Name **SACCOROTTI CINZIA**

E-mail cinzia.saccorotti@edu.unige.it

PROFESSIONAL PROFILE

Psychologist and psychotherapist with a psychodynamic background, registered with the Order of Psychologists of the Liguria Region (No. 07/238).

Professional educator, First Category T.S.R.M. (No. 253/2019).

Adjunct professor at the University of Genoa, Bachelor's Degree Program in Psychiatric Rehabilitation Techniques, teaching Methods and Techniques of Psychiatric Rehabilitation through Body Expressiveness. Former lecturer in the Master's Program in Art Therapy at Università degli Studi 3 di Roma.

Dance movement therapist and supervisor, APID (Italian Professional Association of Dance Movement Therapy) No. 25/1998. Compliant with Law 04/2013. Certified professional F.A.C. (Final Acceptance Certificate), registered as No. 105 in the Registry of Art Therapists, specializing in Dance Movement Therapy.

Educational Director of the Three-Year Professional Training School in Expressive and Psychodynamic Dance Movement Therapy, recognized by APID (Prot. No. 15/02/s), where she developed its applied methodology.

Professional educator in the Mental Health Department of ASL3 Genovese since 1998.

Supervisor at Centro Sfera – L'Altro Sole – Socio-Rehabilitative Educational Day Center since 2018.

Works in private psychotherapy practice providing individual treatments.

Began teaching, training, and supervision activities in 1991 within various Italian institutional contexts, including:
- Healthcare settings (ASLs and hospital organizations): training for healthcare professionals.
- Educational/pedagogical settings: training for teachers, educators, and social workers.
- Collaboration with universities, associations, and organizations operating in the fields of well-being, human resources, and organizational psychology.

Works in the psychiatric field, providing rehabilitative/therapeutic individual and group treatments. Has applied Dance Movement Therapy with diverse populations, including individuals with schizophrenia and psychosis, personality disorders, affective disorders, eating disorders, and patients in S.E.R.T. (Service for Drug Addiction Treatment).

Has explored transpersonal methodologies, ranging from mediumship to channeling, including V. Zeland's Reality Transurfing. She has studied spiritual emergency states and phenomena related to out-of-body experiences and non-ordinary states of consciousness, which can lead to deep personal transformation.

Has conducted specialized research, including Expression Primitive by H. Duplan, leading to a profound understanding of rhythm and techniques that utilize rhythm as an essential tool for expression and transformation.
A former dance teacher and performer, she continues to nurture her passion for dance practice and study, maintaining a consistent research practice focused on movement.

WORK EXPERIENCE

1989 – Present (2025)
A.S.L. 3 Genovese - National Health Service
Professional Educator, First Category, with a degree in Psychology and a specialization in Psychotherapy, working part-time (50%). Provides therapeutic and rehabilitative interventions, both individual and group-based.

1991 – 1995
U.S.L. 3 Catanese - National Health Service
External Lecturer in Body-Mediated Psychotherapy.

1992 – 1993
Liguria Region - Technical and Didactic Direction of the Regional Training Course (Resolution G.R. No. 1025 of 08/03/1991) in Body-Based Practices.
The course consisted of three work sessions, including:
- 48 hours of supervision on clinical cases treated with Body-Mediated Psychotherapy,
- 80 hours of thematic seminars,
- 160 hours of experiential training in body-mediated techniques, conducted by Prof. Jerome Liss.

1999 – Present (2025)
Director, Lecturer, Supervisor, and Educational Organizer of events for the Professional Training School in Expressive and Psychodynamic Dance Movement Therapy, recognized by APID (Italian Professional Association of Dance Movement Therapy) Prot. No. 15/02/02, formerly recognized by AEDET (Association Européenne de Danse Therapy).
Currently recognized by CID-UNESCO International Dance Council and the MetamorfoSidanza Social Promotion Association.

2000 – 2013
Private Practice as a Psychodynamic and Body-Mediated Psychotherapist.

2010 – 2017
Lecturer in the Master's Program in Art Therapy at Università 3 Roma – Total: 176 hours.

2018
Expert Lecturer, appointed for training activities under the "Growing Together" Module.
Project title: Dance Movement Therapy for Pre-Adolescents, at Istituto Comprensivo “San Teodoro”, Via Bologna 6 A – 16127 Genoa.
Funded by PON 2014-2020 European Structural Funds (10.1.1A-FSEPON-LI-2017-22) – Total: 30 hours.

