UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Psychosocial Intervention for Well-Being Promotion

2324-2-F5106P014

Learning area

Social psychology, economic psychology and decision-making

Learning objectives

Knowledge and understanding

- Current issues in well-being psychology
- The relationship between ill-being/distress and well-being
- Psychological resources and risk factors
- Specific nature of promotion intervention

Applying knowledge and understanding

- Ability to identify the proper target for well-being promotion (i.e. occupational groups exposed to high stress level, people driven out of the labor market, people engaged in the management of chronic-degenerative disease, people engaged in complex life transitions)
- Ability to define promotional objective
- Ability to define operational models
- Ability to define expected results

Contents

Theoretical and methodological tools for well-being promotion of individuals and groups in their own life context are

presented.

Detailed program

- From pathology to well-being, health and well-being promotion
- Salutogenesis
- Psychological resources
- Transitions: identity-related dynamics, identity distress
- Resilience
- Contexts of intervention for well-being promotion
- Operational models in health psychology, organizational psychology and community psychology

Prerequisites

Nothing specific.

Teaching methods

Teaching methods include the use of lecturers for presenting theoretical and methodological tools and individual/group work for developping of practical skills.

Assessment methods

1) Oral examination

The achievement of learning objectives (previously described) is tested through an oral examination.

Evaluation criteria:

· Accuracy and comprehensiveness of knowledge

· Language appropriateness

· Comprehension of the distinct traits of the discipline

· Competence in reflecting about problems of wellbeing promotion

2) Evaluation of a project of wellbeing promotion

The project is evaluated on the basis of the following criteria

- Appropriateness of theoretical and methodological approach

- Correct identification of the target who may get the maximum benefit from the expected results

- Clear identification of the relation between aims and expected results

- Strict coherence between aims, expected results and methodology

Although this course is held in Italian, for Erasmus students, course material can also be available in English, and students can take the exam in English if they wish to do so.

Textbooks and Reading Materials

Bertini M. (2012) *Psicologia della salute*, Cortina, Milano - Part one

Information related to additional material will be published in the e-learning web page associated to the course

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING