# Specialist Module with Workshop: Mind and Body: Listening, Awareness, Mindfulness

## Prof. Francesco Pagnini

COURSE AIMS AND INTENDED LEARNING OUTCOMES

Course aims

The aim of the workshop is to provide a theoretical overview and practical experience of various mind-body approaches, including relaxation techniques, and to deepen the concept of mindfulness, in its various facets.

Intended learning outcomes

In addition to the theoretical study of these concepts, students will be given the opportunity to carry out experiential practical exercises, which will focus on listening to their physical and psychic reactions, together with guided mind-body exercises. At the end of the course, students will be able to understand and use psycho-body intervention strategies and techniques and will have mastered the concept of mindfulness and its applications.

COURSE CONTENT

Unit 1. Relationship between mind and body: new frontiers of international scientific research and applications for clinical and wellness psychology.

Unit 2. Relaxation techniques: theoretical presentation and analysis of effectiveness starting from the scientific literature. Different psycho-body techniques will be studied in-depth, using both somatic and cognitive approaches.

Unit 3. Mindfulness principles and theories, with practical exercises. In addition to the theoretical study of the construct, meditation and contemplation techniques will be presented (and proposed in practice). Together with the contemplative approach, a socio-cognitive approach to mindfulness will also be proposed, to be explored in theoretical-practical terms.

READING LIST

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

TEACHING METHOD

The workshop consists of twenty hours of work, including theoretical explanations, group discussions and experiential practical activities. Particular attention will be given to experiential and practical activities.

ASSESSMENT METHOD AND CRITERIA

The assessment will take place through periodic tests on the topics discussed in class and verification of the techniques presented and tested. There will be a final oral assessment, in order to evaluate the student's full understanding of the topics covered, with either a pass/fail result.

NOTES AND PREREQUISITES

There are no prerequisites for attending the course. Nonetheless, interest and intellectual curiosity in the course topics are assumed, as well as a willingness to "get involved" in the various exercises.

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.