

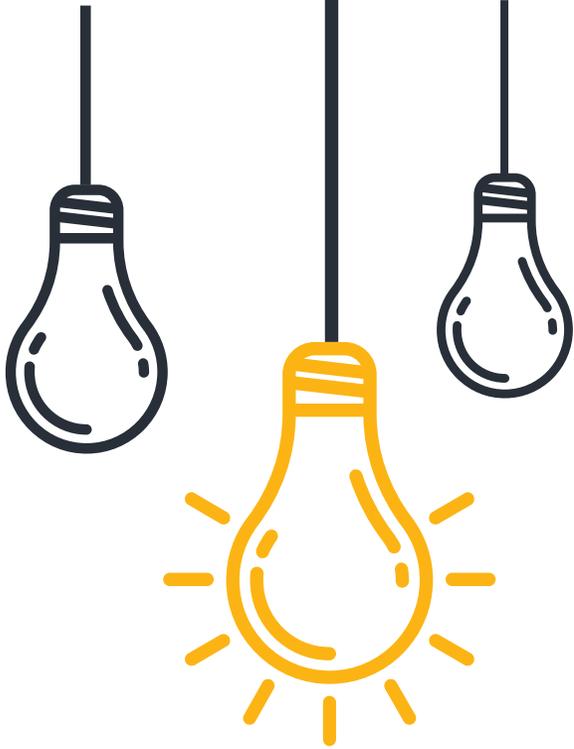
# Spazio di Ascolto



## SPAZIO DI ASCOLTO COUNSELING DESK

PROGETTO PER GLI STUDENTI DEL CAMPUS SAA/SCHOOL OF MANAGEMENT  
*A PROJECT FOR ALL STUDENTS ATTENDING SAA CAMPUS*

INCONTRO CON LA PROFESSORESSA DANIELA CONVERSO, DIRETTRICE DEL DIPARTIMENTO DI PSICOLOGIA  
*MEETING WITH PROFESSOR DANIELA CONVERSO, HEAD OF THE DEPARTMENT OF PSYCHOLOGY*



# Spazio di Ascolto

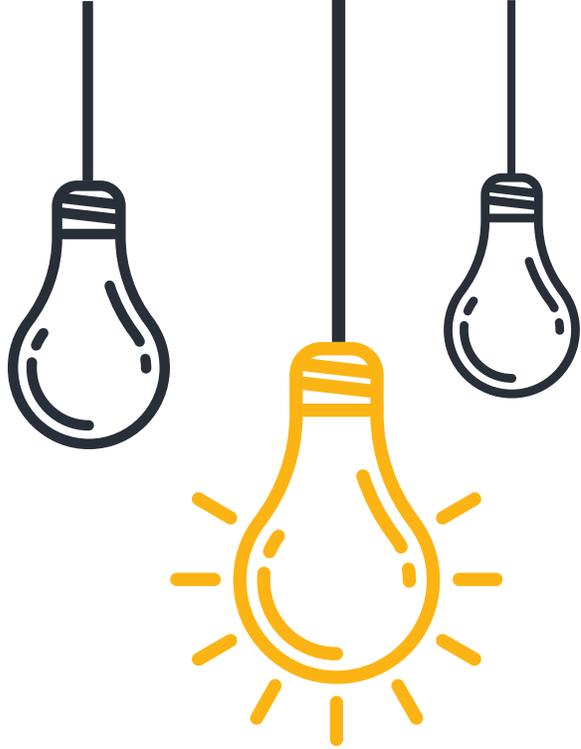


Since 2018, the School of Specialisation in Health Psychology of the Faculty of Psychology in Turin has launched the "Spazio di Ascolto" project, a psychological counselling service now dedicated to staff and students of the Polytechnic of Turin, the University of Turin, the students of the Conservatory Giuseppe Verdi, the Albertina Academy and the University of Gastronomy and Wine in Pollenzo.



Since March 2020, the interview no longer takes place only in person, but also remotely.

Psychological counselling aims to meet a broad demand for support and listening to a diverse and complex target group such as university students in a non-clinical context and, additionally, to encourage them - in many cases for the first time - to ask for help even for non-academic problems.



## What do we propose?



Brief psychological counselling includes an initial interview to analyze the issue, delve into the reasons for the request for counselling and align with the most appropriate form of treatment for the request.



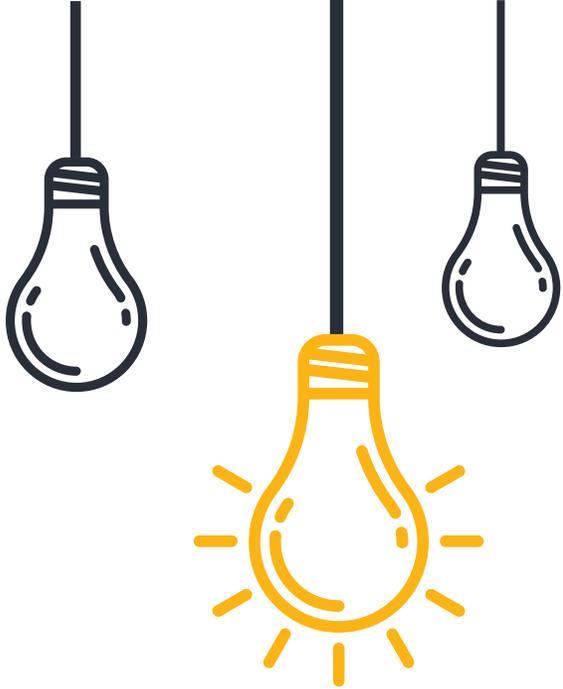
The service includes a short cycle (usually five) of one-to-one sessions designed to provide support, develop resources, and identify difficulties and critical issues related to adjusting to university life.



## *What don't we propose?*



The psychological counselling does not deal with aspects related to orientation at the university, emergency situations (112) or those requiring psychiatric treatment (Health Service).



*In which situations can an interview be requested?*

All those situations that can be overcome by activating psychological resources and appropriate coping strategies, such as:



problems related to studying and the learning process;



difficulties in coping with stressful situations and emotional overload;



difficulties in interpersonal relationships and integration problems;



relational and emotional problems (including difficulties related to being away from one's family)



motivation problems and self-esteem problems;



health and lifestyle problems

## *A special service for the Scuola di Amministrazione Aziendale*

- Counselling services can be provided at a distance and in the near future directly in the SAA. It is carried out in full confidentiality by professionals from the Schools of Specialization in Psychology of the University of Turin, qualified in psychotherapy and supported by assistants, trained psychologists themselves.
- Once you have applied, after filling in a form, you will be contacted by telephone and weekly or fortnightly sessions will be scheduled, depending on the psychologist's assessment and your availability.
- At the end of the cycle of five interviews, a questionnaire will be filled in order to evaluate the effectiveness of the sessions carried out, and it will be agreed the completion of the cycle or an accompaniment to another service (for Unito students, there is the possibility of doing an additional cycle at the second level counselling service, with interviews only in Italian). Only in exceptional cases and for a brief period of time (e.g. while waiting for another transfer) can the cycle of interviews be extended beyond five.