UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratory 2

2021-3-E3901N058

Learning objectives

- body awareness and non-verbal expressive and communicative skills

- Knowledge of body-mind techniques for social work (Awareness and relaxation techniques, Mindfulness, 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, Mindfulness

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.

During the Covid-19 emergency period, lessons will take place on a university platform.

Prerequisites

None

Teaching methods

Workshop with theoretical and methodological moments starting from the experiences.

During the Covid-19 emergency period, lessons will take place on a university platform.

Assessment methods

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