



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Laboratory 2 - Work on yourself

1920-3-E3901N058

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#### Learning objectives

- body awareness and non-verbal expressive and communicative skills
- Knowledge of body-mind techniques for social work (Awareness and relaxation techniques, DanceMovementTherapy, Art therapy, Body expression)
- non-verbal observation for relation processes
- reflexive and emotions skills
- group work skills

#### Contents

body-mind language

Body and oneself image schema

Movement and self-awareness, Mindfulness

The relationship with the materials, the objects and with other people

The perception of time and space in social work

Laboratories with art therapies and awareness techniques

## **Detailed program**

The workshop, through practical experiences and theoretical moments, leads the students to reflect on the importance of non-verbal communication, important for social work. We will teach art therapies, relaxation and mindfulness techniques in order to expand the body awareness and non-verbal expressive possibilities. The aim of the laboratory is to increase one's reflexive and non-verbal language skills.

## **Prerequisites**

None

## **Teaching methods**

Workshop with theoretical and methodological moments starting from the experiences.

## **Assessment methods**

Exercises in small groups, such as role-playing, work on himself, etc.

## **Textbooks and Reading Materials**

They will be given during the meetings.

To get to know:

Kabat - Zinn J. books

- Fossati E. (2012) ASCOLTO! Dunque sono. Corpo e movimento per una crescita fisica psichica e spirituale. [ilmiolibro.it](http://ilmiolibro.it)
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