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# Mental Health and Human Resilience

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## Promoting human resilience through the pedagogy for the third millennium

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In the current socio-economic and political moment, which increasingly fragmented and challenging, human resilience is a necessary ability which has to be continuously nourished through educational programs. In the last 18 years, Paoletti Foundation (FPP) has created interdisciplinary theoretical frameworks and educational methods for 12 resilience-induced prevention and intervention programs, conducted in 9 countries. FPP has taught over 1800 educators the Pedagogy for the Third Millennium (PTM). PTM is a neuro-psycho-pedagogical method aimed at increasing self-awareness, mental health and resilience by enabling: (1) an utile narrative of the self, (2) self-observation and (3) divided attention. Training these key elements, in turn, allow positive cognitive, emotional and bodily regenerative development. In the current talk, we will present the Schools of the World (SOW) project. The results of the SOW will be discussed in the light of promoting effective self-programming for strengthening self-awareness and resilience in those who work in emergency services and contexts of social marginalization.

### Biography

Tania Di Giuseppe is a Psychologist, Supervisor and International Trainer of the Patrizio Paoletti Foundation, working in both Italy and abroad. She has collaborated with the Sapienza University of Rome, Padua University and Scientific University Cienfuegos de Perú (Iquitos), promoting training and research on the constructs of awareness, hope, resilience and planning. Since 2008 she has been involved in the design and implementation of projects and training courses in favor of professionals, teachers and the community, especially in the context of emergency and social exclusion.

Grazia Serantoni: Psychologist, Individual, Group and Organizational Psychoanalyst, Group-Analyst. She specialized in quantitative and qualitative research methods and she works as methodology consultant for both public and private institutions, carrying out research activities in healthcare, educational and clinical systems. She published several books and scientific works in national and international journals. Her scientific interests focus on: evaluation and program planning frameworks for healthcare, educational and clinical services; evaluation of efficacy/effectiveness of: educational interventions, psychodynamic multifamily groups and therapeutic communities' interventions for psychiatric patients; grief, bereavement and trauma assessment and intervention strategies; psycho-oncology; parenting stress index and health education.

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