



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Laboratorio Metodi e Tecniche di Intervento per la Promozione del Benessere

2324-2-F5106P023

Learning area

Experiential learning

Learning objectives

Knowledge and understanding

- Current issues in health and well-being promotion
- Differences between prevention and promotion interventions in health and well-being
- Specificities of methods and techniques for prevention and promotion in health and well-being

Applying knowledge and understanding

- Ability to perform demand analysis
- Ability to apply and implement the main methods and techniques for health and well-being promotion to specific population targets
- Ability to apply and implement the main methods and techniques for health and well-being promotion to specific intervention goals

Contents

Adopting an experiential-based learning approach, the laboratory presents possible assessment and intervention

techniques to address health and well-being promotion

Detailed program

- Psychology, health, and well-being
- Prevention and promotion in health and well-being: applications
- Methods and techniques for the assessment and intervention for health and well-being
- New technologies, health, and well-being
- Design and implementation of intervention projects for health and well-being promotion

Prerequisites

None in particular. Attending the course “Psychosocial Intervention for well-being promotion” is recommended.

Teaching methods

A theoretical-experiential approach will be adopted. Each laboratory session will consist in an introductory theoretical part followed by individual and collaborative hands-on experiences. Thus, each student will have the possibility to share the competencies acquired throughout the laboratory. The laboratory activities will be monitored during supervision sessions.

Assessment methods

Throughout the laboratory sessions, students will experience some methods and techniques for health and well-being promotion and will be asked to design an assessment/intervention project in line with the themes of the program. To receive the approval, students are required to attend 75% of the sessions, perform the proposed activities, and deliver a report of the project designed.

Textbooks and Reading Materials

Psicologia e salute. Teorie e ambiti di intervento. A cura di Paola Gremigni, Alessandra Gorini. Carocci Editore, 2022.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING
