UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratory 3

2526-3-E3901N059

Learning objectives

The laboratory aims to approach, explore, represent the dimensions of health and disease: dimensions common to mankind in every time and place, but involving aid professionals with a particular perspective.

The laboratory is purely experiential in nature and allows you to experiment in authentic listening to the life stories of others and in managing your emotions. It provides for an intense and effective participation by all attending students.

From the point of view of the Dublin Descriptors, the training objectives can be expressed as follows:

1. knowledge and understanding: there is no health without social; health and illness as co-present conditions in human existence; concept of salutogenesis;
2. applied knowledge and understanding: role of the social worker in promoting health; role of the social worker in accompanying a good quality of life despite illness;
3. autonomy of judgment: critical reflection approach and tools that can be used in reading the situations of people and families who meet, especially in health and social-health services;
4. communication skills: authentic and deep listening to narratives; awareness of emotions arising from the telling of the life stories of patients and family members; power of non-verbal communication;
5. learning ability: transfer of what has been learned especially to internship experiences, in the circularity between theory and practice that characterizes social work.

Contents

The dimensions of health and disease can be explored in relation to several variables. It will be possible to reflect together on what it means:

- be healthy and/or ill;

- feeling healthy and/or ill;

- live the disease alone or together with others (other healthy or other sick);

- getting sick at different ages and at different stages of life;

- live an acute or chronic disease;

- confront with temporary or permanent disability.

All these aspects will be addressed with a view to the work of the social worker, in different areas of intervention.

Detailed program

In the first lesson, an analysis of the participants' experiences will be carried out, in order to select the topics to be dealt with according to the specificity of the group of participating students.

The situations that can be taken into consideration range in various areas and areas of intervention of the social worker:

- territorial services, day centers, residences, hospital;

- minor age, adulthood, old age;

- disability, mental illness, dementia;

- addictions (drugs, alcohol, pathological gambling), AIDS;

- poverty, homelessness, immigration, prison.

Prerequisites

- Adequate level of knowledge and understanding of the Italian language.

- Fair oral and written expression skills.

- Willingness to get involved, to experiment in active listening and to reflect on one's emotions.

Teaching methods

8 lessons of 3 hours, all in presence, approximately 70% with delivery teaching (frontal lessons, with the use of slides and videos) and 30% with interactive teaching (exercises, individual or group work).

The chosen themes can be addressed through varied narrative methods, which make the laboratory pleasant and allow you to explore painful and involving issues with a deep and respectful lightness. Any form of narration can be used, using existing materials or producing new ones:

- texts (professional testimonies, excerpts from biographies or novels, short autobiographical passages, poems, songs, slogans);

- movies (excerpts from films, audiovisuals);

- images (drawings, photographs, collages);

- comics (cartoons, jokes).

In the classroom, moments in plenary will alternate with moments of individual work, to promote diversified opportunities for reflection, comparison and learning.

Autobiographical contributions will be possible, but not necessary. Reference will be made as far as possible to 2nd year internship experiences, especially when this will allow you to broaden your gaze on the stories told.

In some lessons there will be interventions by operators, users and / or family members, who will be able to bring in-depth contributions and / or testimonials on specific issues.

The testimonies include meetings (in attendance or remotely) with social workers with experience in health services or associations that address specific diseases and with social workers with coordination and / or representation roles for the Lombardy Region Social Workers Order.

No extra classroom work is foreseen.

Assessment methods

Tests in progress absent.
Final test absent.

The laboratory ends with the evaluation of "approved" or "not approved", expressed by the teacher on the basis of:

- frequency,

- research and / or production of materials,

- active participation in the proposed works.

Textbooks and Reading Materials

Bigatello Giovanni, *La sottoveste sopra la gonna. Storie di Alzheimer narrate da un medico,* Marna, Barzago (LC) 2005

Longoni Beatrice et al., *Fatica e bellezza del prendersi cura. Il lavoro socio-sanitario si racconta,* Maggioli, Santarcangelo di Romagna (RN) 2012

Longoni Beatrice et al., *I servizi domiciliari. Raccontare e raccontarsi,* Maggioli, Santarcangelo di Romagna (RN) 2013

Luppi Maria et al. (a cura di), *Sguardi sul servizio sociale. Esperienze e luoghi di una professione che cambia,*

Franco Angeli, Milano 2016

Museo Laboratorio della Mente, *Portatori di storie. Da vicino nessuno è normale,* Silvana Editoriale, Cinisello Balsamo (MI) 2012

Russo Vincenzo, *Se il destino è contro di me, peggio per il destino,* Mursia, Milano 2009

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING