



Dr. Francesca Scafuto is Fellow Researcher at DILL of University of Udine, an Adolescent and Young Adult Psychotherapist, Ph.D. in Health Psychology at the University of Naples Federico II, where she started to teach Social and Community Psychology as Adjunct Professor. Her dissertation examined public participation and protest against landfills and toxic waste disposal in the South of Italy. Subsequently, she carried out action research in Social and Community Psychology field, working for a variety of Not-for-profit Organizations, Local Administrations, Schools, and University departments (Political and Human Sciences, and Architecture). She specially designed participatory action-research for social programs and for urban planning. She was a Fulbright Scholar at Ramapo College of New Jersey where she thought a course she ideated “Empowering Individuals and Communities: lessons from Environmental and EcoPsychology”, together with other courses of General Psychology.

Currently, she devoted her time to teach in bachelor and post-bachelor courses at University of Pisa and Udine for lessons that regard the intersection between mindfulness and ecology. She ideated an action-research program, named MINDhEARTH, for adolescents in several high schools, that is aimed to improve risk perception for climate crisis, nature connectedness, and mindfulness. She is also an instructor of psychosomatic mindfulness and teaches at the Institute of Humanistic Psychotherapy with Mind-body Approach in Italy.

She published several articles (14 on Scopus Journals), public reports for City councils, and chapters in books. She means her research to be a form of activism, where she is driven to understand how to facilitate the transition toward a fair, life-sustaining society.

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