UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Laboratorio 2 - Lavoro su di sé

2526-3-E3901N058

Learning objectives

- Knowledge and understanding of mind-body techniques for the helping relationship (Awareness and relaxation techniques, Mindfulness, Dance Movement Therapy, Art Therapy, Body Expression) through practical experiences and support of texts and readings
- Applied knowledge and understanding: Expansion of one's body awareness and one's non-verbal expressive and communicative possibilities
- Autonomy of judgment: Observation of the non-verbal dimension in the relationship processes and their interpretation
- Communication skills: Expansion of reflective skills (in the perspective of the work of the reflective social assistant) and recognition of one's emotions
- Ability to learn: skills in group work and individual listening to oneself

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, writing, insght dialogue, yoga

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.

Prerequisites

Sufficient educational skills in logic, social culture and reasonable capacities in learning, writing and communication.

Teaching methods

Workshop with theoretical and methodological moments starting from the experiences.
Interactive mode with exercises, group and individual work.
The activities will take place in person; the teacher will deliver remotely (no more than 30% of the total lesson hours) in case of emergency/unforeseen situations (strikes,...) with interactive and individual activities.

Assessment methods

Participation is a means an assesment method. The lab will be graded as pass/fail based on attendance. 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

Fazzi, L. (2015), “Servizio Sociale Riflessivo. Metodi e tecniche per gli assistenti sociali”, Franco Angeli, Milano

Fossati E. (2012) ASCOLTO! Dunque sono. Corpo e movimento per una crescita fisica psichica e spirituale. ilmiolibro.it

Viggiano C., Panizzi F., Appunti di Mindfulness per Assistenti Sociali, Passerino editore e-book

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | PEACE, JUSTICE AND STRONG INSTITUTIONS