



## INTRODUCTORY COURSE ON WELL-BEING THERAPY

### Friday, May 12, 2023

**13.30-14.00** Registration

Chairs: Jenny Guidi (Bologna, Italy) and Nicoletta Sonino (Padova, Italy)

**14.00-15.15** Giovanni A. Fava (Buffalo, NY, USA): Well-Being Therapy and the pursuit of euthymia

**15.15-16.00** Chiara Rafanelli (Bologna, Italy): Assessment: macro-analysis

*16.00-16.15 break*

**16.15-17.00** Fiammetta Cosci (Florence, Italy): Assessment: staging

**17.00-17.30** General discussion

### Saturday, May 13, 2023

Chairs: Fiammetta Cosci (Florence, Italy) and Chiara Rafanelli (Bologna, Italy)

**14.00-15.00** Elena Tomba (Bologna, Italy): The structure of Well-Being Therapy

**15.00-16.00** Jesse H. Wright (Louisville, KY, USA): Cognitive restructuring in Well-Being Therapy

*16.00-16.15 break*

**16.15-17.00** Jenny Guidi (Bologna, Italy): Case presentation

**17.00-17.30** General discussion

# ADVANCED COURSE ON WELL-BEING THERAPY

**Sunday, May 14, 2023**

**13.30-14.00** Registration

Chairs: Giovanni A. Fava (Buffalo, NY, USA) and Elena Tomba (Bologna, Italy)

CASE PRESENTATIONS AND DISCUSSION

**14.00-14.50** Maxim Kuschpel (Switzerland)

**15.00-15.50** Sara Palmieri (Italy)

**16.00-16.50** Marco Tafi (Italy)

**17.00-17.30** Concluding remarks and award of CBT certifications