

THE POWER OF TWO

Giovanna Celia & Mauro Cozzolino

The International Centre of Psychology and Strategic Psychotherapy

Salerno, Italy

by Marilia Baker

Some day, after we have mastered the winds, the waves, the tides and gravity, we shall harness for God the energies of Love. Then, for the second time in the history of the world, [humans] will have discovered fire.

Teilhard de Chardin

Giovanna Celia, PhD, and Mauro Cozzolino, PhD, a married team of psychologists, established and direct The International Centre of Psychology and Strategic Psychotherapy (CIPPS) in Salerno, Italy. The extraordinary body of work they have developed at the Centre in just a few years demonstrates the invigorating evolution and branching out of psychotherapeutic approaches rooted in the *sui-generis* lifework of Milton H. Erickson, MD, who, of course, had an exceptionally creative mind. This is the first European research and training center created to integrate Erickson's strategic models of psychotherapy with the groundbreaking approaches on psychosocial and cultural genomics pioneered by another exceptionally creative mind: Ernest Lawrence Rossi, PhD, of Los Osos, California. The Centre, accredited by the Italian Ministry of Education, Universities and Research (MIUR), conducts research, publishes an online scientific journal, and offers training and clinical activities.

Giovanna Celia -- researcher, trainer, and psychotherapist -- is the author of many scientific articles. She is intensely involved with the Centre as Board member, faculty, senior researcher, and director of clinical studies. She is also senior supervisor, faculty, and president of the scientific committee for the Seraphicum Graduate School of Integrative Strategic Psychotherapy (SCUPSIS) in Rome, of which she is a founder. Celia has studied Ernest Rossi's psychosocial and cultural genomics, having trained directly with him at the MHE Institute of California Central Coast. She is also a member of the International Genomic Team, and has developed an innovative branch of research on patient's narratives in relation to gene expression profiles. Celia is a skilled group therapist, who also trains students and therapists in group dynamics and individual psychopathologies.

Mauro Cozzolino -- family therapist, hypnotherapist, researcher, and professor of psychology -- is author of numerous scientific publications. He is scientific director of the Psychosocial Genomics Laboratory at the University of Salerno (PSG-LAB), Department of Human, Philosophical, and Educational Sciences. In addition to doing clinical research with patients suffering from psychological symptoms, he implements the protocols proposed by Mind-Body Transformations-Therapy (MBT-T), conceptualized and developed by Ernest and Kathryn Rossi. Cozzolino utilizes these protocols for the treatment of neurodegenerative diseases, such as Parkinson's, cancer, fibromyalgia, strokes, and other severe medical conditions. Currently, he is "exploring the hypothesis that a carefully specified MBT-T protocol can improve quality of life and survival in breast cancer patients, through the modulation of gene expression related to pro-inflammatory biochemical pathways." (cf. MBT-T in: *The International Journal of Psychosocial Genomics Consciousness & Health Research* 1:1:32-40)

Cozzolino and Celia are proud that the University of Salerno is one of the oldest in the Western world. Its School of Medicine, the first on the European continent, was founded in the 8th century and was the foremost European center for the study of medicine. With male and female physicians, scholars, and researchers, the School of Medicine was a major contributor to the evolution of medical sciences; it reached its apogee during the Middle Ages. Salerno was a pivotal center for advanced knowledge, culture, trade, and commerce as part of the Greater Greece civilization known as *Magna Graecia*, and in later centuries, part of the



Mauro Cozzolino, PhD



Giovanna Celia, PhD

Roman Empire. (See history at https://en.wikipedia.org/wiki/Schola_Medica_Salernitana.)

In 2006, Cozzolino established the International Research Group on Therapeutic Hypnosis and Psychosocial Genomics at the University of Salerno. Eventually, he expanded it with the creation of the Psychosocial Genomics Laboratory (PSG-LAB), a multidisciplinary laboratory where clinical hypnosis and mind-body therapies are studied on genomic and epigenetic levels. In 2009, he spent six months at the Milton H. Erickson Institute of California Central Coast, Los Osos, undergoing intensive training with Ernest and Kathryn Rossi, thus further refining his clinical and research skills in Rossi's methodologies. Cozzolino is Rossi's collaborator who contributes to random clinical trials (RCTs) in order to obtain evidence-based results to support Rossi's Mind-Genes therapeutic approaches.

(Resources: "[How I met Ernest Lawrence Rossi](#)")

Giovanna Celia and Mauro Cozzolino state, "The hard work [we've] done these past years in the fields of clinical practice, training, and strategic-integrated research has produced, among other successes, the *Psychosocial and Cultural Genomics Network* (www.psychosocialgenomics.com) that hosts the first online journal in the field: *The International Journal of Psychosocial and Cultural Genomics, Health, and Consciousness Research*, of which we are co-founders with Ernest and Kathryn Rossi." Celia is the *Journal's* chairman of the Scientific Committee and Cozzolino serves as member of the Scientific Committee. In recognition of their immeasurable and invaluable contributions to the field, the couple was honored with the Distinguished Investigator Achievement Award during the 12th International Congress on Ericksonian Approaches to Psychotherapy, organized by the Milton H. Erickson Foundation in Phoenix, Arizona, in 2015. On behalf of the Psychosocial Genomics Institute of California Central Coast, Ernest and Kathryn Rossi and Roxanna Erickson-Klein bestowed the award to Celia and Cozzolino. Ernest and Kathryn Rossi and Roxanna Erickson Klein are the founding directors and scientific board members of the organization.

