

Curriculum Vitæ

Cristiano Maria Gaston

MBBS CCST Psych PhD

## CRISTIANO MARIA GASTON

### PERSONAL DETAILS

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Date of birth	19/10/1971
Place of birth	Rome
Nationality	Italian
IELTS Score	7.5 (CEFR: C1; test report nr.: 16IT000055GASC264A)
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GMC Registration	7547991
Date of entry	01/06/2016
Status	Full with specialist registration with a license to practice
Specialty	Psychiatry

### EDUCATION

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School	Istituto Villa Flaminia, Rome, Italy (1985-1990)
University	University of Rome "La Sapienza", Italy (1990-1996)

### QUALIFICATIONS

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2004	PhD in <i>Neuroscience, motor rehabilitation and behavioural science</i> , University of Rome "La Sapienza", Italy
2003	License to practice <i>Psychotherapy</i>
2000	CCST in <i>Psychiatry</i> , University of Rome "La Sapienza", Italy
1996	MBBS, University of Rome "La Sapienza", Italy

### **Current posts**

- 2000 – to date *Private practice*  
I work both as a psychiatrist and a psychotherapist (1 or 2 sessions per week, with or without pharmacological support), mainly focusing on neurotic, mood and personality disorders.  
I provide pharmacological support for patients treated by other psychologists and psychotherapists.  
I teach in courses and organise workshops on psychiatry, psychopathology, group management and team building for healthcare professionals.
- 2001 – to date *Medical expert*  
Tribunal of the Vicarship of Rome, for proceedings of marriage annulment for psychiatric reasons (according to *Can. 1095 Cod. Jur. Can.*).
- 1999 – to date *Coordinator*  
I am a Coordinator (and former Vice-President for the years 2009-2011) of *BombaCarta* a no-profit Cultural Association that organises workshops, lessons, meetings on art, literature and creativity and broadly explores the creative experience. During these years I managed creativity groups for both a general audience and healthcare professionals with a specific interdisciplinary approach.  
I recurrently teach in seminars, lead large and small teams, organise workshops and group activities.
- 2015 – to date *Consultant*  
Endemol Italia (screenwriting, character development).
- 2015 – to date *Member of the Scientific Committee*  
IFACE (Istituto di Filosofia ed Antropologia Clinica Esistenziale).

### **Previous posts**

- 2002-2008 *Professor of Psychiatry*  
University of Rome “Roma Tre”.
- 2004-2007 *Honorary Consultant in Psychiatry*  
I worked at the Adult Psychiatry Outpatient Special Service of the Department of Child and Adolescent Neuropsychiatry, University of Rome “La Sapienza” as both a psychiatrist and a psychotherapist to provide

support for generic psychiatric patients (personality, neurotic or psychotic disorders) and for parents and relatives sent by the Child and Adolescent Outpatient services and Inpatient wards of the same Department.

- 2003-2006 *Professor of Psychology of Groups*  
University of Rome "Roma Tre".
- 2000 (2 months) *Specialist registrar in Psychiatry*  
Community Mental Health Service of "Domio" Area, Trieste: Outpatient service and domiciliary care.
- 1998-2000 *Specialist registrar in Psychiatry*  
Outpatient Special Service of Adult Psychiatry within the Department of Child and Adolescent Neuropsychiatry, University of Rome "La Sapienza".
- 1997-1998 *Specialist registrar in Psychiatry*  
Community Mental Health Service of "Area B", Rome: Outpatient service (both psychiatric and psychotherapeutic) and domiciliary care.
- 1996-1998 *Specialist registrar in Psychiatry*  
"Sandro Pertini" Hospital, Rome, Italy: Acute inpatient assessment and treatment in the Emergency Department; Inpatient admission and treatment; Liaison with Community Services; Liaison with Medicine and Surgery.
- 1996 (2 months) *Specialist registrar in Neurology*  
Inpatient ward, University of Rome "La Sapienza".

#### CLINICAL EXPERIENCE

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I covered most of the psychiatric therapeutic approaches including psychopharmacology of acute and chronic patients (psychotic, neurotic, personality, and eating disorders), rehabilitation groups and activities (creative groups, reading groups, occupational therapy), psychotherapy (supportive and psychodynamic).

