



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Methods and Techniques of Intervention for The Promotion of Wellness

2223-2-F5106P023

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#### Learning area

Experiential learning

#### Learning objectives

\*Knowledge and understanding

- Current issues in well-being promotion
- Difference between well-being promotion and maladjustment prevention.
- Specific nature of methods and instruments of individual well-being promotion in different situations

*Applying knowledge and understanding*

- Ability to perform demand analysis
- Ability to identify proper methods and techniques to specific targets
- Ability to identify proper methods and techniques to specific objectives

#### Contents

The laboratory presents some techniques to be used in the domain of personal wellbeing promotion in different situations

## **Detailed program**

- Salutogenesis and wellbeing
- Wellbeing survey
- Promoting wellbeing and its resources

## **Prerequisites**

None in particular. The attendance at the course "Psychosocial intervention for wellbeing promotion" is recommended

## **Teaching methods**

The methodology used in training sessions is consistent with a maieutic approach. Each student will therefore have the opportunity to experiment in action. There will always be a sharing and a cognitive-experiential group listening and a theoretical-methodological systematization of what has been experienced.

Lessons will be held in presence, unless further COVID-19 related restrictions are imposed

## **Assessment methods**

During the workshop, students are going to experience some methods and techniques for well-being promotion and to realize independently a short intervention. To receive the approval students are required to attend 75% of the lessons, perform the proposed techniques and deliver the file containing the report related to the intervention.

## **Textbooks and Reading Materials**

Le pratiche della psicologia positiva. Strumenti e prospettive. A cura di Chiara Ruini, Marta Scignaro, Marta Bassi, Andrea Fianco. Franco Angeli, 2017

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING

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