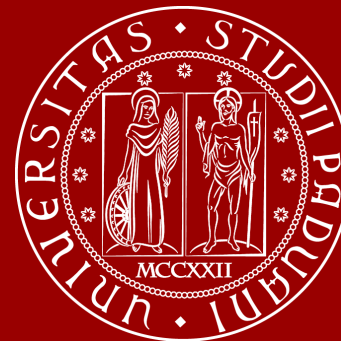




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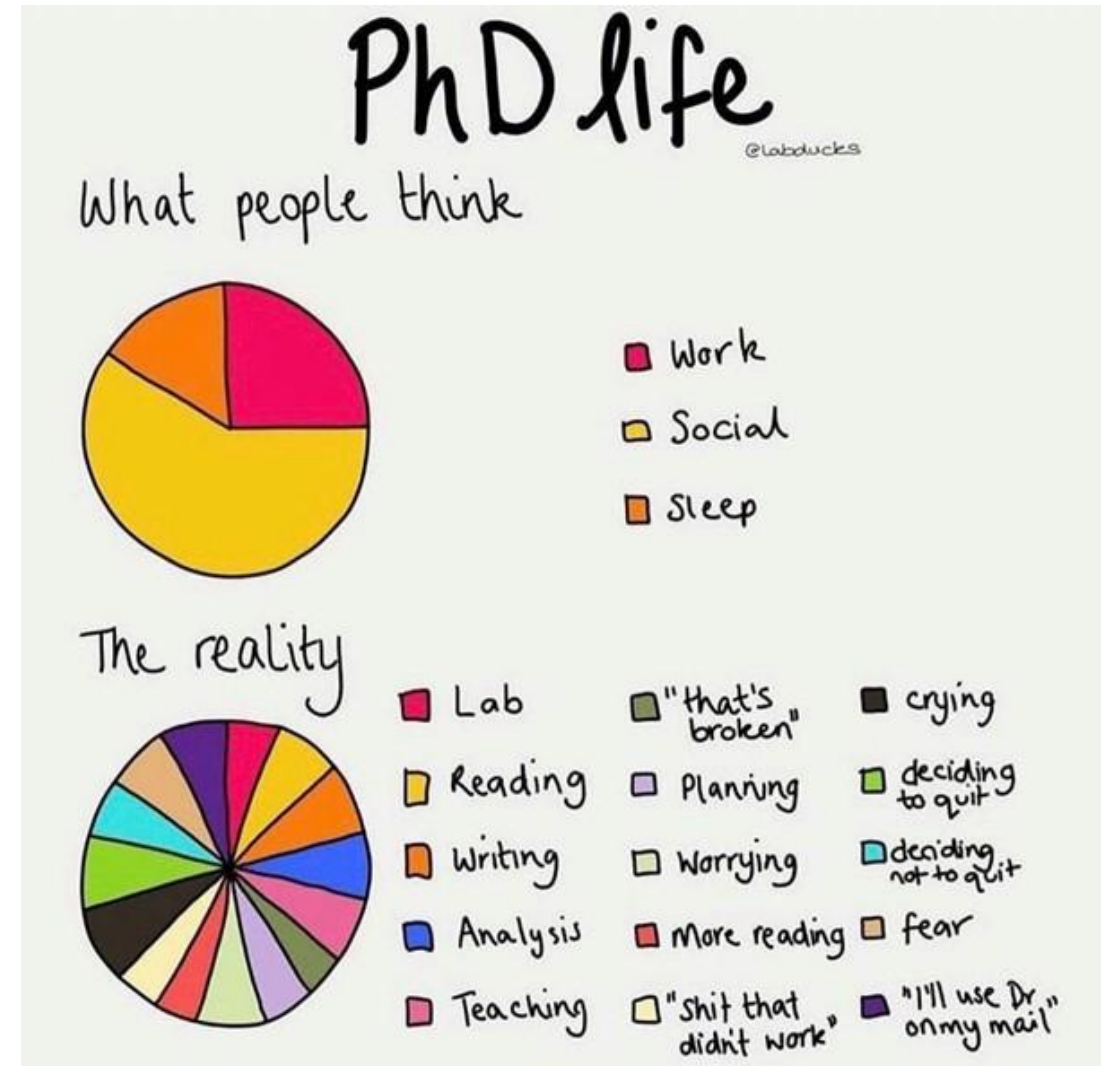
PSYCHOLOGICAL ASSISTANCE SERVICES @ UNIPD

Prof. Sabrina Cipolletta
CENTRO DI ATENEO DEI SERVIZI CLINICI
UNIVERSITARI PSICOLOGICI - SCUP

PhDs are renowned for being stressful!



