

## INTRODUCTORY COURSE ON WELL-BEING THERAPY

**Saturday, March 29, 2025** (from 13.30 to 17.30 CET)

**13.30-14.00** Registration

**Chairs:** Giovanni A. Fava (Buffalo, NY, USA) and Nicoletta Sonino (Padova, Italy)

**14.00-14.45** Jenny Guidi (Bologna, Italy) 'The clinical science of euthymia: conceptual issues and clinical measurement'

**14.45-16.00** Giovanni A. Fava (Buffalo, NY, USA) 'Well-Being Therapy: emerging trends and perspectives'

*16.00-16.15 break*

**16.15-17.00** Chiara Rafanelli (Bologna, Italy) 'Clinimetric assessment: macro-analysis and staging'

**17.00-17.30** General discussion

**Sunday, March 30, 2025** (from 14.00 to 17.30 CET)

**Chairs:** Giovanni A. Fava (Buffalo, NY) and Jenny Guidi (Bologna, Italy)

**14.00-14.45** Elena Tomba (Bologna, Italy) 'Well-Being Therapy: treatment protocol'

**14.45-16.00** Jesse H. Wright (Louisville, KY, USA) 'Cognitive restructuring in Well-Being Therapy'

*16.00-16.15 break*

**16.15-17.00** Ajándék Eőry (Budapest, Hungary) 'The role of euthymia in multiple sclerosis: a case presentation'

**17.00-17.30** General discussion