



Prof. GIUSEPPE RODOLFO BRERA MD, MA, LD MA

Born: 7.1.1948, Arona, Novara, Italy

Education: Classic lycée, Milan; Medical degree, University of Milan (1972).
Specialty in Medical Psychology, University of Milan (1975).

1. Professional history

Hospital assistant, Psychiatric Hospital of S.Colombano (Pavia) (1973-1974)

Hospital physician in emergency (1974-1975)

Medical officer in military psychiatric wall, 1976-1977;

Co-ordinator of the Family Counselling Service for Families of Drug Abusers, Milan (1973-1974).

Training teacher at the Speciality course in Psychology, State University of Milan (1976).

Coordinateur of the Youth Mental Health Service (Lombardia Health District) (1974-1977)

Training in socioanalysis and in group psychodynamics at the Psychology Institute of the Milan University (1973-1976)

Consultant of the Hospital G. Salvini (Lombardia)(1974-1981) in Neurology and Psychiatry. Consultant in Psychology and Psychiatry Betania Community (1976-1986)

Founder and Director of the Medicine and Psychology Adolescence Institute, Milan (1983-1995).

Coordinator of the first Italian hospital facility for Adolescents at the St.Joseph hospital of Milan(1984-1992).

Consultant in Psychology and Psychiatry, St. Joseph Hospital, Milan (1984-2001)

Director of the Youth Health Center of IMEPA in the Adolescentology and Adolescence Medicine dept. of the Ambrosiana University (1992-2014)

Director of the Milan School of Medicine 1998-

(here Coordinator of the Dpts of Adolescentology and Adolescence Medicine – Person Centered Medicine born in 2005)

Summer University in Person Centered Medicine and Medical Education 2000-2019-2014 .

2.Main creative works

2.1.Theories

1. Kairology© : hermeneutic of the human nature born from the adolescence anthroponalysis. (1993) (1)
2. “Kairos program”©(1993)- application of Kairology in health education of adolescents and adults. The program, called also “ Person-centered health program” is addressed to develop a real human identity based on the affective and cognitive development of unconscious-conscious individual resources resulting in the creativity development
The program is taught in the master of Health Education of adolescents in the Ambrosiana University and applied also in prevention and clinical treatment as “Person-centered health program
3. [Adolescentology© \(1988-2000\) .Person-centered theory of adolescence. Unifying theory of the investigation, prevention and clinical application on adolescence.](#)
4. [Relativity theory of biological reaction](#) (1996).
5. Medical counseling with the adolescent (1991) Theory of counseling to be applied by physicians with the adolescents .Quality procedures of its application teaching in the Ambrosiana University.
6. [Person-Centered Medicine Paradigm](#) (1999): indeterministic-teleonomic change of the medicine, medical science and medical education paradigm. Quality procedures of its teaching.
7. Person-centered clinical method.(1998) Change of the traditional clinical method based on the development of resilience and introducing the concepts of “diacrisis” and “person diagnosis”. Application and teaching quality procedures
8. Health theory (2005-). Interactionist-teleonomic constructivistic theory of the human health .New formulation of health as “ The choice of the best possibilities for being the best human person” 2011-introduced in WHO by invitation
9. Health relativity theory (2021) to the symbolic world of the person
- 10.The SARS-COV 2 entry relativity
- 11.Viral allostasis and anti-viral allostasis theory (2021)-epistemological change of virology
- 12.Preventive immunostimulation of natural immunity through the implementation of possibility and quality of a healthy life (existential choices-nutrition)

2.2 Programs and teaching quality procedures of Master in IMEPA and the Ambrosiana University (from 1995)

Introduction of new disciplines in Medical Education

- 1 Clinical Adolescentology (1987)**
- 2 Medical counselling (1991)**
- 3 Person-Centered Medicine (1999)**
- 4 Person-centered health program training**
- 5 Person-centered health care quality assessment**

Organization of courses:

