychopathological symptoms in healthcare professionals and control participants. <i>Psychology Hub</i>, 40(3), 95-104.</p> <p>Orlinsky, D. E., Messina, I., Hartmann, A., Willutzki, U., Heinonen, E., Rønnestad, M. H., ... & Schröder, T. (2023). Ninety psychotherapy training programmes across the globe: Variations and commonalities in an international context. <i>Counselling and Psychotherapy Research</i>.</p> <p>Messina, I., Maniglio, R., & Spataro, P. (2023). Attachment insecurity and depression: The mediating role of interpersonal emotion regulation. <i>Cognitive Therapy and Research</i>, 1-11.</p> <p>Grecucci, A., Orsini, C., Lapomarda, G., Sorella, S., & Messina, I. (2023). Perceiving visual negative stimuli in schizophrenia and bipolar disorder: Meta-analytic evidence of a common altered thalamic-parahippocampal-basal ganglia circuit. <i>Neuroimage: Reports</i>, 3(2), 100173.</p>

Messina, I., Spataro, P., Sorella, S., & Grecucci, A. (2023). "Holding in Anger" as a Mediator in the Relationship between Attachment Orientations and Borderline Personality Features. *Brain Sciences*, 13(6), 878.

Monachesi, B., Grecucci, A., Ghomroudi, P. A., & **Messina, I.** (2023). Comparing reappraisal and acceptance strategies to understand the neural architecture of emotion regulation: a meta-analytic approach. *Frontiers in Psychology*, 14.

Labek, K., Sittenberger, E., Kienhöfer, V., Rabl, L., **Messina, I.**, Schurz, M., ... & Viviani, R. (2023). The gradient model of brain organization in decisions involving "empathy for pain". *Cerebral Cortex*, 33(10), 5839-5850.

Grecucci, A., Dadomo, H., Salvato, G., Lapomarda, G., Sorella, S., & **Messina, I.** (2023). Abnormal Brain Circuits Characterize Borderline Personality and Mediate the Relationship between Childhood Traumas and Symptoms: A mCCA+ jICA and Random Forest Approach. *Sensors*, 23(5), 2862.

Messina, I., Marogna, C., & Karterud, S. W. (Eds.). (2023). *New perspectives in the study of group dynamics* (Vol. 16648714). Frontiers Media SA.

Grecucci, A., Dadomo, H., Salvato, G., Lapomarda, G., Sorella, S., & **Messina, I.** (2023). Two Grey-White Matter Circuits Separate Borderline Personality Disorder From Controls and Mediate the Relationship Between Specific Childhood Traumas and Symptoms. A mCCA+ jICA and Random Forest Approach.

Baggio, T., Grecucci, A., Meconi, F., & **Messina, I.** (2023). Anxious brains: A combined data fusion machine learning approach to predict trait anxiety from morphometric features. *Sensors*, 23(2), 610.

Langerbeck, M., Baggio, T., **Messina, I.**, Bhat, S., & Grecucci, A. (2023). Borderline shades: Morphometric features predict borderline personality traits but not histrionic traits. *NeuroImage: Clinical*, 40, 103530.

Messina, I., Spataro, P., Grecucci, A., Moskow, D. M., Marogna, C., & Hofmann, S. G. (2022). Interpersonal emotion regulation questionnaire: psychometric properties of the Italian version and associations with psychopathology. *Research in Psychotherapy: Psychopathology, Process and Outcome*, 25(2).

Messina, I., Spataro, P., Grecucci, A., Marogna, C., & Dixon-Gordon, K. L. (2022). Difficulties in interpersonal regulation of emotions (DIRE) questionnaire: Psychometric Properties of the Italian Version and Associations with psychopathological symptoms. *Journal of Psychopathology and Behavioral Assessment*, 1-9.

Dadomo, H., Salvato, G., Lapomarda, G., Ciftci, Z., **Messina, I.**, & Grecucci, A. (2022). Structural Features Predict Sexual Trauma and Interpersonal Problems in Borderline Personality Disorder but Not in Controls: A Multi-Voxel Pattern Analysis. *Frontiers in human neuroscience*, 16, 773593.

Heinonen, E., Orlinsky, D. E., Willutzki, U., Rønnestad, M. H., Schröder, T., **Messina, I.**, ... & Hartmann, A. (2022). Psychotherapist Trainees' Quality of Life: Patterns and Correlates. *Frontiers in Psychology*, 13.

Grecucci, A., Lapomarda, G., **Messina, I.**, Monachesi, B., Sorella, S., & Siugzdaite, R. (2022). Structural features related to affective instability correctly classify patients with Borderline Personality Disorder. A Supervised Machine Learning approach. *Frontiers in Psychiatry*, 13.

Grecucci, A., **Messina, I.**, & Monachesi, B. (2021). La ricerca sulla regolazione emozionale: stato dell'arte e sviluppi futuri. *Giornale italiano di psicologia*, 48(3), 733-760.

Grecucci, A., **Messina, I.**, & Monachesi, B. (2021). Espansioni del campo sulla ricerca dei meccanismi della regolazione delle emozioni. *Risposte. Giornale italiano di psicologia*, 48(3), 801-808.

Messina, I. & Löffler-Stastka, H. (2021). Psychotherapists' Perception of their Clinical Skills and In-Session Feelings in Live Therapy versus Online Therapy during the COVID-19 Pandemic: a Pilot Study. *Research in Psychotherapy: Psychopathology, Process and Outcome (RIPPO)*, 24(1).

Messina, I., Scottà, F., Marchi, A., Grecucci, A., Benelli, E. & Sambin, M. (2021). Individualization of psychotherapy on the basis of Ego strength: contrasting two clinical cases of young adults treated with Intensive Transactional Analysis Psychotherapy. *Frontiers in Psychology*, 1424.

Messina, I., Grecucci, A., & Viviani, R. (2021). Neurobiological models of emotion regulation: a meta-analysis of neuroimaging studies of acceptance as an emotion regulation strategy. *Social Cognitive and Affective Neuroscience*, 16(3), 257-267.

Messina, I., Calvo, V., Ghedin, S., Masaro, C., & Marogna, C. (2021). Interpersonal Emotion Regulation: from Research to Group Therapy. *Frontiers in Psychology*, 12, 636.

Lapomarda, G., Grecucci, A., **Messina, I.**, Pappaianni, E. & Dadomo, H. (2021). Common and different gray and white matter alterations in Bipolar and Borderline Personality Disorder: A Source-Based Morphometry study. *Brain Research*, 147401.

Grecucci, A., Siğirci, H., Lapomarda, G., Amodeo, L., **Messina, I.**, & Frederickson, J. (2020). Anxiety regulation: From affective neuroscience to clinical practice. *Brain Sciences*, 10(11), 846.

Viviani, R., **Messina, I.**, Bosch, J. E., Dommes, L., Paul, A., Schneider, K. L., ... & Stingl, J. C. (2020). Effects of genetic variability of CYP2D6 on neural substrates of sustained attention during on-task activity. *Translational psychiatry*, 10(1), 1-9.

Messina, I., Scottà, F., Benelli, E., Marchi, A., & Sambin, M. (2020). Intensive Transactional Analysis Psychotherapy (ITAP): A case series study. *Counselling and Psychotherapy Research*, 20(2), 224-234.

Messina, I., Grecucci, A., Marogna, C., Calvo, V. (2020). Relational Exposure and Semantic Processes as Mechanisms of Change in Psychodynamic Psychotherapy: Convergences between Psychotherapy Research and Affective Neuroscience. *TPM: Testing, Psychometrics, Methodology in Applied Psychology*, 27(1).

Grecucci, A., **Messina, I.**, Amodeo, L., Lapomarda, G., Crescentini, C., Dadomo, H., ... & Frederickson, J. J. (2020). A dual route model for regulating emotions: Comparing models, techniques and biological mechanisms. *Frontiers in Psychology*, 11, 357.

Messina, I., Gullo, S., Gelo, O.C.G., Giordano, C. & Salcuni, S. (2029). An overview of the Italian contribution to the international multisite SPRISTAD study on psychotherapy training. *Research in Psychotherapy: Psychopathology, Process and Outcome (RIPPO)*, 22(3).

Messina, I. Scottà, F., Benelli, E., Marchi, A., Sambin, M. (2019). Intensive Transactional Analysis Psychotherapy (ITAP): A case series study. *Counselling and Psychotherapy Research*, 1- 11.

Sorella, S., Lapomarda, G., **Messina, I.**, Frederickson, J. J., Siugzdaite, R., Job, R., & Grecucci, A. (2019). Testing the expanded continuum hypothesis of schizophrenia and bipolar disorder. Neural and psychological evidence for shared and distinct mechanisms. *NeuroImage: Clinical*, 23, 101854.

Messina, I., Scottà, F., Benelli, E., Bianco, F. & Sambin, M. (2019). Intensive Transactional Analysis Psychotherapy (ITAP): A Single-Case Time Series Study. *Journal of Psychology and Psychotherapy Research*, 5, 1-9

Grecucci, A., **Messina, I.**, & Dadomo, H. (2018). Decoupling internalized dysfunctional attachments: a combined ACT and Schema Therapy approach. *Frontiers in psychology*, 9, 2332.

Grecucci, A., & **Messina, I.** (2018). Simplex ratio culpa. O la logica della colpa e suoi rapporti con le altre emozioni. *Giornale italiano di psicologia*, 45(3), 567-572.

Frederickson, J. J., **Messina, I.**, & Grecucci, A. (2018). Dysregulated Anxiety and Dysregulating Defenses: toward an emotion regulation informed dynamic psychotherapy. *Frontiers in psychology*, 9, 2054.

Messina, I., Solina, C., Arduin, A., Frangioni, V., Sambin, M., & Gelso, C. (2018). Origins of countertransference and core conflictual relationship theme of a psychotherapist in training as emerging in clinical supervision. *Psychotherapy*, 55(3), 222.

Messina, I., Gelo, O., Gullo, S., Sambin, M., Mosconi, A., Fenelli, A., Curto, M. & Orlinsky (2018). Personal background, motivation and interpersonal style of psychotherapy trainees having different theoretical orientations: An Italian contribution to an international collaborative study on psychotherapy training. *Counselling and Psychotherapy Research*, 18(3), 299-307.

