

Personal development according to the self-empowerment model

Practical Internship (TPV) Classes – 4 CFUs

Learning Objectives

Knowledge and Understanding

Exploring the construct of empowerment and the self-empowerment model.

Providing some basic tools specific to psychological work from a self-empowerment perspective.

Ability to Apply Knowledge and Understanding

Experiencing the self-empowerment model as a research-intervention and psychological counselling tool.

Encouraging the student to begin a reflective journey on the role of the psychologist, supporting them in building their own professional identity.

Summary of Contents

During the course, the self-empowerment model will be presented along with some of its operational tools. In particular, the focus will be on analysis and intervention tools coming from social and work psychology, which are widely used to promote personal development and professional guidance for individuals working across various organisational contexts.

Extended Programme

The main topics are as follows:

1. Empowerment: definition of the construct and basic psychological elements (motivation, desire, and power)
2. The self-empowerment process and its operational tools
3. The design and implementation of a self-empowerment intervention
4. Self-portrait as a tool for self-knowledge

The methodology used will be fundamentally experiential: individual and group exercises will be proposed to help students acquire professional tools and competencies.