

UNIVERSITÀ  
DEGLI STUDI  
DI PADOVA

# Le relazioni che promuovono il benessere

Prof. Sabrina Cipolletta

*Dipartimento di Psicologia Generale*

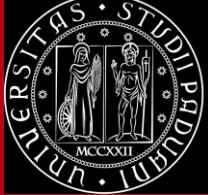
Giornate di formazione «Tutor per l’Inclusione», 14 e 15 settembre 2023



# Outline

1. What does health mean?
2. Why are social relationships important for wellbeing?
3. What is loneliness?
4. How may relationships promote wellbeing?
5. What do we propose?



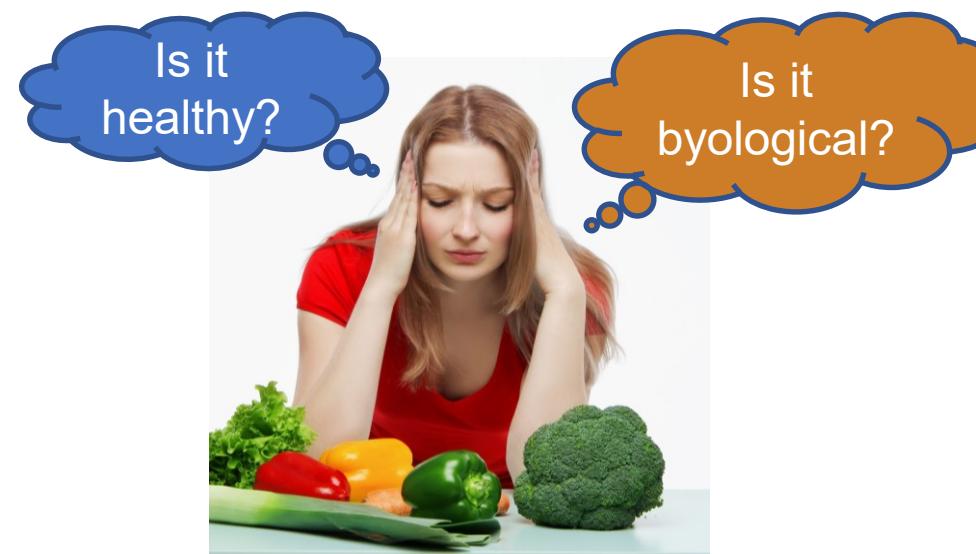
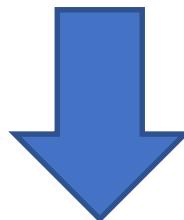
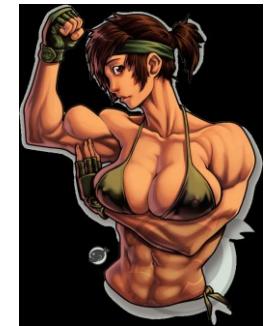


# HEALTH

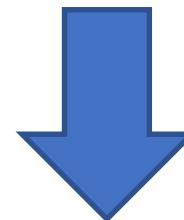
Absence of illness:  
From *salus*= salvation or «holy»



“a state of complete physical, mental, and social **well-being** and not merely the absence of disease or infirmity.” (WHO, 1946)



ORTOREXIA



VIGOREXIA



# What makes a person feel well?



# HEALTH

Absence of illness:  
From *salus*= salvation or «holy»



“a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” (WHO, 1946)



“The extent to which an individual or group is able to realize aspirations and satisfy needs, and to change or cope with the environment (Ottawa Charter, 1986)

“a vision of **equilibrium**” “inner **accord** and **harmony** with oneself”  
“being in this world, **being in this world with other human beings**, a state of an active and rewarding participation in everyday duties”  
(Gadamer, 1996, p.113)





# Wellbeing in the relationship

As member of a social specie, humans require not simply the presence of others in their life, but they constantly need to experience meaningful interactions and the connection with people who can be a significant and valued by the person, trusted, and with whom they can work together to survive and thrive (Cacioppo et al., 2015; Wigfield et al., 2022).





# Presence and touch

- ✓ Intersubjectivity as intercorporeality: the immediate, pre-reflexive linkadge between two bodies (Merlau Ponty)
- ✓ Understanding as standing under (M. Mair, 1989)
- ✓ To be present in a relationship as to be in contact with the other person



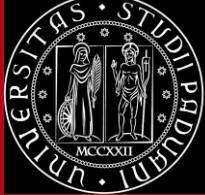


# The crisis of presence

- ✓ Being somewhere else: “Our lights were on” but “we were not home.” (Mahoney 2003).
- ✓ Disembodiment in the virtual relationships
- ✓ «Being-alone as a deficient mode of Being-with» (Heideger, 1927, p.157)



Jan Saudek, Hungry for Your Touch



# Definitions of loneliness

An unpleasant experience that arises when there is a discrepancy between desired and achieved social relationship (Perlman & Peplau, 1981)

Three domains of loneliness (Cacioppo et al. 2014):

1. Intimate isolation, or emotional loneliness, refers to the experienced absence of a nurturing confidant or someone who values you as a person in your life.
2. Social loneliness indicates the perceived absence of quality friendships or family connections.
3. Collective isolation refers to the absence of a meaningful connection with a group or a lack of sense of belonging to a social entity.





## LONELINESS

Loneliness is different from being alone. It is a subjective experience. Many people feel lonely despite being with other people, others do not feel lonely while being alone.

**A personal experience**

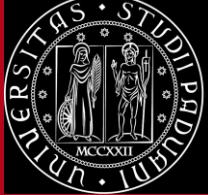


## SOCIAL ISOLATION

The absence of social contact and can lead to loneliness. It is a state of being cut off from normal social networks, which can be triggered by different factors and situations.

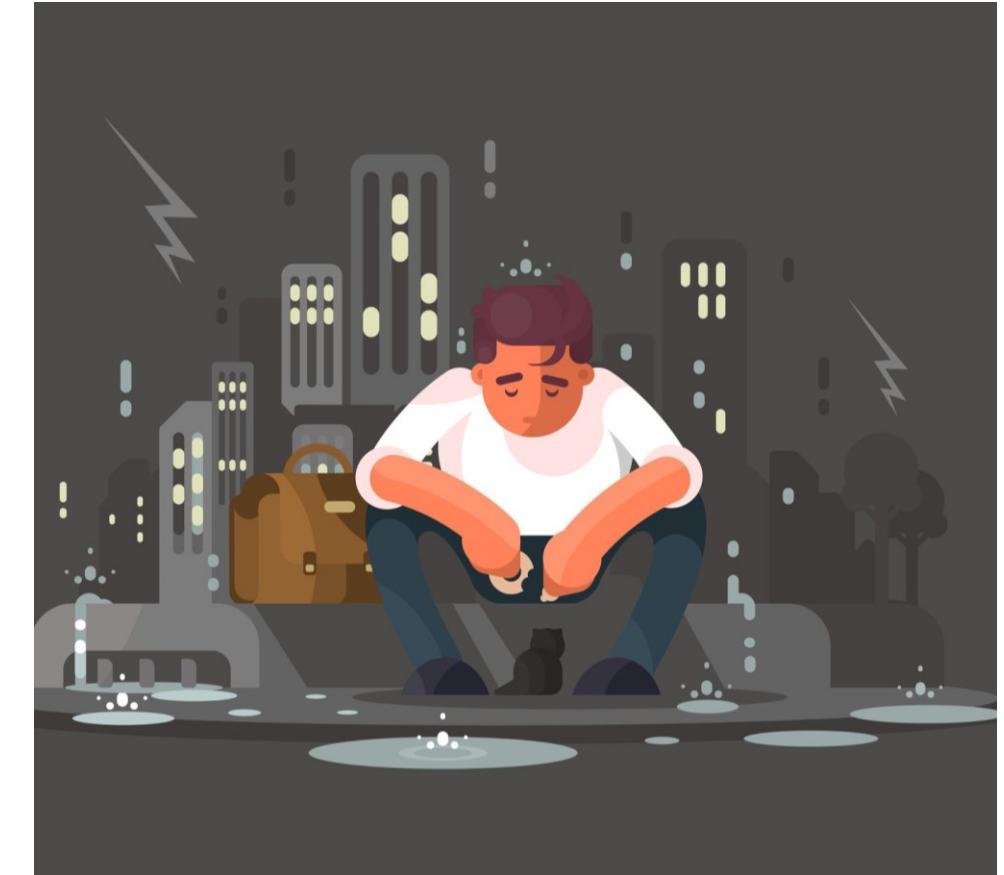
**An objective/measurable state**





# Loneliness today

- One in two Americans suffer from loneliness
- 48% of the European population
- Older people in Japan are committing offences to go to jail so as not to be alone
- Loneliness harms people like smoking 15 cigarettes a day because it accelerates inflammatory processes and reduce immune system functioning, thus increasing mortality risk by 26-29% of possibilities (Holt-Lunstad et al., 2021; Thomas & Kim, 2021).





## During the Covid-19 pandemic

- ✓ The paradox of requiring something (social distancing) to preserve people's health that harm them
- ✓ Social isolation led to an increase in loneliness and boredom which can have detrimental effects on people's physical and mental health and well-being (Ernst, 2022)
- ✓ Intimate touch has been the type of touch that was most craved during the pandemic (Von Mohr et al., 2021)





## A personal story

Anna is a student at the University of Padua coming from a foreign country with a long story of abandonment.

She feels “not good enough” and “unseen”, alone.





# Our journey

At the beginning of our **first session** “She does not know why she is crying but she bursts into tears. Sabrina is always looking compassionately and understanding.”

During our **second session** acceptance (“I’ll wait for you”) and elaborating being present:

A: “I feel that my protective behaviours do not let me open and be present”

S: “Is there any moment where you can be yourself?”

A: “I like ...





## A «now moment»

S: Do you get what I'm trying to say here?

A: I wasn't paying attention. I was afraid that you will ask me to not meet anymore. (Anna cries)

S: Your liberty to express your fear with me makes me emotional.

A: It was the first time I even expressed that to someone.