Palmieri, A., Kleinbub, J.R., Calvo, V., Benelli, E., **Messina, I.**, Sambin, M., Voci, A. (2018). Attachment security prime effect on skin conductance synchronization in psychotherapists: an empirical study. *Journal of counseling psychology*, 65(4), 490.

Messina, I., Gelo, O., Sambin, M., Bianco, F., Mosconi, A., Fenelli, A., Curto, M. & Orlinsky, D. (2017). Trainees Self-Evaluation of Their Development as Psychotherapists: An Italian Contribution to an International Collaborative Study on Psychotherapy Training. *Clinical Psychology & Psychotherapy*, 1-10.

Sambin, M., & **Messina, I.** (2017). Rivoluzione mindfulness: fino a che punto? *Giornale italiano di psicologia*, 44(2), 333-338.

Messina, I., Sambin, M., Beschoner, P., Viviani, R. (2016). Changing views of emotion regulation and the neurobiological models of the mechanism of action of psychotherapy. *Cognitive Affective and Behavioural Neuroscience*, 16(4), 571-587.

Messina, I., Bianco, F., Cusinato, M., Calvo, V. & Sambin, M. (2016). Abnormal default system functioning in depression: implications for emotion regulation. *Frontiers in Psychology*, 7, 858.

Messina, I., Cattaneo, L., Venuti, P., De Pisapia, N., Serra, M., Esposito, G., Rigo, P., Farneti, A., Bornstein, M.H (2016). Sex-specific automatic responses to infant cries: TMS reveals greater excitability in 4 females than males in motor evoked potentials. *Frontiers in Psychology*, 6, 1909.

Messina, I., Bianco, S., Sambin, M., Viviani, R. (2015). Executive and semantic processes in emotion regulation: insights from a meta-analysis of neuroimaging studies. *Frontiers in Psychology*, 6 (956).

Messina, I. & Sambin, M. (2015). Cathexis theory and default mode network: convergence between transactional analysis and neuroscience. *Transactional Analysis Journal*, 1, 1-11.

Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2013). Neural correlates of psychotherapy in anxiety and depression: a meta-analysis. *PLOS ONE*, 8

(9), e74657.

Messina, I., Sambin, M., Palmieri, A. (2013). Measuring Therapeutic Empathy in a Clinical Context: Validating the Italian Version of the Empathic Understanding of Relationship Inventory. *Testing, Psychometric, Methodology in Applied Psychology*, 20(1), 1-11.

Messina, I., Palmieri, A., Sambin, M., Kleinbub, J., Voci, A. & Calvo, V. (2012). Somatic underpinning of perceived empathy: the importance of psychotherapy training. *Psychotherapy Research*, 23(2), 169-177.

Benelli, E., Mergenthaler, E., Walter, S., **Messina, I.**, Sambin, M., Buchheim, A., Sim, E., Viviani, R. (2012). Emotional and cognitive processing of narratives and individual appraisal styles: recruitment of cognitive control networks vs. modulation of deactivation. *Frontiers in Human Neuroscience*, 6 (329), 1-26.

Palmieri, A., Kleinbub, J.R., Calvo, V., Sorarù, G., Grasso, I., **Messina, I.**, Sambin, M. (2012). Efficacy of hypnosis-based treatment in Amyotrophic Lateral Sclerosis: A pilot study. *Frontiers in Psychology*, 3 (425).

Viviani, R., **Messina, I.**, Walter, M. (2011). Resting State Functional Connectivity in Perfusion Imaging: Correlation Maps with BOLD Connectivity and Resting State Perfusion. *PLOS ONE*, vol. 6; p. -:e27050.

PhD Dissertation

Messina, I. (2013). Neural correlates of Proactive Interference with Emotional Words: Implications for Emotion Regulation Models.

Books

Messina, I. & Sambin, M. (2017). Valutazione delle Psicoterapie tra Ricerca e Pratica Clinica. FrancoAngeli.

Sambin, M., Palmieri, A. & **Messina I.** (2015). *Psiconeurodinamica*. Raffaello Cortina Editore: Milano.

Books Chapters

Messina, I. (2018). Evidenze neuroscientifiche del modello ITAP. In: Sambin, M. & Scottà, F. (2018). *Psicoterapia Intensiva Analitico Transazionale. ITAP: un modello psicodinamico integrato*. Franco Angeli.

Messina, I. (2018). Neurobiological evidence for the ITAP model. In: Sambin, M. & Scottà, F. (2018). *ITAP: Intensive Transactional Analysis Psychotherapy. An Integrated model*. Routledge.

Messina, I. (2017). Efficacia delle psicoterapie: la ricerca sull'esito. In: Messina, I. & Sambin, M. *La valutazione delle psicoterapie tra ricerca e pratica clinica*. FrancoAngeli.

Messina, I. (2017). Relazioni efficaci. In: Messina, I. & Sambin, M. *La valutazione delle psicoterapie tra ricerca e pratica clinica*. FrancoAngeli.

Messina, I. & Bianco, F. (2017). Il processo terapeutico. In: Messina, I. & Sambin, M. *La valutazione delle psicoterapie tra ricerca e pratica clinica*. FrancoAngeli.

Messina, I. (2017). Il terapeuta efficace e la formazione. In: Messina, I. & Sambin, M. *La valutazione delle psicoterapie tra ricerca e pratica clinica*. FrancoAngeli.

Salustri, A. & **Messina, I.** (2017). Quale terapia per quale paziente? Predittori transdiagnostici dell'esito della psicoterapia. In: Messina, I. & Sambin, M. *La valutazione delle psicoterapie tra ricerca e pratica clinica*. FrancoAngeli.

Messina, I. & Viviani, R. (2017). La neuroimmagine nella valutazione delle psicoterapie. In: Messina, I. & Sambin, M. *La valutazione delle psicoterapie tra ricerca e pratica clinica*. FrancoAngeli.

Messina, I. & Sambin, M. (2015). Verso un modello psiconeurodinamico dei meccanismi di difesa. In: Sambin, M., Palmieri, A. & Messina I. *Psiconeurodinamica*. Libreria Cortina Editore: Milano.

Messina, I. (2015). Come la psicoterapia cambia il cervello. In: Sambin, M., Palmieri, A. & Messina I. *Psiconeurodinamica*. Libreria Cortina Editore: Milano.

Messina, I. (2015). Sistema neurale di default, teorie psicodinamiche dell'Io e psicopatologia. In: Sambin, M., Palmieri, A. & Messina I. *Psiconeurodinamica*. Libreria Cortina Editore: Milano.

Messina, I. (2015). La mente che ammala e guarisce. In: Sambin, M., Palmieri, A. & Messina I. *Psiconeurodinamica*. Libreria Cortina Editore: Milano.

**Oral Presentations
in Conferences**
(selected: first
author/presenter)

Messina, I., Grecucci, A., Spataro, P. (2023). Interpersonal emotion regulation as mediator of the association between attachment and psychological symptoms: implications for psychotherapy. XIV Congresso Nazionale SPR-IAG, Cremona, Italy.

Messina, I. (2023). Neural Correlates of Borderline Psychotherapy: a systematic review and meta-analysis. 54th International Annual Meeting SPR - Society of Psychotherapy Research, 21-24 June 2023, Dublin, Ireland.

Messina, I., Maniglio, R., Spataro, P. (2023). The mediating role of interpersonal emotion regulation in the association between attachment insecurity and psychopathology: implications for psychotherapy. 54th International Annual Meeting SPR - Society of Psychotherapy Research, 21-24 June 2023, Dublin, Ireland.

Messina, I. (2022). Neural correlates of acceptance as emotion regulation strategy and therapeutic intervention: meta-analytic evidence. 9th EU-SPR

Chapter Meeting Rome, (Italy).

Invited Lecture: Messina, I. (2022). The Common Core of Psychotherapy: The Contribution from Affective Neuroscience. Society for the Exploration of Psychotherapy Integration (SEPI) 38th Annual Meeting, Lausanne Switzerland, Universite de Lausanne, April 21-24, 2022.

Invited Educational Session: Messina, I. (2020). The neural mechanisms of psychotherapy action: beyond cognitive control. Congress of the European college of neuropsychopharmacology (ECNP).

Messina, I., Scottà, F., Benelli, E. & Sambin, M. (2019). Intensive Transactional Analysis Psychotherapy (ITAP): a Case Series Study. Congresso Nazionale dell'Associazione Italiana di Psicologia, sezione Clinica e Dinamica, 27-29 settembre 2019, Milano.

Messina, I., Vellani, V., Dommès, L., Bosch, J., Beschoner, P., Stingler, J. & Viviani, R. (2019). Neural correlates of individual differences in anhedonia and subjective value representations: implications for depression. Congresso Nazionale dell'Associazione Italiana di Psicologia, sezione Clinica e Dinamica, 27-29 settembre 2019, Milano.

Messina, I., Salcuni, S., Gullo, S. & Gelo, O. (2018). The person of the psychotherapy trainee: Influences of personal background and current life on perceived development as psychotherapist. XII Congresso Nazionale della Società per la Ricerca in Psicoterapia SPR-Italia, Palermo 5-6 ottobre 2018.

Salcuni, S., **Messina, I.**, Gullo, S. & Gelo, O. (2018). Trainees' self evaluation of their development as psychotherapists: An update of spristad data collection in Italy. XII Congresso Nazionale della Società per la Ricerca in Psicoterapia SPR-Italia, Palermo 5-6 ottobre 2018.

Messina, I., Salcuni, S., Gullo, S. & Gelo, O. (2018). Trainees' self evaluation of their development as psychotherapists: Early results of a longitudinal study. XII Congresso Nazionale della Società per la Ricerca in Psicoterapia SPR-Italia, Palermo 5-6 ottobre 2018.

Messina, I., Gullo, S., Gelo, O., Salcuni, S., Giordano, C. (2018). Personal background of trainees attending Italian psychotherapy training programs: a contribution to the SPRISTAD international study on therapists' development. 49th International Annual Meeting SPR - Society of Psychotherapy Research, 27-30 June 2018, Amsterdam, Netherlands.

