



## **International School of Psychology and the Humanities (PsyHuman)**

4th edition: Multidisciplinary Approaches to Individual and Community Well-being

**16-27 June 2025**

coordinated by Maria Micaela Coppola

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### **SYLLABUS and ASSESSMENT**

#### **Entrance Requirement**

The PsyHuman International School is open to up min. 10 and max. 25 senior undergraduate and graduate international students (upper-level Bachelor's and all Master's students).

The PsyHuman School is addressed (but not limited) to students in the psychological and social sciences, gender studies, and the humanities. We welcome participants who are eager to enhance their multidisciplinary competence.

Participation is open to UniTrento students but priority will be given to international students. A good level of English is needed (minimum level B2).

#### **Contents**

The PsyHuman International School offers seminars and workshops that draw on a wide range of approaches to well-being and inclusion, including those of cognitive, psychological, and bio-medical sciences as well as cultural, gender, law, literary, philosophical, and sociological studies.

Lectures and workshops will address the following issues:

- gender non-conformity in sports
- gender violence
- LGBTQIA+ communities' health and well-being
- literature, theatre and medicine
- mindfulness and contemplative practices for well-being
- narrative approaches to mental illness
- narrative medicine
- neuroaesthetics and the artist's brain
- new addictions in the era of civilisation
- queer activism and migration
- sexuality, ableism, and fundamental rights
- the neuroscience of love

Participants will enhance the following life skills: narrative competence, affiliation, self-awareness, and interpersonal relationship skills.

#### **Teaching and Learning Methods and Activities**

The two-week programme will be structured around in-presence seminars, workshops, and outdoor activities, from Monday to Friday.



- **Seminars:** Seminars will be delivered by both faculty members and external guests from different disciplines (cultural, gender, law, literary, philosophical, psychological, and sociological studies), to ensure a multidisciplinary approach, and a variety of topics and methodologies. Participants will be encouraged to share their own knowledge and competencies in the classroom.
- **Narrative Medicine Workshop:** Activities based on the signature practices of Narrative Medicine (*i.e.*, close reading, attentive listening, self-reflection, writing to a prompt, storytelling and sharing), aimed at strengthening narrative competence (“the capacity to skillfully receive the accounts persons give of themselves – to recognize, absorb, interpret and be moved to action by the stories of others”, Rita Charon *et al.*, 2017).
- **Outdoor activities:** the programme includes one all-day excursion (to be defined); a half-day guided tour of Rovereto; and a workshop at the Modern and Contemporary Art Museum of Rovereto (MART).

### Objectives and Learning Outcomes

The 2025 PsyHuman International School aims at fostering a model of well-being promotion that encompasses psychological, physical, and socio-cultural determinants of health and well-being, while challenging the dominant narratives of the ‘ideal’ mind- and body-type. It is based on the idea that the approaches of the humanities can complement clinical psychology and bio-medical sciences to promote individual and community well-being, as well as to question mainstream conceptualisations of well-being.

By the end of the course, students will:

- i. have enhanced awareness of multiple (subjective, culture-bound, narrative-based, and also empirical, evidence-based, objective) perspectives on well-being and inclusion promotion;
- ii. be able to make connections among the approaches of the arts and humanities, those of psychology and bio-medical sciences, and their own field of study and knowledge;
- iii. have reflected on the role of psychology and of the arts and humanities to promote well-being and to build inclusive and cohesive communities.

Moreover, participants are engaged in narrative medicine workshops, which aim at developing life skills that can be beneficial in times of strain (*i.e.* narrative competence, affiliation, respect for differences) and that can help face physical, emotional, and socio-cultural challenges.

### Bibliography

- at least one scientific paper on a chosen topic (from the student’s course of study or from the PsyHuman programme)
- seminars’ and workshops’ slides

### Workload, Requirements and Assessment Criteria

Participation to in-presence seminars and workshops is mandatory. At the end of the two-week programme, all participants will receive an Attendance Certificate.

Only the participants of the post-School online session (optional) will be awarded a Transcript of Records with 6 ECTS with a final evaluation mark.

UniTrento participants will receive a certificate of attendance.

Please, ask at your students' support desk if this extracurricular activity can be recognised in terms of credits or thesis points or extra credits, according to the rules of your degree course.

To sum up:

	When?	What?	Which certificate?
<b>a. In-presence attendance (mandatory)</b>	During the 2 weeks of the PsyHuman School	In-class activities	Attendance certificate
<b>b. Online-session presentation and discussion (optional)</b>	Few weeks after the summer school	Final oral test (online)	Transcript of Record (ToR) with 6 ECTS and evaluation mark

### **a. In-presence attendance (mandatory)**

Active in-class participation (seminars and workshops) is mandatory to receive your Attendance Certificate at the end of the two-week programme.

Assessment of in-presence attendance will take into consideration the following criteria:

- progress towards the acquisition of the learning objectives,
- interaction with peers and lecturers,
- active participation in class,
- commitment to carrying out the given tasks.

### **b. Online-session presentation and discussion (optional)**

This assignment is mandatory only for those who want to receive an official UniTrento Transcript of Records with 6 ECTS and an evaluation mark.

Assignment: Post summer-school slide presentation and discussion of the student's personal interpretation of the connection between psychology and the humanities, or between evidence-based and narrative-based approaches, with reference to the issues addressed in at least one seminar/workshop and at least one scientific paper on a chosen topic (from the student's course of study or from the PsyHuman programme).

The assignment will be assessed according to the following criteria:

- conceptual framing, coherence and argument building;
- capacity to re-elaborate from an original critical perspective the issues addressed in the seminars/workshops;
- capacity to trace multidisciplinary connections.