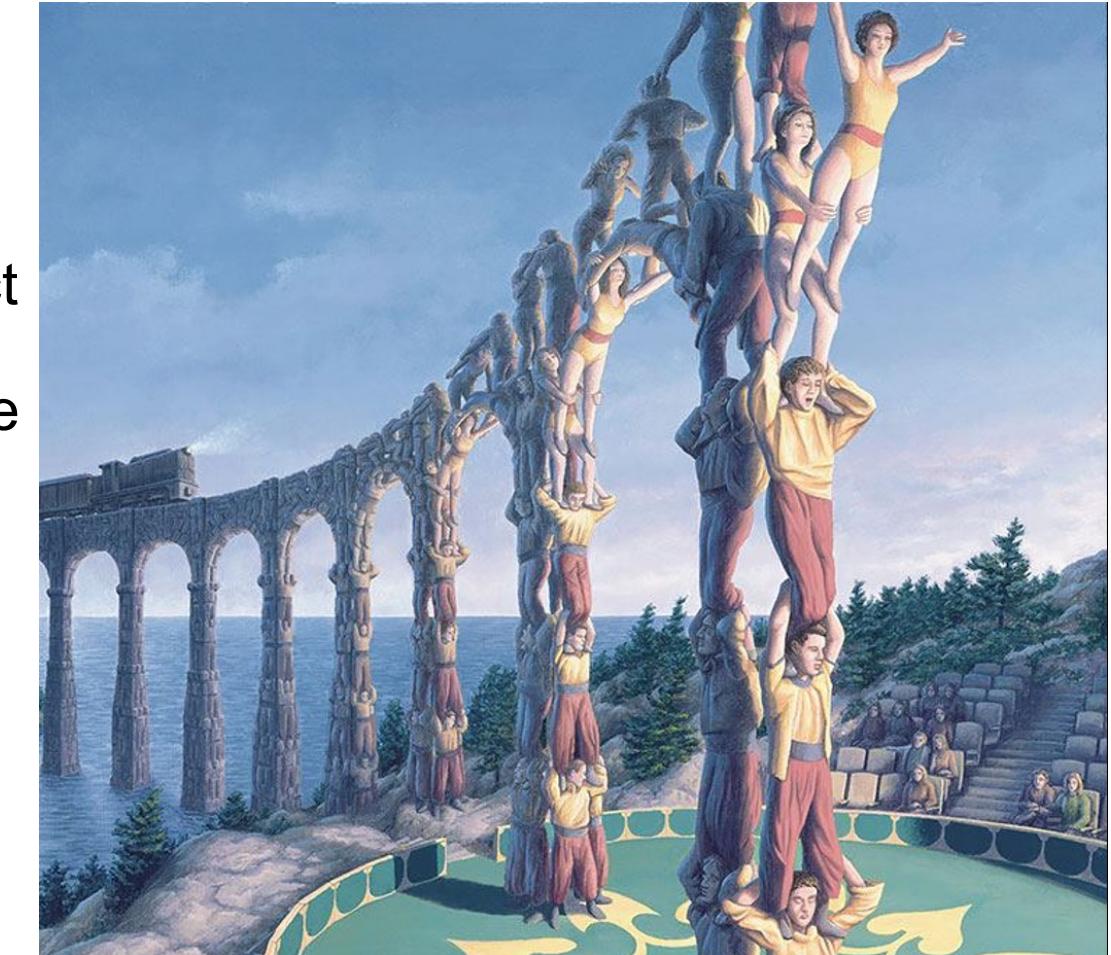


# Presence in the relationship

Honesty: non-judgement, emptiness and irrelevance  
fault, “injured therapist” (Jaspers, 1986)  
humility, ceasing to be “the subject supposed to know (Lacan, 1964)

Openness: accepting in one’s own horizon the other’s horizon (Gadamer, 1960)  
care instead of cure  
maternal reverie (Bion, 1961)  
being part of an integral world (Bateson, 1972; Leitner, 2010)

Co-responsibility: cooperation  
reciprocity  
courage to go further



R. Gonsalves, Acrobatic Engineering



## Towards new ventures...

“It is not so much what man is that counts as it is what he ventures to make of himself. To make the leap he must do more than disclose himself; he must risk a certain amount of confusion. Then, as soon as he does catch a glimpse of a different kind of life, he needs to find some way of overcoming the paralyzing moment of threat, for this is the instant when he wonders what he really is – whether he is what he just was or is what he is about to be”

(Kelly, 1964)

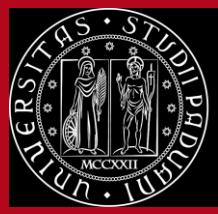




## What can we do?

- ✓ **Restore presence in the relationship:** “being with” rather than “doing something to” the other person
- ✓ Use the **experience** rather than thinking because change does not necessarily pass through awareness: “Each play” is “to be played” because play is free from any effort, “it simply goes” (Gadamer, 1960)
- ✓ Enjoy!





# Psychological support

Not happy with your study skills (and grades)?

Having difficulty managing your time and your university tasks?

Are you unsatisfied with your relationships or your university career?

Are you feeling too often anxious, embarrassed, afraid or ashamed?

Are you feeling confused or alone in this new context?





# University services for psychological assistance

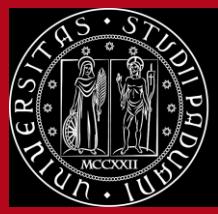
Academic success is a multidimensional phenomenon related not only to individual factors (Ben-Eliyahu, 2019)

University services for psychological assistance

- Can be a resource to cope with academic difficulties (*first-line service*; Bani et al., 2020) that has positive outcomes in the academic career
- Register a higher and higher number of requests (Auerbach et al., 2018; Sneyers & De Witte, 2018),
- Are more and more required to demonstrate *evidence-based* interventions (Locke et al., 2011; Bani et al., 2020)
- Are part of the integrated network of university services



UNIPD experience



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# Centro di Ateneo dei Servizi Clinici Universitari Psicologici (SCUP)

<https://www.scup.unipd.it/>

SCUP - CENTRO ATENEO DEI SERVIZI CLINICI UNIVERSITARI PSICOLOGICI



Servizi per gli Studenti



Servizi Psychological Assistance



Servizi per i Dipendenti e i loro  
Famigliari



# Mission

Lo SCUP, istituito a fine 2017, è stato attivato a gennaio 2020.

La finalità del centro è garantire:

- a) un'efficiente organizzazione dei Servizi psicologici e offrire una semplificata fruibilità degli stessi da parte dell'utenza
- b) un'elevata qualità professionale nei diversi settori specialistici della Psicologia clinica attraverso Servizi clinici di consulenza specialistica e di terapia
- c) la ricerca promuovendo una crescita scientifica e culturale sul tema della Salute mentale
- d) supporto alle attività didattiche organizzate nell'ambito dei corsi di specializzazione, di dottorato, di perfezionamento, dei master e della didattica post-laurea nei diversi settori specialistici, in particolare clinici, della Psicologia.

**CLINICA, RICERCA, FORMAZIONE**



## Articolazione dello SCUP

Lo SCUP è articolato in diversi servizi e unità operative:

- Servizio per i Dipendenti dell'Ateneo (APAD)
- Servizi di Alta Specializzazione per la Popolazione (Conto Terzi)
- Servizio per gli Studenti dell'Ateneo (SAP)



# Il SAP nello SCUP

L'attività rivolta a studentesse e studenti è gratuita e specializzata in diverse unità operative:

per la prevenzione:

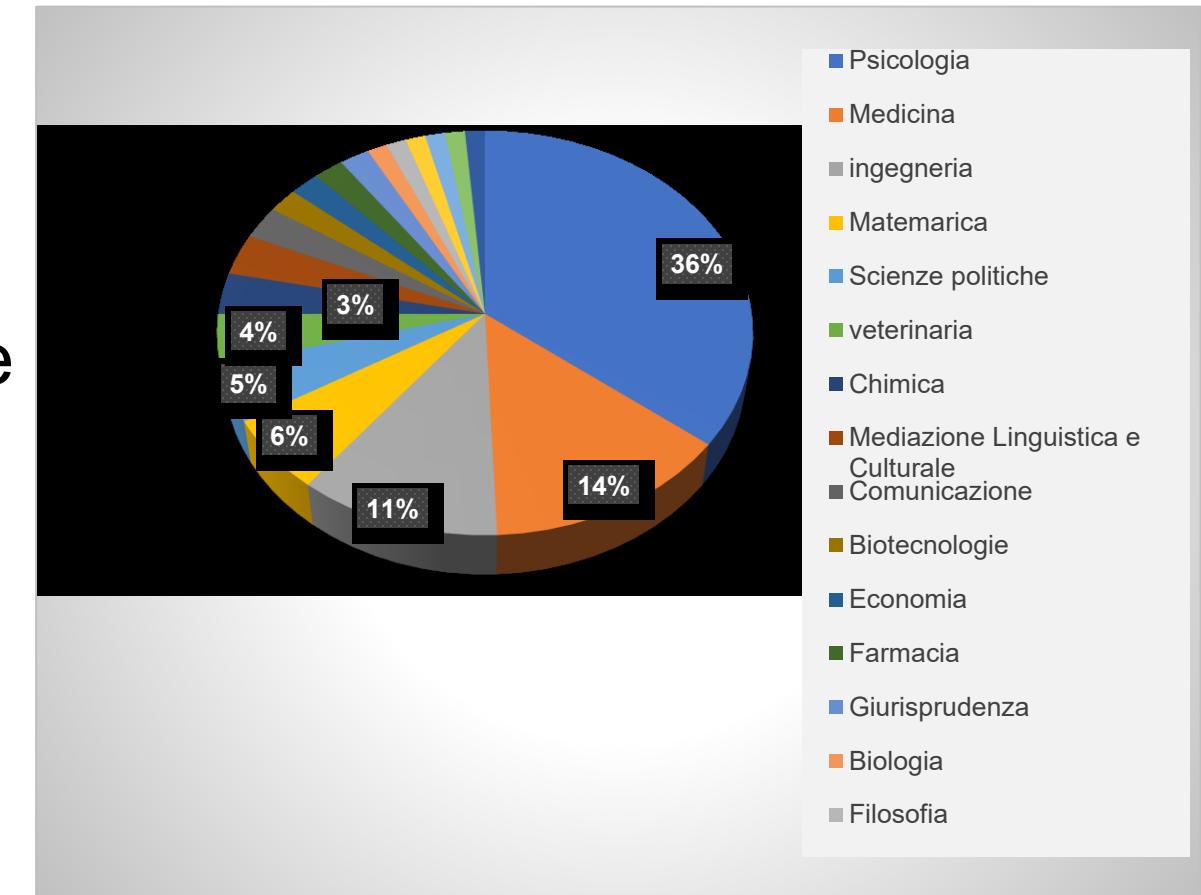
- SAP Benessere senza rischio
- SAP Apprendimento e Studio

per la clinica:

- SAP Consultazione Psicologica
- SAP Internazionale\*
- SAP Treviso
- SAP scuola Galileiana

# Richieste

- Il rapporto F:M è stabile negli anni 2:1
- Età media dell'utenza afferente al SAP-CP è attorno ai 22 anni, e la fascia più rappresentata 19-24 anni
- Prevalgono: psicologia, medicina, ingegneria e matematica





# Le motivazioni della segnalazione

Macro-categorie prevalenti, in ordine decrescente:

- **Sintomatologia ansiosa:** ansia diffusa, attacchi di panico, ansia sociale, disturbo ossessivo compulsivo
- **Problemi relazionali:** con famigliari, compagn\*, fidanzat\*, coinquilin\*, amic\*
- **Sintomatologia affettiva (e problemi emozionali):** tristezza, depressione, insicurezza, bassa autostima, rabbia, instabilità, solitudine, senso di vuoto
- **Eventi traumatici puntuali:** lutti, abusi e molestie
- **Problemi di studio e perdita di motivazione**
- **Altro:** comportamenti a rischio, uso di sostanze, problemi di identità di genere, orientamento sessuale (<1%)



# Richieste SAP 2017- 2023

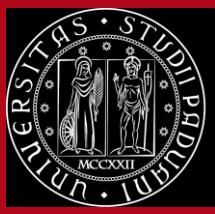
Unità Operativa	2017	2018	2019	2020 (10 mesi)	2021	2022	2023 (6 mesi)
SAP Consultazione Psicologica	420	461	484	541	713	656	412
incremento %		+10%	+5%	+12%	+32%	-8%	...

