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 and Temporo Mandibular Disorders,
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Acting as Chairman of a Pain Clinic, he realized that over 50% of the patients were taking antidepressant drugs and that the prevalence of anxiety and depression exceeded the estimated rate in the general population. In addition, he realized that the side effects of such drugs are often unbearable by the majority of these patients.

(www.gnatonline.org)

He decided to start a research on the relationship between headache, orofacial and generalized chronic pain and affective disorders (Stress, Anxiety and Depression). At the same time he was searching for effective therapeutic protocols alternative to conventional therapies (Cold Water Swimming). (www.smiline.net/ASSC)

The most relevant educational experiences and clinical trainings that he attended world wide are the followings:

- Member of SLTBR (Society of Light Therapy and Biological Rhythm)
- Training in Psychotherapy and Hypnotherapy at Milton Erickson Foundation (Phoenix, 2004);
- Training in Cognitive Therapy (Philadelphia, april 2006);
- Chairman of a Panel Discussion on new paradigms in education at the UNESCO Art of Living meeting "Integrated Value Education" (Bangalore, 2006).

Since the nineties, Riccardo Ciancaglini was involved in testing new educational techniques and protocols (web supported, problem based teaching, winning the *Global Education Award 2001* for the website www.gnatologiaclinica.it)

In 2005 he created a game of Cards for Educational Role Games and Psychotherapy named *The Smiline Cards Game and Therapy*. These Cards were recognized by the psychotherapeutical scientific community and was presented as an example of "positive psychology" and support strategy for the treatment of Depression at the World Meeting *Evolution in Psychotherapy* (12.000 participants and TV course) by Aaron Beck, world expert in Depression. (Anaheim, Los Angeles 2005).

(www.joyofliving.net - www.smiline.net)

"CWS Manual" is a non profit project.

It supports research on Pain, Anxiety and Depression.

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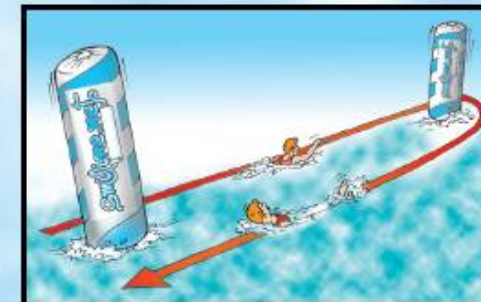
**We will prove that depression
 can be transformed into a
 great opportunity to enjoy the
 divine gift of life!**



RICCARDO CIANCAGLINI

COLD WATER SWIMMING

C W S M A N U A L



**ALL SEASONS SWIMMING
 TO OVERCOME STRESS,
 ANXIETY AND DEPRESSION**



**SCIENTIFIC RATIONALE, OPERATIVE PROTOCOLS
 AND RELATED PRACTICES**