

Fourth International Advanced Clinical Psychopharmacological Course

Developing Practical Skills for the Treatment of Mood and Psychotic Disorders in the Year 2026 and Beyond

Firenze, Italy, 3–5 Marzo 2026

Razionale scientifico

Questo corso è progettato per giovani clinici che desiderano acquisire maggiore familiarità con i meccanismi terapeutici di base dei farmaci psicotropi e le migliori strategie pratiche per trattare i pazienti con disturbo depressivo maggiore. Il corso si concentrerà anche sulla depressione associata ad altre patologie, in gravidanza e ampio spazio sarà dedicato ai disturbi dell'alimentazione. Il congresso si propone come un momento di formazione avanzata e di confronto multidisciplinare, volto a fornire ai professionisti della salute mentale gli strumenti teorici e pratici per affrontare la gestione della depressione e della schizofrenia con un approccio moderno, personalizzato e predittivo, in linea con le prospettive della psichiatria del futuro.

Responsabile scientifico

Alessandro Cuomo, M.D. - Department of Mental Health - University of Siena - Le Scotte – Viale Mario Bracci, 16 - 53100 Siena

Sede Corso: FH55 Grand Hotel Mediterraneo - Lungarno del Tempio, 44, 50121 Firenze FI

Durata attività formativa: 14 ore

Destinatari iniziativa:

Professione: MEDICO CHIRURGO

Discipline: GERIATRIA; NEUROLOGIA; NEUROPSICHIATRIA INFANTILE;
PSICHIATRIA; MEDICINA GENERALE (MEDICI DI FAMIGLIA);

Obiettivo formativo: 1 - Applicazione nella pratica quotidiana dei principi e delle procedure dell'evidence based practice (EBM - EBN - EBP)

Nr. Crediti assegnati: 9,8

PROGRAMMA

Day 1–2: Treating Depression in the Year 2026 and Beyond

13:00–14:00 — Welcome

Session 1

Chairman: A. Fagiolini

14:00–14:30 — Introduction – A. Fagiolini

14:30–15:00 — Individualized Treatment for Depression: Treating Patients with Anhedonia, Cognitive Symptoms, and Emotional Blunting – A. Fagiolini

15:00–15:30 — Treating Patients with Depression and Cardiovascular or Neurological Diseases: From Clinical Research to Clinical Practice – A. Cuomo

15:30–16:30 — Case Examples and Treatment Algorithms – Interactive Discussion: Patients with Cognitive Symptoms, Anhedonia, and Emotional Blunting – A. Fagiolini

16:30–17:00 — Coffee Break

17:00–18:00 — Case Examples and Treatment Algorithms – Interactive Discussion: Patients with Depression and Cardiovascular or Neurological Diseases – A. Cuomo

18:00–18:30 — Discussion and Adjournment

Day 2

Session 2

Chairman: A. Fagiolini

09:00–09:30 — Day 1 Recap and Introduction

09:30–10:00 — The Search for Biomarkers in Major Depressive Disorder: Update 2026 and Beyond – E. Seifritz

10:00–10:15 — Discussion

10:15–10:45 — Treating Patients with Comorbid Depression and Anxiety – S. Kasper

10:45–11:00 — Discussion

11:00–11:30 — Coffee Break

11:30–12:00 — Treating Depression Comorbid with Eating Disorders – V. Ricca

12:00–12:15 — Discussion

12:15–12:45 — Navigating Depression in Special Populations: Elderly, Women, Pregnancy and Lactation.
Best Practices and Therapies – A. Cuomo

12:45–13:00 — Discussion

13:00–14:00 — Lunch

Session 3

Chairman: A. Cuomo

14:00–16:30 — Clinical Appraisal and Treatment Algorithm Development for 5 Cases of Depression and
Related Symptoms:

- Major Depressive Disorder (MDD) with Anxiety Comorbidities
- MDD and Emotional Blunting and/or Anhedonia
- MDD with Cognitive Symptoms
- MDD and Neurological Diseases (Parkinson, Dementia)
- MDD in Patients with Mixed Unipolar Depression or Bipolar Depression

Tutors: Fagiolini, Cuomo & Siena Residents

16:30–17:00 — Coffee Break

17:00–18:00 — Plenary Presentation of the Algorithms

18:00–18:30 — Discussion and Adjournment

Day 3: Treating Schizophrenia in the Year 2026 and Beyond

Session 4

Chairman: A. Fagiolini

09:00–09:30 — Day 2 Recap and Introduction

09:30–10:15 — Schizophrenia Care in 2026 and Beyond: Which New Medications in the next 10 Years? – C.
Correll

10:15–10:30 — Discussion

10:30–11:15 — Newer Long-Acting Antipsychotics in Today's Clinical Practice: From Clinical Research to
Clinical Practice; From Illness Control to Patient's Convenience – A. Fagiolini

11:15–11:30 — Discussion

11:30–12:00 — Coffee Break

12:00–12:40 — Combining Medications in Everyday Clinical Practice: Matching Evidence with Clinical Needs
– A. Cuomo

12:40–13:00 — Discussion and Adjournment

FACULTY:

Nome e Cognome	Laurea	Specializzazione	Affiliazione
Andrea Fagiolini	Medicina e	Psichiatria	Direttore Dip. Salute Mentale - Az. Ops. Universitaria Le Scotte Siena
Alessandro Cuomo	Medicina e	Psichiatria	Dip. Salute Mentale - Az. Ops. Universitaria Le Scotte Siena
Valdo Ricca	Medicina e	Psichiatria	Az. Ospedaliero Universitaria Careggi Firenze
Erich Seifritz	Medicina e	Psichiatria	Zurich University Hospital
Christoph Correll	Medicina e	Psichiatria	Psychiatry Department - Charité University Hospital Berlin
Siegfried Kasper	Medicina e	Psichiatria	Wien University Vienna