2018 – Present (2025)
Supervisor & Psychotherapist at L’ Altro Sole Social Cooperative – Genoa.

Day Center providing Socio-Rehabilitative and Educational Services for individuals with disabilities.

2020 – Present
University of Genoa – Bachelor's Degree Program in Psychiatric Rehabilitation Techniques
Adjunct Professor teaching Techniques and Methods of Psychiatric Rehabilitation through Body Expressiveness.

PUBLICATIONS

BOOKS

- C. Saccorotti, "Tracce di percorsi clinici. Corpo e danzamovimentoterapia", Franco Angeli, Milan, 2019 (pp. 7–211).
- Co-author of "L'arte nella cura", edited by Gerardo Manarolo, Mimesis, Milan, 2024.

ARTICLES

- C. Saccorotti, "Dance Movement Therapy as a Possible Practice of Alchemical Transformations", in "Art in Care. Expressive Therapies and Psychiatric Rehabilitation", edited by G. Manarolo, Mimesis Edizioni, Milan, 2024.

- C. Saccorotti, M. Monteverde, "Journey into the Gods: The Therapeutic Potential of Ritual", in "A Lighthouse in the Sea. A Journey Through the Body", Erga Edizioni, Genoa, 2006 (pp. 56–69).

- C. Saccorotti, "The Complexity and Autonomy of the Therapeutic Process in DMT", in "Dance Movement Therapy: Models and Practices in Italian Experience", Magi Scientific Editions, Rome, 2004 (pp. 123–135).

- C. Saccorotti, "The Creative Process in the Path Toward Autonomy", Proceedings of the Conference "The Body and Joy", Milan, May 14–16, 2000 (pp. 9–12).

- C. Saccorotti, "Dance and the Encounter with the Creative Self in Narcissistic Balance Disorders", in "QuArTer, Journal of Arts Therapies", Selecta Medica Editions, Vol. 1, No. 2, June 1988 (pp. 9–11).

- C. Saccorotti, "Psychotherapy Without Words. A Dance Therapy Experience Within a Psychiatric Territorial Service", in "Il Vaso di Pandora", Vol. III, No. 3, La Redancia Editions, 1995 (pp. 83–99).

- C. Saccorotti, V. Bellia, "From Primitive Movement to Creative Movement", in V. Bellia, ibid., 2000 (pp. 89–96).

- F. Marcolongo, C. Saccorotti, "Alexithymia and Drug Addiction: Towards a Rationale for Using Body Psychotherapies", in V. Bellia, ibid., 2000 (pp. 149–164).

- V. Bellia, C. Saccorotti, "Dance Therapy and Schizophrenia: Ritualizing Reciprocity", in V. Bellia, "Dancing the Origins: Expression Primitive Beyond Dance Therapy", C.U.E.C.M. Editions, Catania, 1995 (pp. 113–125).

- Second edition of the three previous articles published in V. Bellia, "Dancing the Origins: Elements for Expressive Dance Therapy", Magi Scientific Editions, Rome, 2000.

- C. Saccorotti, "The Warrior’s Awakening: A Dance Therapy Experience", Proceedings of the Third European Conference on Arts Therapies, Ferrara, September 14–17, 1994 (pp. 130–135).

- C. Saccorotti, "Body-Mediated Therapy", in "Psychotherapy of Psychosis and Psychiatric Rehabilitation", edited by R. Galante, Barbarino, L. Viale, published by Unità Sanitaria Locale No. 2 Sanremese (Volume derived from the refresher course), 1992 (pp. 112–114).

- Avvenente, Gallorini, Saccorotti, Serafini, "Therapeutic Spaces in a Day Center as Integral Moments Between Action and Thought", Proceedings of the Congress on Psychosocial Rehabilitation in Psychiatry, L'Aquila, Idelson Editions, Naples, November 8–10, 1990 (pp. 259–262).

- Avvenente, Gallorini, Saccorotti, Serafini, "Specific Activities for Rehabilitation Within a Day Center", Information Sheets, No. 149, March 1990 (pp. 95–98).

- C. Saccorotti et al., "The Process of Forming a Psychiatric Team: Reflections on the Encounter Between a Multiprofessional Group and a Psychoanalytic Trainer", Proceedings of the International Symposium on Schizophrenia Psychotherapy, Turin, September 14–17, 1988.

SPEAKING ENGAGEMENTS AT SEMINARS AND CONFERENCES

- Facilitator of the workshop "Extraordinary Interweaving’s" at the conference "Connections: Dance Movement Therapy for Individual and Community Well-being", Arezzo, April 4–6, 2025.

- Lecturer of the workshop "Narration and Its Forms" and speaker at the Expressive Therapies and Quality of Life conference, organized by the University of Genoa, October 4–25, 2024.

- Speaker at the Expressive Therapies and Quality of Life conference, organized by the University of Genoa, presenting "Dance Movement Therapy: An Applied and Innovative Methodology", May 19, 2023.

- Participant at the literary festival "I Dialoghi di Trani – La Cura", as a guest alongside Prof. Paolo Pecere, September 25, 2023.

- Conference "Arts Therapies in Care", presentation "The Practice of Dance Movement Therapy: Methodological Aspects", organized by the Order of Psychologists of the Lombardy Region, Cremona, November 10, 2018.

- Speaker at the Cycle of Meetings organized by the Order of Psychologists of the Liguria Region, titled "The Body in Psychotherapy". Other lecturers included M. Recalcati, D. Morando, M. Barabino, M. Arscone, E. Causa, March–June 2018.
- International Conference "Dance Movement Therapy: A New European Profession in Helping Relationships", presentation "The Profession of DMT in Italy", Bologna, March 24, 2007.

- Congress "The Scenarios of the Mind: Languages, Methods, and Paths in Mental Health", presentation and experiential laboratory "The Choreography of Emotions: Setting, Ritual, and Creativity", Monza, March 18, 2006.

- Conference "Terra e Focu Dacci Locu: DMT Setting in Clinical-Social Processes", workshop facilitation "The Emotional Setting in Transformative Contexts", Palermo, March 18–20, 2005.

- Promoter and Member of the Scientific Committee for the National Dance Movement Therapy Conference APID "A Lighthouse in the Sea: A Journey Through the Body", where she conducted the workshop "Journey Into the Gods: The Therapeutic Potential of Ritual", Genoa, March 26–28, 2004.

- National Conference APID "Rhythm and Pulsation", Naples, co-facilitation of the workshop "The Construction of the Clan: Voices and Rhythms of the Social Body", March 21–23, 2003.

- 6th International Congress of Body Psychotherapy, Naples, workshop facilitation "Movement as an Element of Processual Transformation: From Habitual to Creative", Ischia, October 27–31, 2002.

- National Conference on Dance Movement Therapy "Practice of DMT and Personal Growth", workshop facilitation "DMT in Educational Systems: Soul in Progress", March 16–17, 2002.

- Conference "The Art of Observing with the Body, Thinking in Terms of Movement in Dance Movement Therapy", presentation "Observation in Expressive and Psychodynamic Dance Movement Therapy" and workshop facilitation "Expressive Dance Movement Therapy: The Field of Multiplicity", Milan, March 23–25, 2001.

- Study Day "The Day Center: Evolutions and Perspectives", National Coordination Association of Day Centers in Psychiatry, Genoa, September 30, 2000.

- Conference "The Body and Joy", interdisciplinary meeting between artistic and body-based approaches, presentation "The Creative Process in the Path Toward Autonomy" and workshop "From Primitive Movement to Creative Movement", Milan, May 14–17, 2000.

- International Forum on "Dance Movement Therapy: A Resource for Mental Health", presentation "From Primitive Movement to Creative Movement", Catania, February 6–7, 1999.

- 39th International Institute on the Prevention and Treatment of Alcoholism – 22nd International Institute on the Prevention and Treatment of Drug Dependence, presentation "The Use of Expression Primitive in Alexithymic Heroin Addicts During Methadone Maintenance Treatment", Trieste, June 11–16, 1995.

- Third European Conference on Arts Therapies, presentation "The Warrior’s Awakening: A Dance Therapy Experience" and introductory workshop on the Expression Primitive dance therapy technique, Ferrara, September 14–17, 1994.

- Permanent Training Seminar for Mental Health Territorial Service Operators, "The Body and the Group in Psychotherapy and Rehabilitation of Psychosis", Caltagirone (CT), March 15, 1993.