- 1 Adolescence Medicine and Psychology (Specialty) 1987-1995
- 2 Medical Counselling with adolescents (1991-
- 3 Licentia docendi in Medical Counselling with adolescents (1999-
- 4 Clinical Adolescentology© (1995-
- 5 Kairology© (1998-
- 6 Health Education in adolescence (1998-
- 7 PHD in Adolescentology (1999)
- 8 Person Centered Medicine (2002-
9. [Person-Centered Medicine International Program](#)
- 9 Licentia Docendi in Person-Centered Medicine (2002-
- 10 International School in Person-Centered Medicine© (2007-
- 11 Person-centered oncology© (2012)
- 12 Person Centered Health Program Training © (2006-
- 13 Person –Centered Health Quality Assessment ©(2022-
- 14 Person –Centered Health Care Quality Assessment© (2023-

3.Academic positions (to date)

Founder and Rector of the [Ambrosiana University](#) (1995-
Director of the [Milan School of Medicine \(Scuola Medica di Milano\)](#)-1998-
[Director of the Person Centered Medicine International Academy \(2010\)](#),
Person-Centered Medicine International Program (2009)
(first in the world)

Prof.Giuseppe R.Brera founded the first Dept in medical Education (2005) in Italy and in 2005 promoted the first International Conference on Medical Education in Italy

In 2011 Prof. Brera was invited by  World Health Organization to introduce the University Ambrosiana Milan School of Medicine pionieristic activity in [Person centered Medicine and Medical Education](#).

4. Editorial Activities

4.1 Books

1. "Motivations and psychopathological sequelae of induced abortions (it.) (1981)
2. "The Kairos of Existence. Mystery, Possibility and Reality in Adolescence"(1995)
3. ["A revolution for the clinical method and the bio-medical research: the determinate and the quality indeterminate relativity of biological reactions"](#) (1996)
4. [La Medicina centrata sulla persona e la formazione del medico nel terzo millennio \(Person-centred medicine and medical education in the third millennium\)](#) (2001)
5. Il tempo di Ulisse ed il tempo di Penelope. Gli adolescenti italiani e la loro salute (2004)
6. L'adolescenza o del nobile mistero della natura umana-To be s Sir Arthur Knight" (2009)
7. [La sindrome del grande fratello e i magnifici sette, come essere genitori in un tempo difficile \(2010-2024 \)](#)
8. **[Person-Centered Medicine and Person-Centered Clinical Method \(2021\)](#)**
9. [Sars-Cov2 allostasis and the people and person-centered prevention. The Sars-Cov 2 entry relativity and covid-19. \(Treaty-part 1\)](#) (2021)
10. [Sars-Cov-2 allostasis and the people and person-centered prevention. Part 2 The sars-cov 2- induced immunosuppression and Covid-19 anergy. part 3 The antiviral metabolic allostasi and preventive immunostimulation -how to induce zero risk for covid-19](#) (2021)
- 11.[Rischio zero per il covid-19 con l' allostasi antivirale e l'immunostimolazione preventiva:manuale di dieta antivirale e d'integrazione nutraceutica](#) (2022)
- 12.[L'Adolescenza o del coraggio di essere uomini e donne Genitori, insegnanti educatori alla prova di sé-2024](#)
- 13.[The adolescent as person and Person-Centered Medicine \(Editor of proceedings of the Conference\)](#)2024

4.2 Other books

- 14.Il federalismo universitario e scientifico. (2010)
- 15.L'anima e la missione dell'Italia.(2011)
- 16.La politica centrata sulla persona (2016)
- 17.Il destino dell'Italia (2018)
- 18.La nostra patria (2022)
- 19.[Psicoanalisi della guerra Ucraina-Russia](#) (2024)

4.3 Journals

Medicine and Mind (1983-Founder and Editorial Director)

Medicine Mind and Adolescence (Founder and co-director)-1996

Person.Centered Medicine International Journal on line (2010)

Adolescentologia - Giornale Italiano di Adolescentologia e Medicina dell'Adolescenza (1993- Founder)

4.4 Papers

Brera G.R. Il senso della vita nell'agire medico. (The meaning of life in the medical praxis). Medicina e Morale 1985;1:80-90.

Brera G.R. La sofferenza nel rapporto medico-paziente (Suffering in the doctor-patient relationship). Medicina e Morale 1987 ;1: 46-57

Brera G.R. Course in Medical Counselling with adolescents. Milan,CISPM-IMEPA ,1991

Brera G.R. Epistemological aspects of medical science . Medicine and Mind 1992; VII: 5-12 Ibidem 2

Brera G.R. The kairos of existence. Medicine and Mind 1993; VIII (2):5-9

Brera G.R. The Kairos of existence. Mystery, Possibility and Reality in adolescence and human nature. Milan: CISPM; 1994

Brera G.R. The epistemological principles of Adolescentology. Medicine, Mind and Adolescence. 1995; 10, 1.

Brera G.R. Per una teoria dell'adolescenza e della natura umana.Epistemologia,fenomenologia e paradigmi di ricerca in Adolescentologia. Medicine, Mind and Adolescence. 1995; 10, 1: 5-17.

Brera G.R. Mystery, Possibility and Reality. A new hermeneutics for adolescence and human nature. Medicine, Mind and Adolescence. 1996; 11, 2: 5-15.

Brera G.R. A revolution for medical science and biomedical research: the determinate and the quality indeterminate relativity of biological reactions, Milan : Università Ambrosiana ; 1996

Brera G. R. . The relativity of biological reactions and the first formulation of and interactionist epistemological paradigm for medical science and its application in clinical research and medical education. *Medicine, Mind and Adolescence*. 1997; 12, 1-2: 7-15.

Brera G.R Dignity and clinical method: the Kairological approach. *Medicine, Mind and Adolescence*. 1998; 13, 1-2: 7-15.

Brera G.R. The manifesto of Person Centered Medicine. *Medicine, Mind Adolescence* ,1999; Vol. XIV, n. 1-2,

Brera G.R. La medicina centrata sulla persona e la formazione dei medici nel terzo millennio. Con l'introduzione di Iosef Seifert : I sette scopi della medicina Person Centered Medicine and Medical Education in third Millennium with the introduction of Iosef Seifert The seven aims of Medicine it.) Pisa:IEPI-Università Ambrosiana; 2001

Brera G. R. Per una teoria dell'adolescenza e della natura umana.Epistemologia, fenomenologia e paradigmi di ricerca in adolescentologia. (For an adolescence and human nature theory: Epistemology, phenomenology and research paradigms in Adolescentology it.) *Medicine, Mind and Adolescence*, 1995, vol X, 2:5-16

Brera G.R The adolescent as person. Person-Centered Adolescence Theory. *Medicine, Mind and Adolescence*,2001;vol XVI,1-2

Brera G.R La metodologia clinica centrata sulla persona e la formazione del medico, Atti del Convegno. : La medicina centrata sulla persona e la formazione del medico. 21 Giugno 2001, Milano

Brera G.R The epistemological change of Medical Science. 2003 Milan Medical School workshop.

Brera G. R : Ethical and organizational aspects of a scientific and educational portal. *Medicine Mind and Adolescence*. 2003 Vol. XVII: 1-2 .

Brera G.R .: Person, science and challenges of young people for the western life.Proceedings of the international conference: Assisi 2003 Young People and Values. Assisi 23-25 Ottobre 2003
Introducing presentation

Brera G. R. :Education in Person Centered Medicine and Perceived Quality of Person Centred Clinical Method by MD Proceedings of the international conference: Assisi 2003 Young People and Values in the Symposium: New Perspectives in medical Education Introducing presentation

Brera G. R. : La medicina centrata sulla persona ed il metodo clinico . Atti del Congresso della SIAd Regione Veneto: Il centro della Salute del giovane e la medicina centrata sulla persona 20 Dicembre 2003 Introducing Presentation

Brera G.R. Person-Centred Medicine Educational Objectives –an announced revolution. In : SIAdve editor. Proceedings of the Conference :Youth Health Center and Person-Centered Medicine, 2003 December 20 Cittadella (PA), Italy,p 2-7.

Brera G. R.: Person-Centered-Clinical Method Teaching – Workshop given at the XI Ottawa Conference in Medical Education. 6-8 July 2004

Brera.G. R.: Il tempo di Ulisse e di Penelope: antropologia,scienza e politica per i giovani. Proceedings of the International Conference : Milano 2004 Being and Beauty-The future of a young world. Milan. 3-4 December 2004 C Introducing Presentation

Brera Giuseppe Rodolfo Relatività del sapere bio-medico: per una teoria della Medicina (Relativity of bio-medical knowledge: for a Medicine theory). Atti del Convegno inaugurale dell'Università Ambrosiana:" Umanizzazione della medicina, paradigma scientifico, metodo clinico e qualità delle cure". (Medicine Humanization,scientific paradigm and quality of care) 24 Giugno 1995; Milano, Italia

Brera G.R. Epistemology and Medicine: change of the Medical Science Implicit Paradigm. In Brera G.R.. editor. Return to Hippocrates: Quality and Quantity in Medical Education. Proceeding of the second Conference on New Perspective in medical Education; 2005 May 27-28, Milan, Italy , Università Ambrosiana ;

Brera G.R. Person-Centered Medicine and Person-Centered Clinical Method Teaching. In : Brera GR editor, Proceedings of the Conference: “ Return to Hyppocrates . Quality and Quantity in Medical Education; 2005 Milan 28-29 May” Milan ,Italy p 39

Brera G. R :L'unità etica ed epistemologica della formazione degli adolescentologi alla luce della “Teoria dell'adolescenza centrata sulla persona” in Atti del Convegno:"Assisi 2005 la formazione degli adolescentologi” 22 Ottobre 2005

Brera G.R. : La medicina centrata sulla persona: basi epistemologiche ed importanza del lavoro clinico in Atti del Congresso: “ Crescere con la medicina centrata sulla persona”. Monselice (Pd),17 Dicembre 2006 Introducing Presentation

Brera G. R: Duc in altum”: Young People, Educators, Health professionals, Investigators’ Education in Human Dignity. Proceedings of the International Conference: Assisi 2006-make peace with life. Introducing presentation

Brera G. R :The Change of Medical Science and Education in Person-Centred Medicine and Clinical method (PCCM) Proceedings of the International Conference: Assisi 2006-make peace with life. Assisi. October 12-14 2006 III° International Symposium: Scientific paradigms and Clinical Teaching in Medical Education

Brera G.R :Sport, Persona e salute. Atti del Convegno Adolescenza , Sport e salute. Torino 12 maggio 2007- Introducing Presentation

Brera GR Rischiare per sport. Atti del Convegno Adolescenza , Sport e salute.Torino 12 maggio 2007 Introducing Presentation

Brera G.R. Surfing the Modern Adolescentology Culture: Risk and Resilience and Possible Perspectives for Person Centered Research – Proceedings from The Conference: Adolescence and the modern world. Milan October 13 2007,SIAd-WFSA 2007 Introducing Presentation

Brera G.R : La Teoria dell’adolescenza centrata sulla persona. Ist Italy-Canada Symposium on Adolescentology. Milan, October 13 2007 Introducing Presentation

Brera G. : Religion- Resilience- Health in Person Centered Medicine Proceedings from the Conference. Religion, Resilience, Health. Lourdes, October 31 2008, SIAd-WFSA ed, 2009Introducing Presentation

Brera G.R : Natura umana e salute. Atti della I° Giornata Europea per la salute del Giovane,Lourdes, France, 1 Novembre 2008. SIAd-WFSA ed. 2009 C

Brera G.R. :L’ambiente che sono, l’ambiente che io sono. In “Adolescenti,Ambiente e Sviluppo Umano” pg. 17-45. Elledici. Torino 2009

Brera G.R. Assessment of Person Centered Medicine and Person Centered Clinical Method Teaching in the Ambrosiana University Milan School of Medicine. Proceedings of the IInd Geneva International Conference on Person Centered Medicine, Geneva, May 28-29 2009. International Network in Person Centered Medicine

Brera G.R. L'incertezza , la speranza e il kairos del'esistenza. Atti del Convegno" L'esistenza della persona giovane tra incertezze e speranza,Milano, Ed.Università Ambrosiana 2010,

Brera G.R. La caduta del paradigma meccanicista in medicina e la medicina centrata sulla persona, Introductive lecture to the Educational Activity of the Milan School of Medicine, Milan March 27 2010

Brera G.R. Ambrosiana University Person Centered Medicine Program Proceedings of the IIIrd Geneva International Conference on Person Centered Medicine, Geneva, Geneva, May 3-5 2010. International Network in Person Centered Medicine

Brera G.R. How to Change Medical Education toward a Person Centered Medicine Paradigm ? Invited lecture in the WHO symposium :” Medical Education and Person Centered Medicine. Geneva 4 May 2011. Proceedings of the IVth International Conference on Person Centered Medicine. International Network in Person Centered Medicine

Brera G.R. Person Centered Medicine and Change of the Paradigm in Medical Education. Proceedings from the 4th International International Symposium on new Perspectives in Medical Education” Person Centered Medicine and Change in the paradigm of Medical Education-Theory,Teaching Research Assisi 27 October 2011

Brera G.R. Reliability and Validity of Person Centered Clinical method. Vth Geneva International Conference on Person Centered Medicine, Geneva, Geneva, International Network in Person Centered Medicine. Geneva April 30-May 2 2012

Brera G.R. Adolescence, Person Centered Health Paradigm and Human Rights. Proceedings form the International Conference: Adolescence,Person and Human Rights.Milan 20-30 November 2013

Brera G.R From science to person-centered health: the Person-Centered Health Paradigm. Giuseppe R.Brera editor. Medical science and health paradigm change. Proceedings of the conference
13-14-15october 2017 Milan, Lombardia Region, Italy,Ca'Granda-Niguarda Hospital

Brera G.R. Introduction to a medical science and health paradigm change. Brera GR Editor; Medical Science and health paradigm change; Proceedings of the conference on 14-14-15 October 2017 Milan, Lombardia Region, Italy, Ca'Granda-Niguarda Hospital

Brera GR The Russian roulette hexavalent vaccination. the hexavalent vaccination risk for children's and adults life and health. The Post Hexavalent Vaccination Sudden Death Syndrome (PHVSIDS) and the Post Vaccination Asia Syndrome(PVAS). Adolescentologia. 2018; 4, 3:1-19

Giuseppe R.Brera The "Mercury Syndrome" and the smartphone addiction. Giornale Italiano di Adolescentologia e di Medicina dell'adolescenza . 2019 : 19, 1-2:31-49

Brera GR, Galante V. From communication to the human relation. Kairology and the person's ontological evolution : from possibility for being to the reality of being a human person . Giornale Italiano di Adolescentologia e di Medicina dell'adolescenza . Giornale Italiano di Adolescentologia e di Medicina dell'adolescenza. 2018 ; 17,4-18,1 : 4-51. Available from:
https://www.researchgate.net/publication/333089169_From_communication_to_the_human_relation_Kairology_and_the_person's_ontological_evolution_from_the_possibility_for_being_to_the_reality_of_being_a_human_person [accessed Apr 29 2023].

Brera G R The "Person-centered Health relativity" and the "People and Person-Centered Prevention" theories From epistemology to the COVID-19 pandemic shutdown Presentation in Person-Centered Medicine International College VIRTUAL 13th GENEVA CONFERENCE ON PERSON-CENTERED MEDICINE Self-Care and Well-Being in the Times of Covid-19 5 -7 April 2021 The "Person-centered Health relativity" and the "People and Person-Centered Prevention" theories.