NB. Dal 2020 grazie al COVID è stata integrata la modalità dei colloqui ONLINE



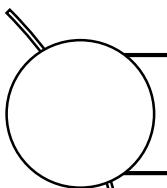
## Offerta SAP

- Testistica iniziale e triage
- 2-3 Colloqui di consultazione
- 1-2 colloqui di restituzione
- A circa il 60% degli utenti, in base alla diagnosi, viene proposto, in alternativa:
  - Ciclo di colloqui di sostegno individuale (da 6 a 24)
  - Incontri di terapia di gruppo (da 8 a 12)



# The Psychological Assistance Service for International Students and Scholars

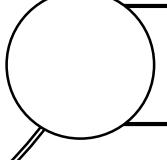
The Psychological Assistance Service for International Students and Scholars (PAIS) provides counselling and psychotherapeutic sessions to international students and scholars of the University of Padova.



Long or short term



English or Spanish



Individual or group





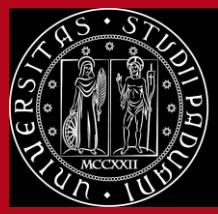
## How?

After a first informative session, depending on the situation, the student/scholar can receive a proposal of psychological assistance or may be advised to refer to other services.



The student/scholar can be invited to take part in a psychotherapeutic process or in a focused intervention.

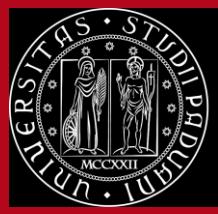
**We expect to offer a service in which each person  
may feel listened and welcomed!**



# Psychotherapy

- ✓ Individual or open-ended group setting
- ✓ Durata generalmente dai 2 ai 12 mesi
- ✓ Based on a psychosocial perspective, that considers the person within his/her context helping him/her to better cope with his/her existential questions.
- ✓ A collaborative approach between clinician and client/s and among clients in the group.
- ✓ Aimed to promote wellbeing.





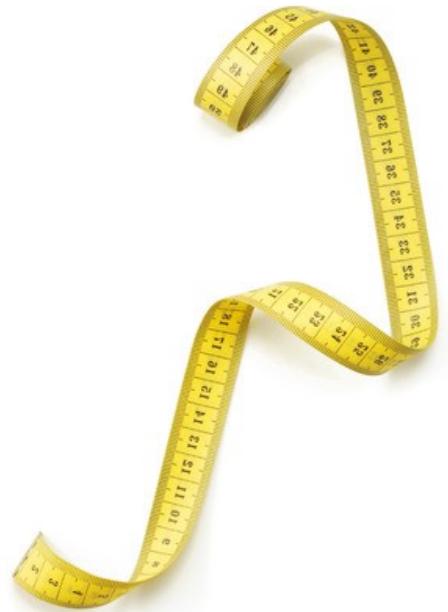
# Short-term groups

**Target population:** individuals suffering from anxiety, low mood and/or relational difficulties

**Format:** 8-12 participants; six sessions (50 min/each)  
Facilitated by a clinical psychologist

**Aim:** to develop positive emotion regulation strategies in a non-judgmental and supportive environment

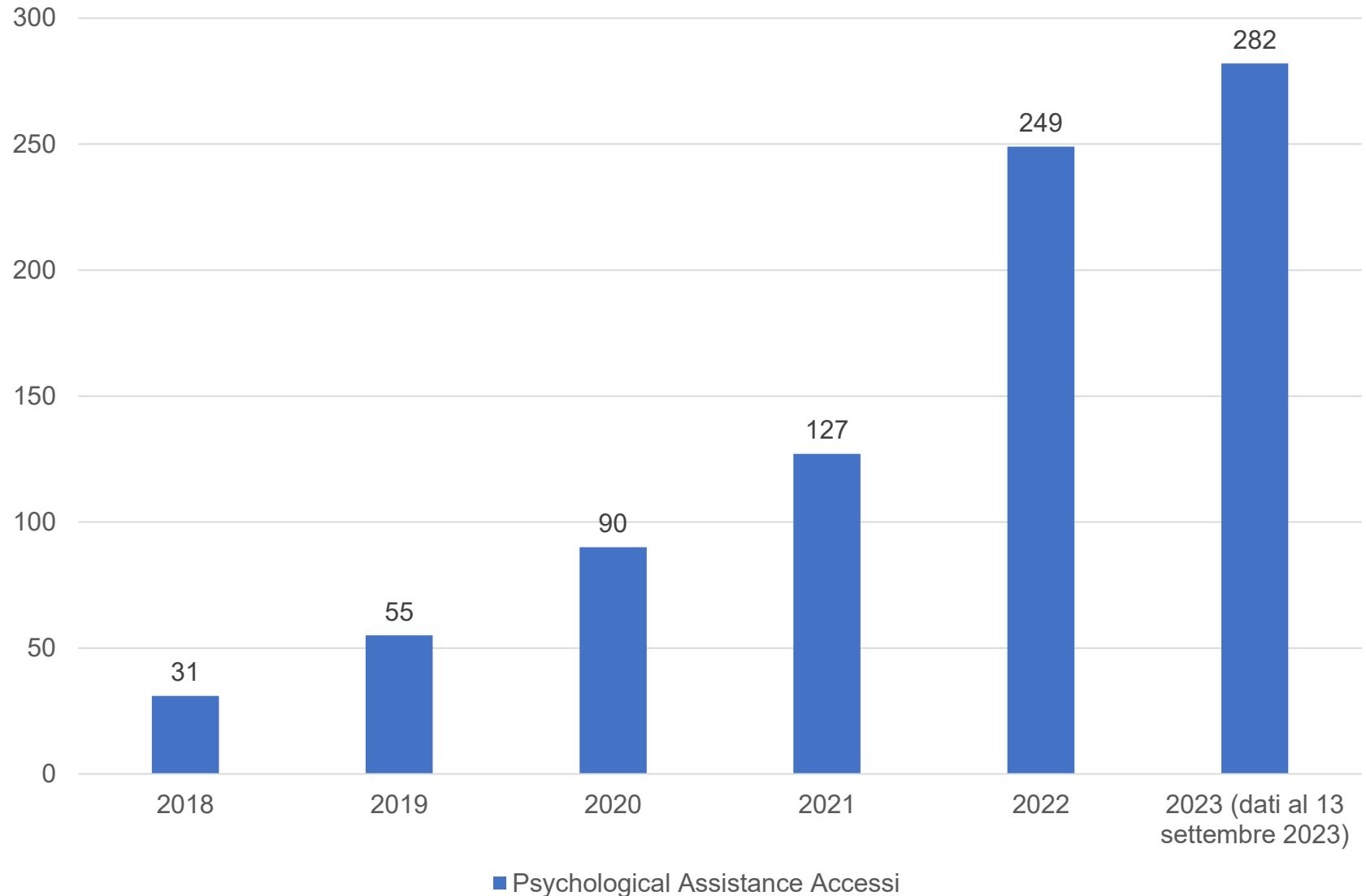
**Strategies:** psychoeducation, social support, behavioural activation, motivation interviewing, goal planning





## Numbers

PAIS was born  
in April 2018





# People



Sabrina Cipolletta



Marta Panzeri



Paola Rigo



Silvia Caterina  
Maria Tomaino



David Polezzi

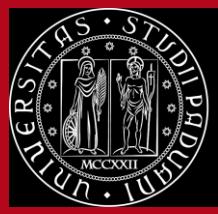


Valentina Zambon



Oriola Ndreu

**...alcuni clinici**



# Where

Students can refer to: **Psychological Assistance Service**

email: [psychological.assistance.scup@unipd.it](mailto:psychological.assistance.scup@unipd.it)

to ask information or an appointment.

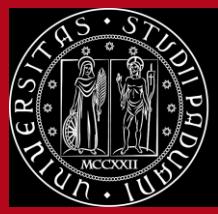
A clinical psychologist will reply to them.

**The service is here:**

**Via Tommaseo, 47/A Padova**

**Front office tel. 049.8278450**





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# Questions?



sabrina.cipolletta@unipd.it  
<http://www.dpg.unipd.it/en/psymed>