- 1st Seminar of the 5th Annual Course for Mental Health Operators, "The Day Center as a Resource in the Care of Psychotic Patients", Caltanissetta, May 25–26, 1990.

TEACHING AND TRAINING ACTIVITIES

2024 Lecturer for the course "Sustainable Development in Social Enterprises", organized by Coop. Formazione Impresa Sociale e Cooperazione Impresa Sociale (Total: 4 hours).
2021 Teaching assignment for the course "Communication and Interpersonal Relations, Observation, and Well-being Assessment of Assisted Individuals", Cooperativa Signum.
2021 Lecturer for the Training Course on Intervention Methodologies and Service Management for the Transportation and Assistance of People with Disabilities, Signum Soc. Coop Consortile (Total: 12 hours).
2020 Teaching assignment for the course "Psychological and Relational Aspects of Care and Educational Services During the COVID-19 Emergency", Cod ARGE18_2128_3F/40/2 (Total: 6 hours).
2019 Lecturer for the Liguria Region Training Course (DGR No. 45 of 20/01/17), "Relations with Assisted Individuals: Psychological and Relational Aspects of Care Services", January 2019 (Total: 8 hours).
2019 Lecturer for the course "Transportation/Assistance Services – Update on Relations with Users, Families, and Referral Services", Cod ARGE17_254_3F_6/2/1, First and Second Edition (Total: 4 hours).
2019 Lecturer for the course "Socio-Educational Services within a Day Center for Individuals with Severe Disabilities", Cod ARGE17_254_3F_6/3/1, First and Second Edition (Total: 6 hours).
2019-2025 Lecturer at the Professional Training School in Expressive and Psychodynamic Dance Movement Therapy – Annual Average: 156 hours.
1999-2025 Academic Director, Curriculum Lecturer, and Supervisor at the Professional Training School in Expressive and Psychodynamic Dance Movement Therapy, within Associazione “Il Balzo” (Milan) and Associazione “Il Melagrano” (Genoa). Sponsored by the Regions of Liguria and Lombardy, A.E.D.E.T. (European Association of Dance Therapy), A.P.E.P. (Association for Expression Primitive), A.I.D.E.P. (Italian Association of Expressive and Psychodynamic Dance Movement Therapy), and A.P.I.D. (Italian Professional Dance Movement Therapy Association). Since 2012, part of Associazione MetamorfoSidanza (Total: 3012 hours).
2018 Lecturer for the Liguria Region Training Course (DGR No. 45 of 20/01/17), "Principles and Techniques of Communication and Relationships", November–December 2018 (Total: 8 hours).
2018 Lecturer for the course "Transportation/Assistance Services – Update on Intervention Methodologies and Service Management", Cod ARGE17_254_3F_6/1/1, First and Second Edition, Società Cooperativa Consortile SIGNUM (Total: 4 hours).
2010-2017 Lecturer for the Master's Program in Art Therapy, Università 3 Roma (Total: 176 hours).
2010-2011 External Lecturer at USL Reggio Emilia, "Helping Professions: Enhancing Resources" (Total: 42 hours).
2009 Lecturer for the Training Laboratory on the Therapeutic Potential of Dance in Children's Development, University of Genoa – Faculty of Education Sciences (Total: 10 hours).
- Lecturer for CESPI (Center for Health Professions Studies) courses:
  - "Emotions in Critical Care Work" (Total: 35 hours).
  - "The Knowledge of Emotions in Care Relationships" (Total: 20 hours).

2008 Lecturer for CESPI course "Emotions in Care Work", December 2–3, 2008 (Total: 14 hours).
2005-2008 Lecturer for the Training Laboratory on the Therapeutic Potential of Dance in Children's Development, University of Genoa – Faculty of Education Sciences (Total: 30 hours).
2006 Lecturer for the Training Laboratory on the Therapeutic Potential of Dance in Children's Development, University of Genoa – Faculty of Education Sciences, February 18–19, 2006 (Total: 10 hours).

2002 Lecturer at the European School of Functional Psychotherapy (recognized by MURST under D.M. 16.11.200) in Florence, February 23–24, 2002 (Total: 16 hours).