Messina, I., Gelo, O., Gullo, S., Salcuni, S., Willutzki, U. (2018). Dati preliminari sul background e sulla percezione dello sviluppo di terapeuti in formazione nel contesto italiano. SPRISTAD ricerca scientifica su processo e esito della formazione e dello sviluppo degli psicoterapeuti: un dialogo a più voci. 8 Giugno 2018, Padova.

- Messina, I., Sambin, M., Calvo, V., Bianco, F. & Cusinato, M. (2017).** Abnormal default system functioning in depression: implications for dynamic psychotherapy. Congresso Nazionale dell'Associazione Italiana di Psicologia, sezione Clinica e Dinamica, 29 Settembre - 1 Ottobre 2017, Torino.
- Messina, I., Gelo, O., Gullo, S., Sambin, M. & Orlinsky, D. (2017).** Personal background, motivation and Interpersonal style of psychotherapy trainees with different theoretical orientations: Preliminary results from the Italian context. Society for Psychotherapy Research (SPR) European and UK Chapters 4th joint conference, 20-22 September 2017, Oxford, UK.
- Messina, I. & Sambin, M., (2017).** Convergence between neurobiological models of psychotherapy and the I.T.A.P. theory. Society for Psychotherapy Research (SPR) European and UK Chapters 4th joint conference, 20-22 September 2017, Oxford, UK.
- Messina, I. (2016).** Convergence between neurobiological models of psychotherapy and the I.T.A.P theory. Convegno SPR Italia, 21th-22th October 2016, Milano (Italy).
- Messina, I. (2016).** Un contributo italiano allo studio internazionale multi-centrico SPRISTAD. Convegno SPR Italia, 21th-22th October 2016, Milano (Italy).
- Messina, I. (2016).** Convergence between Neurobiological Models of Psychotherapy and the I.T.A.P. Theory. Convegno AIP - Sezione Clinica e Dinamica, 20th-23th September 2016, Roma, (Italy)
- Messina, I., Gelo, O., Sambin, M., Bianco, F., & Mosconi, A. (2016).** Tracking Change in Italian Trainees' Experience of Therapeutic Work. 47th International Annual Meeting SPR - Society of Psychotherapy Research, 21-24 June 2016, Jerusalem, Israel
- Messina, I., Sambin, M. & Viviani, R. (2015).** Toward a semantic model of psychotherapy. 46^{er} International Annual Meeting SPR - Society of Psychotherapy Research, 24-27 June 2015, Philadelphia, Pennsylvania (USA).
- Messina, I., Sambin, M. & Viviani, R. (2014)** Toward a semantic model of emotion regulation and psychotherapy. 45th International Annual Meeting SPR - Society of Psychotherapy Research, Copenhagen
- Messina, I. & Sambin, M. (2014).** Cathexis theory and Default Mode Network: Convergence between Transactional Analysis and Neuroscience. 3rd European Association for Transactional Analysis Conference, 22th-23th May 2014, Cagliari (Italy).
- Messina, I., Sambin, M., Viviani, R. (2014).** Toward a semantic model of emotion regulation and psychotherapy: neuroscientific evidences on spontaneous avoidance of emotional stimuli. SPR Arena, 23th-24th January,

Milano (Italy).

Messina, I. (2012). Neural correlates of proactive interference with emotional words: implications for emotion regulation models. AIP - Sezione clinica e Dinamica, 20th-23th September 2012, Chieti, (Italy).

Messina, I., Sambin, M., Kleinbub, J., Palmieri, A. (2012). Physiological correlates of therapists' empathy. 43er International Annual Meeting SPR - Society of Psychotherapy Research, 20-23 June 2012, Virginia Beach (USA)

Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2012). Autonomic underpinning of empathy: an interpersonal physiology study. The 13th International Neuropsychoanalysis Congress, 14-16 June 2012, Athens (Greece)

Messina, I., Sambin, M. (2011). Neural Correlates of Psychotherapy. AIP - Sezione clinica e Dinamica. 16th-18th Settembre 2011, Catania (Italy)

Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2011). Emotion regulation and cerebral effects of psychotherapy: a meta-analysis of neuroimaging studies. SPR 42th International Meeting, June 29 - July 2, Bern (Switzerland)

Messina, I., Benelli, E., Sambin, M., Viviani, R. (2011). Individual differences in emotional processing of narratives and defense mechanisms: a functional neuroimaging study. The 12th International Neuropsychoanalysis Congress, 23-26 June 2011, Berlin (Germany)

Messina, I., Benelli, E., Sambin, M., Viviani, R. (2010). Neural correlates of Therapeutic Cycle Model. *Psicologia Clinica, Psicologia Sociale e Neuroscienze*, 9 luglio 2010, Padova (Italy).

Messina, I., Viviani, R., Monachesi, B., Ghomroudi, P.A., Grecucci, A. (2023). Let it be' brain: neural correlates of acceptance as a form of emotion regulation. 36th ECNP (European College of Neuropsychopharmacology), Barcelona, Spain.

Messina, I., Viviani, R., Monachesi, B., Ghomroudi, P.A., Grecucci, A. (2023). Toward the identification of neuroimaging biomarkers of borderline personality disorder from brain structures: promising applications of machine learning approaches. 36th ECNP (European College of Neuropsychopharmacology), Barcelona, Spain.

Messina, I., Vellani, V., Dommes, L., Bosch, J., Bechoner, P., Stingler, J. & Viviani, R. (2019). Individual differences in hedonic capacity and subjective value representations: an fMRI study. Human Brain Mapping Meeting, Roma 2019.

Messina, I., De Martino, M., Bogliolo, E., Montiroso, A., Scottà, F. & Sambin, M. (2018). Impulse emersion in intensive transactional analysis

**Posters in
Conferences**
(selected: first
author/presenter)

psychotherapy (ITAP): A preliminary study of non-verbal aspect of therapy process. XII Congresso Nazionale della Società per la Ricerca in Psicoterapia SPR-Italia, Palermo 5-6 ottobre 2018.

Messina, I., Scottà, F., Bianco, F., Sambin, M. (2018). Relational Exposure in Intensive Transactional Analysis Psychotherapy: a single-case study. 49th International Annual Meeting SPR - Society of Psychotherapy Research, 27-30 June 2018, Amsterdam, Netherlands.

Messina, I., Gelo, O., Gullo, S., Orlinsky, D. (2018). Predicting Perceived Development in Italian Trainees' Experience of Therapeutic Work: preliminary Results of a two-year Longitudinal Evaluation. 49th International Annual Meeting SPR - Society of Psychotherapy Research, 27-30 June 2018, Amsterdam, Netherlands.

Messina, I., Gelo, O., Gullo, S., Sambin, M. & Orlinsky, D. (2017). Tracking Change in Italian Trainees' Experience of Therapeutic Work: preliminary Results of a two-year Longitudinal Evaluation. Society for Psychotherapy Research (SPR) European and UK Chapters 4th joint conference, 20-22 September 2017, Oxford, UK.

Messina, I., Scottà, F., Bianco, F., Benelli, E. & Sambin, M. (2017). Intensive Transactional Analysis Psychotherapy: a single-case series. Society for Psychotherapy Research (SPR) European and UK Chapters 4th joint conference, 20-22 September 2017, Oxford, UK.

Messina, I., Bianco, F., Cusinato, M. (2016). Abnormal default system functioning in depression: convergence between psychodynamic models and neuroscience. Convegno AIP - Sezione Clinica e Dinamica, 20th-23th September 2016, Roma, (Italy)

Messina, I., Bianco, F., Calvo, V., Cusinato, M., & Sambin, M. (2016). Abnormal default system functioning in depression: convergence between psychodynamic models and neuroscience. 47th International Annual Meeting SPR - Society of Psychotherapy Research, 21-24 June 2016, Jerusalem, Israel.

Messina, I. & Sambin, M. (2016). Dyadic physiological concordance in electrodermal responses in Psychologists interacting with individuals with different attachment styles. 47th International Annual Meeting SPR - Society of Psychotherapy Research, 21-24 June 2016, Jerusalem, Israel.

Messina, I., Sambin, M., Arduin, A., Baroffio, R., Benelli, E. (2016). Development of Countertransference Management Abilities in Psychotherapy Training. 47th International Annual Meeting SPR - Society of Psychotherapy Research, 21-24 June 2016, Jerusalem, Israel.

Messina, I. (2015). Correlati neurobiologici della psicoterapia: verso un modello semantico. XVII Congresso Nazionale della Sezione di Psicologia clinica e dinamica Milazzo (Messina), 25-27 settembre 2015.

Messina, I. (2015). Un contributo italiano allo studio multi-centrico SPRISTAD sullo sviluppo degli psicoterapeuti. XVII Congresso Nazionale della Sezione di Psicologia clinica e dinamica Milazzo (Messina), 25-27 settembre 2015.

Messina, I., Bianco, S., Vigani, V., Sambin, M. (2015). Effectiveness of a mindfulness training for psychologists. International Annual Meeting SPR - Society of Psychotherapy Research, 24-27 June 2015, Philadelphia, Pennsylvania (USA)

Messina, I. Sambin, M., Bianco, S., Viviani R., (2014). Neural correlates of reappraisal: a meta-analysis. 45th International Annual Meeting SPR - Society of Psychotherapy Research, Copenhagen.

Messina, I., Sambin, M., Viviani, R. (2014). How psychotherapy changes brain functioning: an ALE meta-analysis. 20th Annual Meeting of the Organization for Human Brain Mapping, June 8th – 12th Hamburg (Germany)

Messina, I., Dommès, L., Beschoner, P., Viviani, R. (2014) Evidences of adaptation of cortical coding from neuroimaging of proactive interference and emotional processing. 20th Annual Meeting of the Organization for Human Brain Mapping, June 8th – 12th Hamburg (Germany).

Messina, I., Cattaneo, L., DePisapia, N., Venuti, P. (2014). Gender differences in automatic motor responses to infant cries. 20th Annual Meeting of the Organization for Human Brain Mapping, June 8th – 12th Hamburg (Germany).

Messina, I., Kleinbub, J., Sambin, M. & Palmieri, A. (2012). Somatic underpinning of therapists' empathy: an interpersonal physiology study. XX Annual meeting of the Italian Society of Psychophysiology – SIPF, 22-24 novembre 2012 Venezia (Italy).