In their private life, Giovanna and Mauro, who have been married for 15 years, enjoy first and foremost, their two children: daughter, Giulia Chiara, 12 and son, Emanuele, 8. Family life is priority, with both parents being involved in activities to expand their children's education, emotional and physical development, and awareness of the world around them (consciousness). Giovanna is people-oriented and an expert in Italian gourmet cooking. She enjoys welcoming friends for dinner and relaxed conversation. Mauro, inquisitive-minded and research oriented, is more inclined to "inner mind-body dialogues" and enjoys listening to music, or hiking the countryside around the magnificent city of Salerno.

(Resources: "[How we became a couple](#)")

A definition of psychosocial and cultural genomics from Wikipedia states: "Psychosocial genomics is a field of research first proposed by Ernest L. Rossi in 2002. Psychosocial genomics focuses on how the highly personal and subjective states of human consciousness can modulate gene expression in the brain and body, for illness or health." Ernest and Kathryn Rossi have devoted much of their pro-

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fessional life to investigating and establishing the underlying processes involved in the concept. Their most recent definition of it is "... the essence of the art and science of counseling and psychotherapy that utilizes our natural four-stage creative cycle for facilitating gene expression, brain plasticity, and new consciousness to optimize problem-solving in everyday life." The Rossi's four-stage creative cycle consists of: 1) data gathering; 2) incubation; 3) illumination; and 4) verification. (*The Journal of Psychosocial Genomics, Consciousness and Health Research*, at www.psychosocialgenomics.com) The couple fine-tunes this definition by adding: "Psychology is focused on how life, consciousness, art, beauty and truth are experienced subjectively. The essence of psychosocial and cultural genomics is learning how to be more conscious about the nature of life, and what it means to be human."

Giovanna Celia and Mauro Cozzolino represent on many levels the true spirit of the *power of two*. Their innovative body of work developed at The International Centre of Psychology and Strategic Psychotherapy demonstrates the invigorating evolution and branching out of psychotherapeutic approaches rooted in the *sui-generis* lifework of Milton Erickson. This couple's scientific curiosity and spirit of innovation led them to Ernest Rossi, who was originally Erickson's student in Phoenix. Eventually, Rossi became an active collaborator and coauthor with Erickson. Subsequently, Ernest and Kathryn Rossi became pioneers and innovators in the field of therapeutic hypnosis and psychotherapy.

It's significant to note that when Erickson served as Director of Psychiatric Research and Training at Wayne County Hospital in Eloise, Michigan, he hired Elizabeth Moore: a bright undergraduate student of psychology experienced in laboratory research to be his laboratory assistant. In 1936, she became his wife and eventually mother of his eight children; she was also his lifelong collaborator.

In conclusion, these are three generations of exceptionally creative and innovative researchers and clinicians, who for love of each other and for their love of

finding out "about the nature of life, and what it means to be human," have contributed meaningfully to the advancement and evolution of clinical hypnosis and psychotherapy. All of this because of that mysterious life energy, Eros, also known, in the words of Dante Alighieri, as "Love, that moves the sun and all the stars..."

L'Amor che move il sole e l'altre stelle

Dante Alighieri

Selected Resources:

- Ernest L. Rossi, PhD & Kathryn L. Rossi, PhD (2008). *The New Neuroscience of Psychotherapy, Therapeutic Hypnosis and Rehabilitation: A Creative Dialogue with Our Genes*. <http://ernestrossi.com/documents/FreeBook.pdf>. Free e-book in several languages.
- Giovanna Celia, PhD and Mauro Cozzolino, PhD (2017) "How we became a couple: our story" <http://www.psychosocialgenomics.com/index.php/en/>
- Mauro Cozzolino, PhD (2017) "How I met Ernest Lawrence Rossi." <http://www.psychosocialgenomics.com/index.php/en/>
- Psychosocial and Cultural Genomics, Consciousness, and Health Research, Official website www.psychosocialgenomics.com
- Psychosocial and Cultural Genomics Research team: read Scientific Articles at <http://www.psychosocialgenomics.com/index.php/en/ricercanavi-2/researchteamarticlesnavi>
- The International Journal of Psychosocial Genomics, Consciousness, and Health Research www.psychosocialgenomics.com/index.php/en/rivistanavi-2/internationaljournalpreviewsnavi Read here the published Journal's online issues.
- The Seraphicum Graduate School of Integrative Strategic Psychotherapy (SCUPSIS) <https://www.scupsis.org/curriculum-scupsis-en/>



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