Why doing a PhD is not a waste of time!



Psychological support

Not happy with your study skills (and achievement)?

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



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

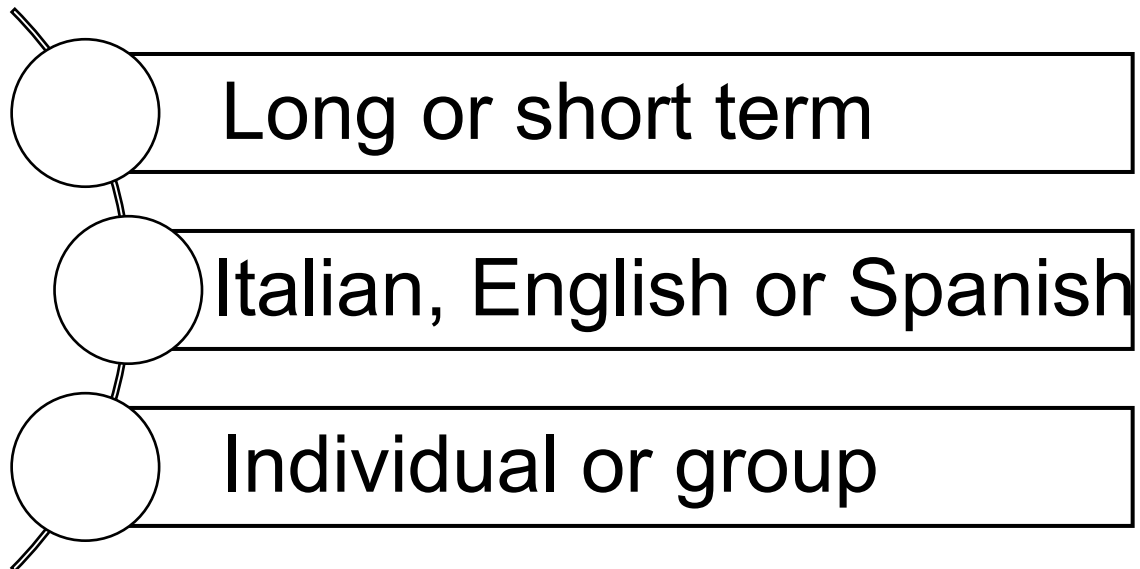


Servizi Psychological Assistance



Servizi per i Dipendenti e i loro
Famigliari

The Psychological Assistance Services provide counselling and psychotherapeutic sessions to PhD students and scholars of the University of Padova.





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 group setting
- ✓ Approximately 10 sessions
- ✓ 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

Aim: To promote emotion regulation strategies.

Target: Individuals suffering from anxiety, low mood and/or relational difficulties.

Format: Six sessions (50 min/each) with 8-12 participants; facilitated by a clinical psychologist in a non-judgmental and supportive environment.

Strategies: Psychoeducation, social support, behavioural activation, motivation interviewing, goal planning.



Mutual support short-term groups for PhDs



Aim: To discover and promote individual and group resources to face common daily challenges and pressures of academic life.

Format: Six sessions (90 min/each) with 8-12 participants; facilitated by a clinical psychologist in a non-judgmental and supportive environment.

Topics: Challenges and struggles of life as a PhD.

Language: Available in Italian and English.

Cost: Free for PhD students, funded by the PhD office.





National PhD students can refer to APAD: apad.scup@unipd.it

International PhD students can refer to: psychological.assistance.scup@unipd.it

to ask for 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?



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