# Specialist Module with Workshop: Mind and Body: Techniques for Relaxation and Mindfullness

## Prof. Francesco Pagnini

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The aim of the workshop is to provide a theoretical overview and practical experience of the techniques for relaxation and mindfulness, according to the various perspectives found in the international panorama.

*Intended learning outcomes*

As well as in-depth study of the theory behind these concepts, the participants will be given the opportunity to carry out practical exercises and experiences that will hinge on listening to their own physical and mental reactions, together with guided relaxation exercises.

At the end of the course, students will be able to understand and utilise mind and body intervention techniques and strategies.

***COURSE CONTENT***

Unit 1. Relaxation techniques: theoretical introduction and analysis of the effectiveness starting from scientific literature.

Unit 2. Somatic approaches to relaxation (respiration through the diaphragm, progressive relaxation, etc.).

Unit 3. Cognitive approaches to relaxation (autogenic training, creative visualisation, etc.).

Unit 4. Principals and theories of mindfulness, with practical exercises.

***READING LIST***

R.A. Payne-M. Donaghy,*Relaxation techniques: A practical handbook for the health care professional*. Elsevier Health Sciences, 2010.

***TEACHING METHOD***

The workshop will consist of twenty-four hours of work, including theoretical explanations, group discussions and practical experiential activities.

***ASSESSMENT METHOD AND CRITERIA***

The assessment will be based on attendance at lectures, together with an oral assessment at the end of the course. The final grade is unique and is expressed by the options APPROVED or NOT APPROVED.

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course. However, students are expected to be intellectually curious about the course topics, as well as willing to participate in the various exercises.

In case the current Covid-19 health emergency does not allow frontal teaching, remote teaching will be carried out following procedures that will be promptly notified to students.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG or on the Faculty notice board.