I am used to interface with different healthcare professionals working in complex teams.

*As a Psychiatrist* I favour a psychopathologic/phenomenological approach. I have a broad experience in all main areas of practice: Emergency Department, Acute Psychiatric Ward, Liaison, Outpatient Services, Community Services and Private practice.

*As a Psychotherapist* I cover the whole spectrum from the supportive pole to the psychodynamic one, favouring (but not limited to) a Jungian approach. I attended the Jungian society AIPA in Rome and underwent a Jungian personal training (>200 hrs.).

*As a Vicarship of Rome Tribunal expert* I assess one's ability to freely take the decision to marry and to bear the duties of the marriage according to the Canon law.

## TEACHING EXPERIENCE

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### Undergraduates

- 2002-2008      *Professor of Psychiatry*  
Degree of Professional Educator for Communities (EPC), University of Rome "Roma Tre".  
– EPC Graduates deal with the treatment and rehabilitation of physical or mental disabilities in the Community Services.
- 2000-2007      *Examiner*  
Psychiatry, 5th Year Medical Students, University of Rome "La Sapienza".
- 2003-2006      *Professor of Psychology of Groups*  
Specialist Degree of Professional Educator and Community Manager (EPCS), University of Rome "Roma Tre".  
– EPCS Graduates add to the EPC curriculum the required skills to manage communities and teams.

### Postgraduates

- 2002-2010      *Asterione*  
I founded and managed the group "Asterione" organising monthly workshops, seminars and laboratories for a wide spectrum of healthcare professionals (psychiatrists, psychologists, nurses, educators, counsellors, anthropologists, philosophers) with an interdisciplinary approach.
- 2009              Course: *Psychosis in the Therapeutic Communities*  
School of Psychotherapy "Humanitas", Rome.
- 2008, 2009      Workshop: *A Reading Group for healthcare professionals*  
"Eduraduno", Bassano Romano.
- 2000-2007      *Clinical Supervisor*  
Adult Psychiatry Outpatient Special Service of the Department of Child and Adolescent Neuropsychiatry, University of Rome "La Sapienza".

I managed and supervised both Undergraduates and Specialist Registrars in Psychiatry in all their duties in an Outpatient environment (assessment, diagnosis, therapy, follow-up, liaison with other services, tutoring/mentoring).

- 2004            *CPD course*  
“Psychopharmacology for the General Practitioner”.
- 2003            Course: *Clinical and pharmacological characteristics of paroxetine*  
Abbott Italia.

### **Non medical professionals**

- 2016 – to date    *Cultural Association “BombaCarta”*  
I am one of the managers of BombaCarta’s involvement as a provider in the National Project “School-Work” (mandatory for all secondary school students). The Association provides a 60 hours/year course to 50 secondary school students in a three-years long project.
- 2000 – to date    *Cultural Association “BombaCarta”*  
I organise and teach in monthly workshops and seminars about creativity.
- 2014            Course: *Educational Technologies*  
Faculty of Science of Education, University of Rome “Roma Tre”.
- 2007            Course: *Psychology of Groups*  
Postgraduate Certificate MA “Philosophical counselling”, Faculty of Literature and Philosophy, University of Rome “Roma Tre”.
- 2007            Course: *Network and publishing technologies for the WWW*  
Postgraduate Certificate MSc “Editors for cultural information in the media”, University of Urbino.
- 2006            Course: *Psychiatry*  
PhD in Pedagogy, Faculty of Science of Education, University of Rome “Roma Tre”.
- 2005            Course: *Methodologies and techniques for Working Groups*  
Board examination for Primary School Teachers, University of Rome “Roma Tre”.

## MANAGEMENT

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- 2000 – to date      *Cultural Association “BombaCarta”*  
I coordinate the activities and both short- and long-term strategies of the Cultural Association “BombaCarta” organising workshops and seminars in Rome and managing the relationships between various groups in other cities.  
I evaluate the involvement of members and plan accordingly specific educational paths.  
I managed the whole IT infrastructure of the association (blog, mailing list, domains, programming, video, podcast, e-zine, groupware solutions) during the years 2002-2012.
- 2000-2007      *Adult Psychiatry Outpatient Special Service of the Department of Child and Adolescent Neuropsychiatry, University of Rome “La Sapienza”*  
I managed rotations and other duties of Specialist registrars and Undergraduates attending the Service.  
I managed the collection and computerisation of clinical data of first-admitted patients for research purposes.
- 1996-1998      *CCST in Psychiatry, University of Rome “La Sapienza”*  
Representative of the Specialist Registrars.

## RESEARCH

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My main interests are psychopathology, nosography, socio-anthropological issues, the relationship between media, new technologies and mental health.

- 1998-2007      I actively cooperated with the Special Service of Adult Psychiatry of the University of Rome “La Sapienza” focusing my research mainly on psychopathological and nosographic issues.
- 2001-2004      **“Vetero-adolescent” symptomatology and personality development (PhD dissertation)**  
*Adult Psychiatry Outpatient Special Service of the Department of Child and Adolescent Neuropsychiatry, University of Rome “La Sapienza”*  
I based my research on the hypothesis that a growing number severely neurotic patients with different diagnosis share an impaired personality development associated to specific anamnestic markers.

- 2003-2004      **Cognitive functions and neurological basis of cognitive processes: ethics and learning**  
*Faculty of Science of Education, University of Rome "Roma Tre"*  
 Project leader: Prof. Vincenzo Piccione.
- 2002-2003      **Psychodrama and learning disorders in children and adolescents**  
*Faculty of Science of Education, University of Rome "Roma Tre"*  
 Project leader: Prof. Vincenzo Piccione.
- 1999-2000      **Characteristics of 'revolving door' patients: a multicentre follow-up study of patients first-ever admitted to a general hospital psychiatric ward**  
*Adult Psychiatry Outpatient Special Service of the Department of Child and Adolescent Neuropsychiatry, University of Rome "La Sapienza"*  
 The study had a longitudinal design with a duration of 30 months and involved 10 GHPWs of Rome and neighbouring areas, with a catchment area including 87% of the adult population of the Rome metropolitan area. All patients first-admitted during the course of one year have been enrolled and followed up for 1 year from the index admission.  
 The study was founded by the ISS (Istituto Superiore di Sanità) within the "National Project for Mental Health".
- 1998-2000      **Borderline Neurotic Syndromes: a nosographic hypothesis (CCST dissertation)**  
*Adult Psychiatry Outpatient Special Service of the Department of Child and Adolescent Neuropsychiatry, University of Rome "La Sapienza"*  
 I focused my research on "borderline" neurotic syndromes on a cohort of outpatients who shared mixed neurotic symptoms with an uncertain diagnostic classification.
- 1995-1996      **Rehabilitation of the Chronic Psychotic Patient (MBBS dissertation)**  
*Psychiatry Outpatient Service, Day Hospital, University of Rome "La Sapienza"*  
 I conducted a study on a cohort of ten Day Hospital psychotic patients exploring the viability of simple repetitive tasks as a rehabilitation technique.



### **Books**

1. Gaston A., Gaston C. M., "Psichiatria e Igiene Mentale", Masson, Milano, 1997.

### **Book chapters**

1. Gaston C. M., "Lo spazio umano" in AA. VV., "La funzione educativa del cammino. Aspetti pedagogici, psicologici e sociologici", Roma, 2007.
2. Gaston A., Gaston C. M., "Psicosi, silenzio, empatia", in AA.VV., "Dialogo Silenzio Empatia", a cura di Adriana Dentone e Michele Bracco, Bastogi Editrice Italiana, 2000, pagg. 49-64.
3. Gaston A., Gaston C. M., "Il tempo dell'incontro", in "Ciò che non so dire a parole. Fenomenologia dell'incontro", a cura di B. Callieri e M. Maldonato, A. Guida Ed., Napoli, 1998.

### **Journals**

1. Gaston C. M., "Informazioni e scienza nell'era delle tre W", InnovAzioni, n. 6, gen-feb 2006.
2. Gaston C. M., "Video-psichiatri e depressione", InnovAzioni, n. 5, nov-dic 2005.
3. Gaston A., Gaston C. M., "Sindrome da Internet", InnovAzioni, n. 4, set-ott 2005.
4. Gaston C. M., "Vivere poeticamente, vivere realmente" - Atti del Convegno "La poesia, vivere nella possibilità", Reggio Calabria, 2008.
5. Gaston C. M., "La narrazione come esperienza di trasformazione" - Atti del Convegno "In principio era il racconto", Reggio Calabria, 2007.
6. Gaston A., Aceti F., Gaston C. M., Marioni P., Giacchetti N., Di Giuseppe P., "Follow-up multicentrico su pazienti al primo ricovero in SPDC, per identificare e valutare le caratteristiche cliniche ed extra-cliniche associate al fenomeno revolving door", Progetto Nazionale Salute Mentale, Rapporto Conclusivo, in Rapporti ISTISAN 01/27, pag. 155-157.
7. Gaston C. M., "Identità, sviluppo, depressione: l'origine infantile di un disturbo post-adolescenziale", Psichiatria dell'Infanzia e dell'Adolescenza, nn. 5-6, vol. 68, set-dic 2001, pagg. 705-715.
8. Gaston C. M., "La depressione in alcune personalità anancastiche: la frattura del «Mondo-a-una-dimensione»", Attualità in Psicologia, vol. 16, n. 3, 2001.
9. Marioni P., Aceti F., Gaston C. M., "Il delirio: la trasformazione della passione in narrazione", Attualità in Psicologia, vol. 16, n. 1-2, 2001, 40-44.
10. Gaston C. M., Marioni P., Aceti F., "Delirio fra mito e logos", Comprendere, 11/2001.
11. Gaston C. M., Aceti F., Giacchetti N., Marioni P., "Isteria fra imitazione ed identificazione", Attualità in Psicologia, vol. 15, n.4, 2000, 442-447.
12. Gaston A., Saponaro A., Pallagrosi M., Aceti F., Gaston C. M., Giacchetti N., Marioni P., "Caratteristiche cliniche ed extracliniche dei pazienti 'revolving door': un follow-up

multicentrico su pazienti al primo ricovero in SPDC”, Atti del Convegno del Progetto Nazionale Salute Mentale.

13. Aceti F., Gaston C. M., Giacchetti N., Marioni P., “Leboidofrenia come spazio iniziale di alcuni disturbi di personalità. Nota preliminare”, Rivista Europea di Psichiatria, anno XI, n. 1 - 1999, pagg. 73-79.
14. Aceti F., Giacchetti N., Gaston C. M., Marioni P., “Dimensione spazio-temporale dell’esistenza, evento somatico e depersonalizzazione”, Comprendre, n. 9, 1999, p. 49-60.
15. Aceti F., Marioni P., Giacchetti N., Gaston C. M., “Il panico: un’esperienza potenzialmente trasformativa”, in “Psichiatria ’99” - Atti del XLI Congresso Nazionale Società Italiana di Psichiatria, Bari, 25-29 aprile 1999 - CIC Edizioni Internazionali, p. 753-756.
16. Aceti F., Marioni P., Gaston C. M., Giacchetti N., “Il «repentino» come momento destrutturante lo spazio vissuto”, in “Psichiatria ’99” - Atti del XLI Congresso Nazionale Società Italiana di Psichiatria, Bari, 25-29 aprile 1999 - CIC Edizioni Internazionali, p. 371-375.
17. Bollea L., Gaston C. M., “Impiego della psicoterapia di gruppo nel trattamento delle adolescenti bulimiche”, Attualità in Psicologia, XIII, 3-4, 1998, 317-325.
18. Gaston C. M., “La malinconia tra espressione clinica e espressione esistenziale”, N. P. S. - Neurol. Psych. Sc. Um., XVII, 2, 1997, 291-307.
19. Gaston C. M., “Note cliniche e psicopatologiche sul Disturbo Affettivo Ricorrente”, N. P. S. - Neurol. Psych. Sc. Um., XVII, 3, 1997, 383-404.
20. Vecchio M. P., Lancia U., Gaston C. M., Gaston A., “Il concetto di psicosi unica”, Riv. Sper. Freniatr. - CXX, 1, 1996, 7-41.
21. Saponaro A., Aceti F., Marioni P., Gaston C. M., “Fantasmi ed umori. La Melanconia Erotica da Ficino a Ferrand”, Atti del convegno di Padova in “Malinconia e Depressione. Modelli teorici, tipologie cliniche, trattamento” (a cura di C. Maggini, C. Marchesi, P. Salvatore) - vol. 1 - Edizioni ETS.
22. Saponaro A., Gaston C. M., “Tommaso Landolfi: la presenza cavillosa e la magia della scrittura”, N. P. S. - Neurol. Psych. Sc. Um., XV, 6, 1995, 945-969.
23. Saponaro A., Aceti F., Marioni P., Gaston C. M., “Eros e melanconia. Passio e morbus dal Rinascimento alla Riforma”, Revue Internationale d’Histoire et Méthodologie de la Psychiatrie, 1-2, 1993, 65-73.

## PRESENTATIONS

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| 2010 | “Walking in group: the ‘Anthropologic’ space and time”<br>Congress “Il cammino come luogo pedagogico: Aspetti educativi e di cura”                           |
| 2006 | “Creativity between orthodoxy and heterodoxy: perspectives in Psychiatry”<br>Congress “Quando tutti i creativi del mondo...” , University of Rome “Roma Tre” |

- 2004 “The concept of psychic process in Jaspers”  
Congress, University of Naples “Federico II”
- 2000 Presentation of the book “Conferenze brasiliane” by Franco Basaglia  
University of Rome “La Sapienza”

## INFORMATION TECHNOLOGY

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I have a deep knowledge of the history of IT and of the social, clinical, psychopathological, cultural, economic, technological, philosophical implications and issues related to both old and new media, including the most recent and trending social networks.

I am professionally skilled in both static and dynamic web development (HTML5, CSS3, php, MySQL, Javascript, JQuery, Wordpress, Markdown) and I have a basic knowledge of various programming languages (Java, C, C++, Objective-C, Swift, Bash) and frameworks (Cocoa for macOS/iOS including the basics of the *HealthKit* framework).

I can manage and troubleshoot the most common network protocols, applications and interfaces (MacOS X Server, Apache web server, ftp servers, mail servers, mailing list applications, ssh and telnet protocols) and configure most network hardware.

I’m an experienced manager of groupware solutions (mail accounts, mailing lists, multi-author web publishing platforms, intranets, e-books, e-zines, messaging and workgroup applications, audio and video podcasts, video web publishing, e-learning platforms).

I have a deep knowledge of Macintosh/iOS Operating Systems and a good working knowledge of Microsoft and UNIX/Linux OSs.

I am fully competent in the use of several different software packages that include:

- Microsoft, NeoOffice, OpenOffice and Apple Office Suites and a wide range of word processors and text editors.
- Raster/photo retouching graphic applications (Adobe Photoshop, Camera Raw and Lightroom, Apple Aperture, Capture One Pro) and vector graphic applications (Adobe Illustrator, Sketch).
- Video editing (FinalCut Pro).
- Database (FileMaker Pro, SQL-based DBs).

## OTHER INTERESTS

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I am a photographer (mastering both analog and digital techniques).

I co-managed the Poetry section of the “Biennale di Arte Contemporanea di Porto Ercole” (a contemporary art exhibition) for two years (2002 and 2003).

I shot some short movies but I mostly worked as a movie editor (with FinalCut Studio). Six of these shorts were presented in congresses about disability.

I organised, directed and occasionally performed in exhibitions, readings and on stage performances.

I developed and maintained many websites for no-profit organisations.

I founded and managed my own web design/web programming company (BehindTheRabbit) from April 2009 to June 2016 developing themes for Sandvox, Rapidweaver (two Macintosh web publishing applications) and WordPress (a php blogging and publishing platform).

**Dr. Veronica Nicoletti**

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