

Prof. Riccardo Ciancaglini

Recent experiences, trends and short term projects



Present position

Riccardo Ciancaglini, Full Professor of Dentistry and Stomatology
Chair of Clinical Gnatology

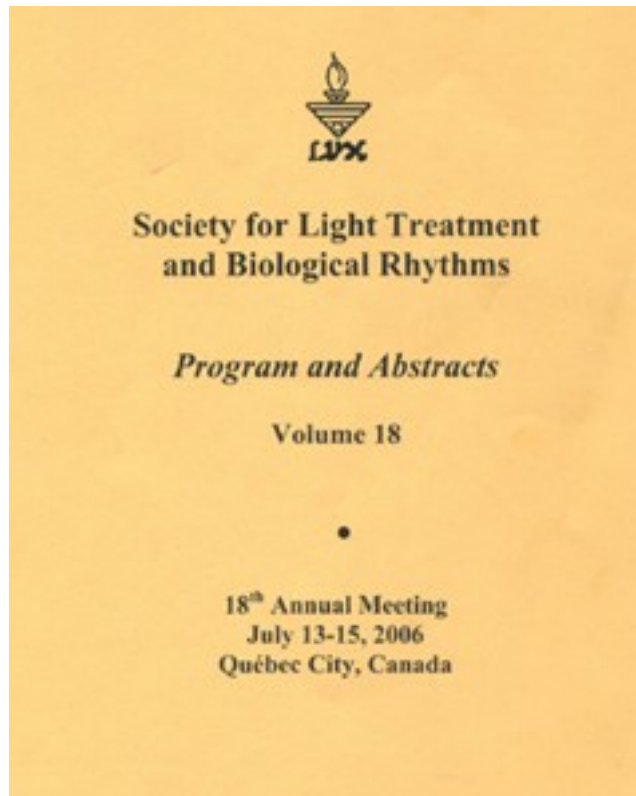
University of Milan. Director, Clinic for Orofacial Pain, Headache and
Temporo Mandibular Disorders, Ospedale San Paolo, Milan.

a) Synopsys of recent experiences

In 2004, after having founded and directed the Department of Oral Rehabilitation at San Raffaele Scientific Institute, he founds the Clinic for Orofacial Pain, Headache and Temporo Mandibular Disorders at San Paolo University Hospital in Milan. During the first year when acting as Chairman he realizes that over 50 % of the

patients asking for a visit, are under antidepressant drugs and that anxiety and depression are exhibiting values of prevalence by far exceeding the average estimated values in the general population. In addition, he realizes that the side effects of such antidepressant medication, are often not affordable for a number of patients, that exhibit quite often postural disorders, dizziness (overlapping to cranio cervical and craniomandibular disorders and headache), digestive disorders, sleep disturbances, and sometimes develop suicidal purposes.

He decides to open a line of research on the relationship between headache, orofacial and generalized chronic pain and affective disorders (Stress, Anxiety and Depression).

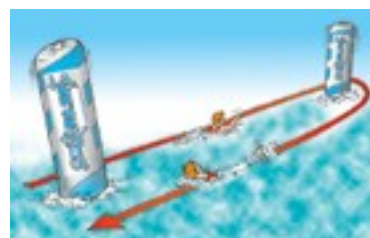


“Relationship between symptoms of depression/somatization and exercise/sunlight exposure in a sample of university students”
by R. Ciancaglini, S. Familiari, A. Volpi, L. Armiraglio
Abstract 18:4



Center, Prof. Riccardo Ciancaglini, secretary general of the ASSC, Member of the SLTBR (Society for Light Therapy and Biological Rhythm) between Prof. Michael Young, SLTBR President and Daniel Kripke, SLTBR Past President at the International Meeting in Eindhoven (the Netherlands), 6-8 June 2005.

In the meantime he is searching for effective therapeutic protocols alternative to conventional (Cold Water Swimming Therapy www.smiline.net/ASSC). The educational experiences and clinical trainings in the overmentioned approaches were severals and attended world wide.



Cold Water Swimming (www.smiline.net/ASSC)

The most relevant are the followings:

- 1) Member of SLTBR (Society of Light Therapy and Biological Rhythm) and attendance of the Meeting of Eindhoven (2005) and Quebec City (2006)
- 2) World Congress of IASP/International Association for Study on Pain (Sidney 2005)
- 3) Attendance of the Department for Orofacial Pain in Toronto (Chairman Prof. Barry Sessle, editor of the *Journal of Orofacial Pain*).
- 4) Chairman of a World Committee for an International Board of Orofacial Pain under the Auspices of World Health Organization (Paul Eric Petersen) (2005)
- 5) Training in Psychotherapy and Hypnotherapy at Milton Erickson Foundation (Phoenix, 2004)
- 6) World Meeting “*Evolution in Psychotherapy*” (Anaheim - Los Angeles, december 2005)
- 7) Training in Cognitive Therapy (Philadelphia, april 2006)
- 8) International Meeting on the effects of Pranayama Yoga and Sudarshan Kriya (Delhi, february 2006)



Riccardo Ciancaglini with Aaron Beck in a break of the intensive course in Cognitive Therapy (Philadelphia, April 2006)



President of India and Sri Sri Ravi Shankar at the Art of Living Jubilee (Bangalore, February 2006).



R. Ciancaglini as accompanying fellow in a press meeting with Sri Sri Ravi Shankar, Bangalore, February 2006).

b) Trends

Riccardo Ciancaglini is often invited as Main Speaker and Chairman in Scientific sessions focused on the overmentioned issues.

He developed significant competence in psychotherapeutical management of patients with affective disorders and symptoms related to stress and anxiety. Such competences are well represented in the web sites www.smiline.net e www.joyofliving.net, that have been devised with world experts as contributors.

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

In 2005 he created a game of Cards and Therapy named **The Smiline Cards Game and Therapy**, that involves the therapeutical strategies of the e -textbook and Ciancaglini's personal experiences.



Dicembre 11th 2005, Anaheim (Los Angeles)

Aaron Beck world expert in Depression presents Ciancaglini Cards as an example of positive psychology and a support strategy tyo overcome Depression.

common issues in the topics suggested for Ciancaglini's Lectures and Courses as well as the new protocols to treat them with *light, water and exercise*. Such lectures are hold in Italy but also world wide (Milan, Rome, Toronto, New York, Delhi, Bangalore).

The **Smiline** approach and the living philosophy that is the result of the *body mind* wellbeing as the consequence of proper behavioural disciplines and lifestyles (Yoga, Sudarshan Kriya,) are also



Homepage of the web site: www.smiline.net

The Game of Cards was matter of appreciation 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). Supported and encouraged by the overmentioned appreciation, Ciancaglini decides to found in Milan the **Smiline Card Academy** for the training and certification of mastering the Card Game and Therapy. The School is aimed to psychotherapists, educators, couchers, teachers, PNL experts, counsellors and care givers. Stress, Anxiety and Depression become



R.Ciancaglini, Chairman and Member of the Advisory Board at the Meeting "*Integrated Value Education*" a Bangalore, June 2006.

suggested by Art of Living Foundation. Such similarities take Prof. Ciancaglini to approach to this World Organization and to share their mission (www.artofliving.org).

He is invited as Italian Scientific Representer and Member of the Advisory Board at the Meetings of Art of Living Jubilee in Delhi and Bangalore and at the Meeting, **“Integrated Value Education” in Bangalore, June 2006**. Here world experts in Education discussed under UNESCO Auspices the importance to integrate Human Values in the Educational process at different levels. (www.aolunedu.com).

A solid ethical and spiritual background informs Ciancaglini’s attitudes, in that even when attending multicultural religious indian environment (indu, sik, muslims, catholic, etc), he emphasizes his belonging to Roman Catholic Community. Supported by the Apostolic Nunciature in Delhi, he contacts the Director of The Holy



Riccardo Ciancaglini with Dr. Bhatta, Director of the Ayurvedic Medicin Section at the Holy Family Hospital in Delhi (June 2006)

Family Hospital and attends the Ayurvedic Medical Department, directed by Dr. Battha and his Staff. The attendance and training in this Department allows him to share the clinical and theoretical approach that is proving very effective and compatible with the integrated approach that Ciancaglini is applying in his **Stress Clinic** in Milan. Such Institution represents the melting of the Ciancaglini’s experiences Ciancaglini in this years.

The **Smiline Dental Clinic** sister to the **Smiline Stress Clinic** allows Ciancaglini to prove the relationship between the effectiveness of the **Smiline Phylosophy**

related to the **Smile Antropology**, in an overall, holistic body mind wellness (*the ‘body mind triangle’*) focused on positivity.

c) Short term projects

- 1) To devise a new Game of Cards named **The Smiline Body Mind Tarots** that are based on a survey on the present prevalent opinions on Human Values and Defects in Western and Eastern (Indian) young adults.
- 2) To print and advertise a Pocket Manual on **Cold Water Swimming Therapy** (CWS/T) an effective aid in the treatment of Stress, Anxiety and Depression, devised by Riccardo Ciancaglini and approved by an International Scientific Committee.
- 3) The insitution of the Postgraduate Course: **Orofacial Pain, Headache and chronic pain as symptoms of Stress, Anxiety and Depression: new paradigms in the diagnosis and treatment** at University of Milan (a.a. 2006-2007)
- 4) The iinsitution of the Postgraduate Course: **Ethics and Human Values in Scientific Information and Education** at University of Milan (a.a. 2006-2007)

- 4) The clinical research and the setting of new protocols for the treatment of chronic orofacial and generalized pain by utilizing an integrated medical approach that, when possible, should include the use of strategies alternative to medication. (i.e. Ayurvedic Medicine).
- 5) The setting of a Multidisciplinary Unit named ***Smiline Stress Clinic***
 - a. to treat patient with the overmentioned approaches
 - b. to act as a reference point and service for referrals
 - c. to represent an educational institution and venue for continuing education and training
 - d. to promote professional attitudes and lifestyles based not on professional competition but on collaboration among practitioners in similar fields.
- 6) The sponsorship and guesting of a Major Event embodied by the invitation of Gurugi Sri Sri Ravi Shankar, founder and Leader of Art of Living in Milan as Guest Lecturer in the Postgraduate Course on ***Ethics and Human Values in Information and Education***, to lecture on the topic: *“Spirituality, Human Values and Education: the virtuous cycle of Divine, Human Mission”*.

Such session in the Course will include contributions of well known authorities in the field of Insitutions, Science, Literature, Art, Education, Politics and Corporate Management.