Messina, I., Cattaneo, L., Rigo, P., De Pisapia, N., Venuti, P. (2012). Gender differences in automatic motor response to baby cries. XX Annual meeting of the Italian Society of Psychophysiology – SIPF, 22-24 novembre 2012 Venezia (Italy).

Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2012). Neural correlates of psychotherapy in depression and anxiety disorders: a meta-analysis of neuroimaging studies. The 13th International Neuropsychoanalysis Congress, 14-16 June 2012, Athens (Greece).

Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2012). Neural correlates of psychotherapy in depression and anxiety disorders: a meta-analysis of neuroimaging studies. 43^{er} International Annual Meeting SPR - Society of Psychotherapy Research, 20-23 June 2012, Virginia Beach (USA)

- Messina, I.,** Viviani, R. (2012). The slow component of proactive interference and modulation of deactivated semantic areas: an arterial spin labelling perfusion imaging study. Concept, actions and objects: Functional and Neural Perspective, 24-27 may 2012, Rovereto (Italy)
- Messina, I.,** Palmieri, A. (2011). Physiological correlates of therapists' empathy. AIP - Sezione Clinica e Dinamica, 16-18 Settembre 2011, Catania (Italy).
- Messina, I.,** Benelli, E., Sambin, M., Viviani, R. (2011). Individual differences in automatic emotion regulation and emotional narrative processing: an fMRI study. SPR 42nd International Meeting, June 29 - July 2, Bern (Switzerland)
- Messina, I.,** Viviani, R., Sambin, M., Benelli, E. (2010). Automatic emotion regulation during a working memory task: project of an fMRI study. Convegno SPR sezione italiana, 1-3 ottobre 2010, Perugia (Italy).
- Messina, I.,** Viviani, R., Sambin, M., Benelli, E. (2010). Emotional narratives processing and individual differences in automatic emotion regulation: an fMRI study. Convegno SPR sezione italiana, 1-3 ottobre 2010, Perugia (Italy).
- Messina, I.,** Viviani, R., Benelli, E. (2010). An fMRI study on automatic emotion regulation. XII Congresso Nazionale AIP della Sezione di Psicologia Clinica e Dinamica, 24-26 settembre 2010, Torino (Italy).
- Messina, I.,** Sambin, M., Viviani, R. (2010). Automatic emotion regulation during a working memory task. XII Congresso Nazionale AIP della Sezione di Psicologia Clinica e Dinamica, 24-26 settembre 2010, Torino (Italy).
- Messina, I.,** Viviani, R., Mergenthaler, E., Walter, S., Sambin, M., Buchheim, A., Benelli, E. (2010). Emotional processing of narratives and individual appraisal style. Human Brain Mapping Meeting, 6-10 giugno 2010, Barcellona (Spain)

Research Grants

Date	Current research
Role	Principal Investigator
Grant	Progetti di Rilevante Interesse Nazionale (PRIN) (N°P2022ME4XL)
Amount Awarded	224.146 €
Duration	2 years
Title	Non-response and drop-out in psychotherapy of borderline personality

	disorder: identification of psychological, neural and relational predictors
Involved Institutions	Universitas Mercatorum Rome, University of Trento, Catholic University of Milan, University of Palermo
Date	Current research
Role	Principal Investigator
Grant	Bandi Competitivi di Ateneo Universitas Mercatorum (9-FIN/RIC)
Amount Awarded	27.900 €
Duration	12 months
Title	Valutazione dell'efficacia del counseling psicologico per il contrasto del burnout accademico: un trial clinico randomizzato
Date	2014
Role	Principal Investigator
Grant	Small Research Award, Society for Psychotherapy Research (SPR)
Amount Awarded	2000\$
Duration	12 months
Title	Development of Countertransference Management Abilities in Psychotherapy Training: a Pilot Study

Editorial activities

Guest Editor	Frontiers in Psychology
	Research in Psychotherapy: Psychopathology, Process and Outcome
	Brain Sciences
	Journal of Integrative Neuroscience
Reviewer	Frontiers in Behavioral Neuroscience
	Frontiers in Human Neuroscience
	Frontiers in Integrative Neuroscience
	Frontiers in Psychology
	European Journal of Psychotherapy & Counselling
	The Spanish Journal of Psychology

Review of General Psychology
 Behavior and Brain Research
 Psychotherapy Research
 Neuroscience Letters
 Counseling and Psychotherapy Research
 Research in Psychotherapy: Psychopathology, Process and Outcome
 Cognitive Affective and Behavioral Neuroscience
 Psychological Reports
 Clinical Psychology & Psychotherapy
 European Journal of Pain

Activities as part of Scientific Associations

Association	SPR Interest Section on Therapist Training and Development (SPRISTAD)
Roles/Activities	Executive Mid-Career Counsellor (2023-2025) Local Liaison Coordinator (since 2017)
Association	Society for Psychotherapy Research – Italian Group
Roles/Activities	Executive (secretary) (2022-2024) Executive member (2021-2022) Scientific Committee Society for Psychotherapy Research – Italian Group (SPR-IAG) Meeting Cremona, November 25 th to 24 th , 2022. Collaboration with the executive (designated to the relationship with international SPR and SPRISTAD study management in Italy) 2020-2021 Scientific Committee Society for Psychotherapy Research – Italian Group (SPR-IAG) Meeting Palermo, October 4 th to 6 th , 2018. Member (since 2010)
Association	European Chapter of the Society for Psychotherapy Research (SPR)
Role	Italian Country Contact (since 2017) Scientific Committee for the 9th Society for Psychotherapy Research - European Chapter (EU-SPR) Meeting Rome, September 22 nd to 24 th , 2022.

Association	European Transactional Analysis Association
Roles	Research Evaluator (2016)
Association	Associazione Italiana di Psicologia (AIP) – sezione Clinica e Dinamica
Role	Member (since 2010)

Awards	
Award	Student Travel Award 2015
Institution	European Chapter of the Society of Psychotherapy Research (SPR)
Work	Messina, I., Sambin, M. & Viviani, R. (2015). Toward a semantic model of psychotherapy
Award	PREMIO State of Mind 2014
Institution	Testata giornalistica “State of mind”
Work	Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2013). Neural correlates of psychotherapy in anxiety and depression: a meta-analysis. PLOS ONE, 8 (9), e74657
Award	Premio “Mario Guazzelli” 2014 per migliore articolo su rivista scientifica
Institution	Associazione Italiana Psicologia (AIP), Sezione clinica e dinamica
Work	Messina, I., Sambin, M., Palmieri, A., Viviani, R. (2013). Neural correlates of psychotherapy in anxiety and depression: a meta-analysis. PLOS ONE, 8 (9), e74657
Award	Lester Luborsky Student Poster Award 2012
Institution	Society for Psychotherapy Research
Work	Messina, I., Sambin, M., Palmieri, A., Viviani, R. Neural correlates of psychotherapy in depression and anxiety disorders: a meta-analysis of neuroimaging studies.
Award	Student Travel Award 2014
Institution	European Chapter of the Society of Psychotherapy Research (SPR)
Work	Messina, I., Sambin, M., Viviani, R. (2014). Toward a semantic model of emotion regulation and psychotherapy: an fMRI study on spontaneous

	avoidance of emotional stimuli
Award	Student Travel Award 2012
Institution	European Chapter of the Society of Psychotherapy Research (SPR)
Work	Messina, I. , Sambin, M., Kleinbub, J., Palmieri, A. (2012). Physiological correlates of therapists' empathy.
Award	Best Poster Award 2010
Institution	Congresso nazionale dell'Associazione Italiana di Psicologia, Sezione clinica e dinamica.
Work	Messina, I. , Viviani, R., Benelli, E. Uno studio fMRI sulla regolazione emozionale automatica.
Award	Best Poster Award 2010
Institution	Convegno della sezione italiana delle Society for Psychotherapy Research
Work	Messina, I. , Viviani, R., Sambin, M., Benelli, E. (2010) Elaborazione di narrative emozionali e differenze individuali nella regolazione emozionale automatica: uno studio fMRI.

Other Teaching Experiences

Date	Since 2020
Position	External co-tutor, PhD in Cognitive Sciences
Institution	University of Trento, Italy
Date	2021-2022
Position	Teaching contract "Psicologia dell'emergenza" (seminar)
Institution	University of Trento, Italy
Date	2019-2020/2020-2021/2021-2022
Position	Teaching contract "Laboratorio di metodi psicodiagnostici"
Institution	University of Trento, Italy
Date	2014-2015, 2015-2016, 2016-2017

Position	Teaching contract “Valutazione delle psicoterapie in età evolutiva e in età adulta”
Institution	University of Padua, Italy
Date	2014-2015
Position	Teaching contract “Intervento in Psicologia Clinica”
Institution	University of Padua, Italy

Foreign Experiences

Date	15/07/2014 – 31/12/2014
Position	Post-doc researcher
Institution	Department of Psychiatry and Psychotherapy III, University of Ulm, Germany
Date	01/2010 – 07/2010, 01/2011 - 03/2011, 05/2011, 11/2011, 05/2012
Position	PhD student
Institution	Department of Psychiatry and Psychotherapy III, University of Ulm, Germany
Date	03/2009 – 07/2009
Position	Internship
Institution	Department of Psychiatry and Psychotherapy III, University of Ulm, Germany
Date	09/2006 – 06/2007
Position	Erasmus scholarship
Institution	Universidad Autonoma de Barcelona, Spagna

Clinical Work Experiences

Date	2019-2021
Position	Psychotherapist Private Practice

Date	03/2013 – 12/2015
Position	Psychotherapy trainee
Institution	Unità Operativa di Psicologia della Provincia Autonoma di Trento
Date	12/2012 – 01/2013
Position	Psychotherapy trainee
Institution	Centro Salute Mentale, Provincia Autonoma di Trento
Date	04/2005 – 06/2005
Position	Internship
Institution	Dipartimento di riabilitazione psico-sociale – Clinica Psichiatrica USL 16, Palermo

Languages

Italian
 Spanish Certificate DELE Cervantes – Superior Level (Nivel Superior)
 Inglese B1-B2
 Tedesco A2

Riva del Garda, 02/02/2024

