

Dr. Alessio Matiz is currently a Research Fellow in Clinical Psychology at the University of Udine (under the supervision of Prof. Franco Fabbro in 2020-21 and Prof. Cristiano Crescentini since 2021). He has been collaborating with the Clinical Psychology, Meditation and Neuroscience Lab since 2013. He is a Professional Educator and has worked for 14 years with underage migrants, persons with alcohol dependence and persons with mental and physical disabilities. In 2017 he received a PhD in Emerging Digital Technologies at the School of Advanced Studies "S.Anna" of Pisa. He is a Mindfulness Teacher for the Mindfulness-Oriented Meditation program for adults and for the junior Mindfulness-Oriented Meditation program (for children aged 8 to 11). He is also an instructor of Mindfulness Teachers for these two programs. Since 2018, he teaches at the Master in Meditation and Neuroscience at University of Udine. He is the author/coauthor of 24 scientific papers, 4 book chapters, 1 book as author and 3 books as editor.

Dott. Alessio Matiz

ORCID: https://orcid.org/0000-0002-4509-6910

Scopus: https://www.scopus.com/authid/detail.uri?authorld=56606260600

Researchgate: https://www.researchgate.net/profile/Alessio-Matiz