Brera GR The person-centered change of the dominant deterministic Medicine paradigm and the health relativity theory In Brera GR editor Proceeding of the Conference : Person-centered medicine prevention and adolescence Conference in streaming from Milan. November 13 2021. Università Ambrosiana ed. 2021.

Brera GR Who's the adolescent ? The revelation of human nature (Italian) In Brera GR editor Proceeding of the Conference : Person-centered medicine prevention and adolescence. Conference in streaming from Milan. November 13 2021. Università Ambrosiana ed. 2021.

Brera G.R. A Columbus egg: the possibility of a beta-glucans-induced TRIM and adaptive immunity against COVID-19, inducing cross primary and secondary prevention for the pandemic shutdown worldwide. August 2021
DOI: [10.13140/RG.2.2.11191.44960](https://doi.org/10.13140/RG.2.2.11191.44960)

Brera GR Scientific evidence of anti COVID-19 mRNA and vectorial vaccines genotoxicity inducing tumors and psycho-neuro-behavioral disorders. Scientific Reports of the Milan School of Medicine. 2021 November.
DOI: [10.13140/RG.2.2.29151.18081/1](https://doi.org/10.13140/RG.2.2.29151.18081/1)

Brera G.R The incidence rate in Italy of COVID-19 lethality in 0-59 older adults and adverse effects of mRNA and vectorial vaccines in the range 5-16, leading to the urgent stop of vaccination of 5-29 young people, and mRNA and vectorial vaccines withdrawal. Scientific Reports of the Milan School of Medicine. 2, April 2022. DOI: [10.13140/RG.2.2.21597.49126](https://doi.org/10.13140/RG.2.2.21597.49126)

Brera GR. The need for changing preventive strategy of SARS-COV variants to prevent COVID-19 and communicable diseases. Scientific Reports of the Milan School of Medicine. 3, October 2022. DOI [10.13140/RG.2.2.34966.22086/4](https://doi.org/10.13140/RG.2.2.34966.22086/4)

5. Human rights

Coordinator of the International Committees of

1. The [Universal Declaration of Youth Rights and Duties \(1993\)](#)
2. [La Charte Mondiale de la Santé-World Health Charter \(2017\)](#)

6. Promoter of the following Conferences

- 1982 Medicina, libertà e diritto di vivere (Milano)
- 1983 A new perspective in the adolescen theory (Milano)
- 1984 Scienza e coscienza in Medicina (Milano)
- 1985 Mental health and mental hygiene in Adolescence (Milan) With the cooperation of the United Nations
- 1992 Adolescentology- Inaugural conference of the Italian Society of Adolescentology

Conferences cited in the Ambrosiana University web site

1992-2017

2017-2024

7. Memberships

Medical Council of Milan 1972-

Milan Medical Roll of Psychotherapists, 1992 -.

Stress and Anxiety Int. Society (1991).

[Società Italiana di Adolescentologia e Medicina dell'adolescenza](#) 1992- (founder)

[World Federation and Society of Adolescentology](#) 1994-(founder)

[Person Centered Medicine International Academy](#) 2009 (founder)

World Association of Social Psychiatry (2019 Honorary fellow)

7. Main areas of teaching and research

1. Adolescentology - epistemology and adolescence
2. Clinical adolescentology©
3. Health Psychology
4. Person-centered health education in adolescence
5. Medical counseling© with the adolescent
6. Epistemology and Medicine
7. Person-Centered Medicine
8. Person-Centered Clinical Method and medical counseling
9. Kairos program -Person.Centered Health training
10. Person-Centered Health Quality Assessment©
11. Person Centered Health Care Quality Assessment©
12. SARS-COV 2 Viral-Anti-viral allostasis and preventive immunostimulation
13. Pleiotropic medicine © (2024)

[Author of the first investigation on Person Centered Medicine \(2002\),](#)

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