

CURRICULUM VITAE

Guido BONDOLFI

October 2019

1. Personal data

Name: BONDOLFI
First name: Guido
Place and date of birth: Rome, July 22, 1958
Nationality: Swiss and Italian
Marital status: Married, 3 children
Private address: 257, route de Malagnou, 1225 Chêne-Bourg, (Switzerland)
Professional address: HUG - Département de Santé Mentale et Psychiatrie
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2. Position

- Full Professor at the Faculty of Medicine of the University of Geneva.
- Adjunct Professor at the Faculty of Biomedical Science of the University of Italian Switzerland
- MD, chief medical officer of the Psychiatric Liaison and Crisis Intervention Service, Department of Psychiatry of the Geneva University Hospitals

3. High Schools and Universities

- Maturità classica (Italian), July 77, in Rome
- Maturité fédérale (Swiss) Feb. 84, in Lugano
- Italian Medical Degree, April 84, from the University « La Sapienza », Rome.
Marked: 110/110 « cum laude ». Title of experimental thesis presented : « Indagini istologiche ed istochimiche in corso di gastriti croniche »
- « Abilitazione professionale » : Rome, May 84
- Swiss medical degree: Dec. 87, from the University of Lausanne
- Italian post-graduate degree of psychiatry, from the University of Perugia, Nov. 89
- Swiss post-graduate degree of psychiatry and psychotherapy: from the University of Lausanne, Jan. 93
- Post-graduate degree in cognitive psychotherapy, Italian Society of Cognitive-Behavioral Therapy, Rome (Italie), Prof. V.F. Guidano, June 1997
- University of Geneva: Privat Docent, 2002
- University of Geneva: Chargé de Cours, 2006
- University of Geneva: Associate Professor, 2012
- University of Massachusetts (US), Medical School, Professional Development Program in Mindfulness-Based Stress Reduction, July 2006 and April 2014
- Swiss post-graduate specialization in consultation – liaison psychiatry (schwerpunkt), 2017
- University of Geneva: Full Professor, 2018
- University of Italian Switzerland: Adjunct Professor, 2019

4. Teaching

Pre-graduate and post-graduate (Head of several specific modules in 2nd and 4-5th year postgraduate curriculum) teaching. Head of 4th-5th years in Medicine Master curriculum (AMC) 1996-2018. Director of 1) Master of Advanced Studies (MAS) in Cognitive-Behavioral Psychotherapy; 2) Diploma of Advanced Studies (DAS) in Systemic Psychotherapy; 3) Certificate of Advanced Studies (CAS) in Mindfulness Based Interventions ; 4) Certificate of Advanced Studies (CAS) in Psychosomatic and Psychosocial Medicine.

5. Main lines of research

Cognitive psychotherapy; applications of mindfulness based interventions in clinical practice; the interindividual differences in brain activity as a function of affective inclinations in healthy subjects and in patients with clinically unexplained and functional symptoms.

