



PsyHuman Summer School
The Psychological Humanities:
Multidisciplinary Approaches to Well-being and Inclusion

19-30 June 2023

Department of [Psychology and Cognitive Science](#) (DiPSCo), Rovereto (TN)
University of Trento, Italy
Coordinated by Maria Micaela Coppola

SYLLABUS and ASSESSMENT

Entrance Requirement

We welcome participants who are eager to enhance their multidisciplinary competence. Admission is open (but not limited to) students with the following background: Aesthetics, Arts, Cognitive Science, Cultural Studies, Literature, Linguistics, Medicine, Nursing, Philosophy, Psychology, Social Sciences, Social Work, Sociology.

Contents

The PsyHuman Summer 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:

- the psychological humanities
- mindfulness and contemplative practices for well-being
- neuroaesthetics and the arts
- social robots and AI
- design for social inclusion
- love in the arts, activism and neuroscience
- gender non-conformity in sports
- inclusion and exclusion of LGBTQIA+ people
- sexuality and disability
- hunger, pain and other bodily states
- narrative medicine and narrative competence for well-being and affiliation
- madness in literature

Teaching and Learning Methods and Activities

The two-week programme is articulated in seminars, workshops, and outdoor activities.

- Seminars and workshops will be based on the principles and practices of participatory didactics: lecturers from different disciplines (bio-medical, cultural, gender, law, literary, philosophical, psychological, and sociological studies) will actively engage participants, who will be encouraged to share their own knowledge and competencies in the classroom, thus triggering a virtuous multidisciplinary learning process.
- Narrative Medicine Workshop: Group activities and discussion sessions will be carried out, based on the signature practices of Narrative Medicine (*i.e.*, close reading, attentive listening, self-reflection, writing to a prompt, storytelling and sharing).



- Outdoor activities: All-day excursion to *Arte Sella: The contemporary mountain*; half-day guided tour of Rovereto; half-day excursion at the lake; and meditative-aesthetic workshop at the Modern and Contemporary Art Museum of Rovereto (MART).

Objectives and Learning Outcomes

The 2023 International Summer School on Psychological Humanities (PsyHuman) aims at fostering a model of individual and collective well-being that encompasses physical, mental, and socio-cultural determinants of health, while challenging the dominant narratives of the 'ideal' mind- and body-type.

By the end of the course, students will:

- i. have enhanced awareness of multiple (subjective, culture-bound, speculative, and also empirical, evidence-based, objective) perspectives on well-being and inclusion promotion;
- ii. be able to make connections between 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 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, empathy) and that can help face physical, emotional, and socio-cultural challenges.

Bibliography

- personal notes and seminars/workshops' slides
- one scientific paper on a chosen topic (from the student's course of study)
- one scientific paper from one summer-school seminar/workshop (please, contact the lecturer/s for advice).

Workload, Requirements and Assessment Criteria

Participation to in-presence activities and to the online post summer school session are **compulsory for all external participants**, who will be awarded a Transcript of Records with **6 ECTS** with a **final evaluation mark**.

2 extra ECTS can be awarded by submitting an extra assignment – an essay.

The final evaluation and grading will be based on the following assessment criteria:

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

a. In-presence attendance	Compulsory, during the 2 weeks of the Summer School	Class and outdoor activities	Attendance certificate
b. Online-session presentation and discussion	Compulsory, few weeks after the summer school	Final oral test	ToR with 6 ECTS and evaluation mark
c. Extra Assignment – Essay	Optional, By 30 September	Additional task (essay)	+2 ECTS (ToR with 8 ECTS and evaluation mark)

a. In-presence attendance (compulsory)

Active in-class participation (seminars and workshops) will be the base for the in-progress assessment of the learning process, which 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 (compulsory)

Assignment: Post-summer school presentation and discussion of the student's personal interpretation of the psychological humanities and of a chosen topic, with reference to the issues addressed in at least one seminar/workshop and to the student's field of study.

c. Extra assignment – Essay (+2 credits – optional)

Participants who want to earn the 2 extra ECTS are required to submit an essay. Before the conclusion of the 2-week school, please discuss your chosen essay topic with the academic supervisor.

This is to be a thought-provoking assignment, which aims at stimulating students to independently delve into one of the topics addressed during the School.

By mid-August, please send for the academic supervisor's approval **a one-page outline** (Word or PDF) of the agreed essay topic, methodology and preliminary sources.

By 30 September, please send to the academic supervisor the final essay (Word or PDF). Paper length: min 4,000 – max 6,000 words (including footnotes and bibliography).

Assessment criteria

The assignments 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.