2002 Lecturer at the European School of Functional Psychotherapy (recognized by MURST under D.M. 16.11.200) in Naples, February 16–17, 2002 (Total: 16 hours).
1999-2001 Curricular Lecturer, appointed by Azienda U.S.L. 3^ of Catania for the Dance Movement Therapy Training Course organized by the same institution in Catania (Total: 160 hours).
- Lecturer at the School of Arts Therapies and Expressive Psychotherapies in Rome and Catania, affiliated with the University of Rome "Tor Vergata" (Total: 128 hours).
2001 Lecturer at the 6th Professional Training Course on HIV Infections, for non-medical staff at the Infectious Diseases Unit of the Galliera Hospital in Genoa (Total: 6 hours).
2000 Lecturer at the Teacher Training Course "School and Disability: A Possible Integration", organized by Direzione Didattica Statale 1° Circolo – La Spezia (Total: 3 hours).
1998 Conducted the Integrated Workshop on Group Analysis and Art Therapy, held in Linguaglossa (CT) from October 15–18, in collaboration with the COIRAG School of Psychotherapy and the Department of Dynamic Psychology at the University of Palermo (Total: 26 hours).
- Conducted the Introductory Workshop on Dance Movement Therapy, held in Vicenza at A.I.R.E., January 31–February 1 (Total: 11 hours).
1996 Conducted the Dance Therapy Seminar as part of the Training Courses of the European Association of Dance Therapy, organized in Paris, March 30–31, 1996 (Total: 8 hours).
1995-1997 Curricular Lecturer at the Biennial Dance Therapy Training Course for medical professionals, psychologists, and social-health workers, organized by A.R.C.I. Sicilia, under the educational responsibility of A.I.D.E.P. (Italian Association of Expression Primitive Dance Therapy), Catania (Total: 32 hours).
1993-1995 Conducted workshops for psychiatric professionals in Expression Primitive and Dance Therapy, for the Parsifal Association (Total: 81 hours).
- Provided curricular teaching, particularly in the psychotherapy module for doctors and psychologists, for the Biennial Dance Therapy Training Course, in collaboration with the Mental Health Department of U.S.L. 29 of Caltagirone (CT) (Total: 100 hours).
1992-1995 Conducted body-mediated psychotherapy training sessions at U.S.L. 49 of Cefalù (PA), in collaboration with the Sicilian Society of Democratic Psychiatry (Total: 152 hours).
1991 Conducted workshops within the Annual Training Course for Mental Health Operators, on the theme "Body Activity as a Resource in Rehabilitation Processes in Mental Health", organized by U.S.L. 31 of Paternò (CT) (Total: 115 hours).
1993-Present (2025) Conducted numerous Dance Movement Therapy workshops.

SUPERVISORY ACTIVITIES

1999-Present (2025)
Supervisor at the Professional Training School in Expressive and Psychodynamic Dance Movement Therapy, averaging 80 hours per year.
2018-Present (2025)
Supervisor for the team of professionals working within L'Altro Sole Social Cooperative in Genoa, 36 hours for year.
1991-Present (2025)
Conducts individual supervision for students from various Dance Movement Therapy training schools accredited by A.P.I.D., within different educational settings in Italy.

LANGUAGES

Native Language: Italian

FRENCH
- Reading: B1
- Writing: A1
- Speaking: B2

GERMAN
- Reading: B1
- Writing: A1
- Speaking: B2

ENGLISH
- Reading: A1
- Writing: A1
- Speaking: A1

ADDITIONAL INFORMATION

- Founding Member and Former President of the MetamorfoSidanza Social Promotion Association, 2011–2019.
- Member of CID-UNESCO International Dance Council since 2017.
- Supervisor at A.P.I.D. (Italian Professional Dance Movement Therapy Association) since 2001.
- Member and Lecturer at A.P.I.D. (Italian Professional Dance Movement Therapy Association) since 1999.

The undersigned acknowledges the rights outlined in Article 13 of the Italian Personal Data Protection Code (D.Lgs. No. 196/2003), as well as the regulations introduced by D.Lgs. 101/2018, incorporating EU Regulation 679/2016 (GDPR). Fully informed about the procedures for exercising the right to access personal data under Article 7 of D.Lgs. No. 196/2003 and Article 15 of EU Regulation 679/2016, the undersigned grants consent for the processing of personal data as stipulated by the aforementioned laws.

Genoa, June 6, 2025