6. Selected Funding

- 2001 -2004: Grant from the Swiss National Science Foundation (SNSF, ref : 3200-064112.00/ 1) : Biological and clinical evaluation of risk of depressive relapses with the DEX-CRH test and a new scale to detect residual symptoms. Principal investigator: J-M. Aubry; co-applicant: G. Bondolfi (121'000 CHF)
- 2005 - 2008: Grant from the Swiss National Science Foundation (SNSF), (réf. 3200BO – 108432/1) : “Mindfulness-Based-Cognitive-Therapy for the prevention of relapse in depression : a study of its efficacy, its effects on cognitive functioning and on HPA axis”. Principal investigator : G. Bondolfi (252'780 CHF)
- 2010-2013: Grant from the European Community, Seventh Framework Programme sous la direction de l'université de Pise (Italie) et en collaboration avec un réseau de 8 institutions suisses et européennes pour le projet “PSYCHE : Personalised monitoring Systems for Care in mental Health”. Montant total du projet 2'900'000 EURO. Principal investigator : Dr Markus Kosel ; co-applicants : JM Aubry, G. Bondolfi. Montant total pour la période : 136'000 EURO à Genève (36'000 EURO perçu) ;
- 2011-2014: Grant from the Swiss National Science Foundation (SNSF), (réf. CR3313_135554 / 1) for the project “Ketamine and fast antidepressant response: A translational neurobiological, imaging, and clinical approach”. Principal investigator: Markus Kosel.Co-applicants: G. Bondolfi, JM Aubry, A. Dayer, S Schwartz (500 000 CHF)
- 2011: Grant from “IMI-NEWMEDS project (Novel Methods leading to New Medications in Depression and Schizophrenia). Principal investigator: Prof. R. Uher & Prof. P. McGuffin, King's College London (UK). Co-applicants in Geneva: N. Perroud, G. Bondolfi (12'000 CHF)
- 2013-2014: Swiss National Science Foundation (SNSF) (réf. CRAG13_145631/1) for the project “Fear Inside Us »: projet Agora. Principal investigator: G. Bondolfi. Co-applicants: P. Vuilleumier, A. Dayer (200'000 CHF)
- 2015-2020: Horizon 2020 EU Research and Innovation programme, Medit-Ageing: *Investigating the impact of meditation training on mental health and wellbeing in the ageing population*. Co-applicants in Geneva : G. Bondolfi, O. Klimecki, P. Vuilleumier (857'000 CHF)
- 2018-2020 : UNAFAM (Union nationale des familles et amis de malades et handicapés psychiques) : Impact somatopsychique d'un programme basé sur la méditation (mindfulness-based-stress reduction ou MBSR) chez les aidants de patients souffrant de troubles psychiques : essai randomisé contrôlé à des biomarqueurs très précoces de l'immuno-inflammation. Principal investigator: J.C Chauvet-Gelinier Dijon (France) ; Co-applicant in Switzerland : G. Bondolfi (30 000 euros)
- 2019-2021: Swiss Cancer League: « Mindfulness-based cancer recovery program for patients living with a gynecological cancer: a randomized controlled pilot study (SERENITY)”. Principal Investigator: G. Bondolfi (125'750 CHF)

7. Distinctions

- 2^{ème} Biennial Conference of the International Society for Affective Disorders; Cancun (Mexico), 5th – 10th March 2004 :Normalization of serum BDNF in remitted patients after a major depressive episode; Gervasoni N., **Bondolfi G.**, Aubry J.M., Osiek Ch., Schwald M., Karege F. Bertschy G.

Awarded for best Poster

- Arciero G. & **Bondolfi G.**, “Selfhood, Identity and Personality Styles”. Wiley – Blackwell, 2009

2010: Medical Journalists' Association Open Specialist Readership Book Award

8. Publications

a. Peer-reviewed articles published or accepted

80 articles: <https://www.ncbi.nlm.nih.gov/pubmed/?term=bondolfi+g>

b. Books

1. Arciero G., Bondolfi G., Mazzola V. **The Foundations of Phenomenological Psychotherapy** Springer, 2018
2. Zerbini A, Bondolfi G., Jermann F., Weber B. **J'ai envie de comprendre la méditation de pleine conscience (mindfulness)**. Médecine & Hygiène, 2018
3. Soumaille S, Bondolfi G. **J'ai envie de comprendre l'Anxiété et les Troubles Anxieux**. Médecine & Hygiène - 2015
4. Arciero G. & Bondolfi G. **Soi-même, identité et styles de personnalité** ; Médecine & Hygiène, 2014
5. Soumaille S, Bondolfi G et Bertschy G: **J'ai envie de comprendre la dépression**; Médecine & Hygiène, 2012

6. Arciero G. & Bondolfi G : **Se, Identità e Stili di Personalità**, Boringhieri - 2012
7. Arciero G. & Bondolfi G: **Selfhood, Identity and Personality Styles**. Wiley – Blackwell - 2009
8. Bondolfi G : **Traitement intégré de la dépression : de la résistance à la prévention de la rechute**. Steinkopff Darmstadt – 2004

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Geneva, 13th October 2019

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