UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Methods and Techniques of Intervention for The Promotion of Wellness

2223-2-F5106P023

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 Scrignaro, Marta Bassi, Andrea Fianco. Franco Angeli, 2017

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING