



UNIVERSITÀ DEGLI STUDI DI MILANO

CONCORSO PUBBLICO, PER ESAMI, A N. 1 POSTO AFFERENTE ALL'AREA DEI FUNZIONARI - SETTORE AMMINISTRATIVO-GESTIONALE, CON RAPPORTO DI LAVORO SUBORDINATO A TEMPO INDETERMINATO E PARZIALE AL 50% PRESSO L'UNIVERSITÀ DEGLI STUDI DI MILANO - COSP - CENTRO PER L'ORIENTAMENTO ALLO STUDIO E ALLE PROFESSIONI - CODICE 22462

La Commissione giudicatrice della selezione, nominata con Determina Direttoriale n. 18994 del 12/11/2024, composta da:

Dott. Nicola Cangialosi	Presidente
Dott.ssa Barbara Rosina	Componente
Dott.ssa Laura Borgherini	Componente
Sig.ra Stefania Bonacina	Segretaria

comunica i quesiti relativi alla prova orale:

GRUPPO DI QUESITI N. 1

Nel caso in cui - nell'ambito di un servizio di counseling universitario- si presentasse un utente con disturbi depressivi, che tipo di intervento proporrebbe? Come organizzerebbe le consulenze?

Leggere e tradurre:

The University Counselling Service (UCS) supports students who are experiencing personal, relational or academic concerns.

The UCS aims to offer students an initial 75-minute appointment within 10 working days.

Average waiting times for an appointment at the UCS were 3 working days in the last academic year.

How to access counselling

Making an initial appointment

To access our service, complete our student support request form.

You only need to complete this form once per academic year.

We will offer you the next available appointment slot. If you cannot attend this appointment, please let us know as soon as possible. We can only make two initial appointment offers. Please prioritise counselling appointments as healthcare appointments.

After each session

Your counsellor will ask you to engage in a five-stage process:

1.Reflect - upon the content of the session

2.Digest - and assimilate your learning and experiences from the session

3.Act - upon your learning/experience

4.Wait - we suggest taking two weeks, or more, so change can take effect; however, if you feel you need support sooner, please get in touch

5.Decide - if you'd like a follow up session

6.This model of counselling is called 'One at a Time Therapy'. It aims to provide therapeutic support when you need it, without the need to wait. GRUPPO DI QUESITI N. 2

GRUPPO DI QUESITI N. 2

Nel caso in cui - nell'ambito di un servizio di counseling universitario- si presentasse un utente con con disturbi alimentari, che tipo di intervento proporrebbe? Come organizzerebbe le consulenze?

Leggere e tradurre:

CAMHS COUNSELING MODEL

CAMHS offers a short-term counseling model based on best practices in university settings and aims to support your student experience at Harvard University.



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Counseling is available because we know that many students go through difficult times while they are here. Because CAMHS offers a short-term model of counseling to address immediate concerns, you may decide that having a longer-term therapist in the community will be helpful. We can help you determine that option. We are here for you.

The CAMHS counseling experience typically begins with an initial consultation phone call with an Access Coordinator, who will ask a series of questions to learn more about the concerns that bring you to CAMHS. If short-term counseling at CAMHS is recommended, they will schedule an intake with a CAMHS counselor.

Meeting with a Counselor

At the intake session, the counselor will ask questions to learn about who you are and the presenting concerns you'd like to address. They will also ask about any previous mental health history to help formulate a treatment plan.

An intake session is followed by one or more counseling sessions, typically 2-3 weeks apart or monthly. The number of sessions is determined based on your needs, schedule, and your counselor's recommendation. The counseling sessions are confidential and take approximately 45 minutes. Intakes and follow-up counseling sessions are typically in-person. Depending on certain circumstances, some sessions can be conducted via secure Zoom video conferencing.

What to Expect

Our clinicians can offer coping skills and support to help with a variety of concerns, including stress, adjustment to college, anxiety, depression, mood swings, difficulties with focus and concentration, eating concerns, loneliness and isolation, grief, relationship problems, sexuality, social/racial/cultural concerns, traumatic experience, managing a chronic health condition, addictive behaviors, perfectionism, procrastination, and concerns about uncertainty, the future, and career.

GRUPPO DI QUESITI N. 3

Nel caso in cui - nell'ambito di un servizio di counseling universitario- si presentasse un utente con fobia sociale, che tipo di intervento proporrebbe? Come organizzerebbe le consulenze?

Leggere e tradurre:

In emergencies, or circumstances where you or another student have any immediate concerns for safety, please see: Crisis Information and Contacts.

Life at university can bring a range of experiences, changes and new opportunities. Many staff members and support services - at your College or the University, and locally in Cambridge - are here to help.

Please fill in our student support request form, and we'll be in touch within a few days to offer you an appointment. That might be from a wellbeing adviser, a counsellor, a mental health adviser or a harassment adviser, depending on what you need.

Waiting times for an appointment are typically less than ten working days. We review all appointment requests daily to allocate support as promptly as possible based on individual needs.

Our support services are available free of charge, all-year round except for brief closures at Christmas, Easter and on other public bank holidays. Please see individual service webpages for further information on eligibility criteria.

If you have any queries relating to support, including an existing request for support, please.

GRUPPO DI QUESITI N. 4

Nel caso in cui - nell'ambito di un servizio di counseling universitario- si presentasse un utente con perfezionismo patologico, che tipo di intervento proporrebbe? Come organizzerebbe le consulenze?

Leggere e tradurre:

GROUPS

What is a group?

- In-person groups offer a space for between 8-12 members.
- Each group is facilitated by experienced practitioners.
- Most groups meet weekly for 90 minutes.
- Sessions are held at the Student Services Centre or University Centre.



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Some groups focus on discussion, with the content of each session evolving from what you and the other members bring each week.

Others take a more experiential approach, where you'll explore your thoughts and gain insight through hands-on activities and practical exercises.

Every group is founded on the principles of trust, respect, and confidentiality.

Why join a group?

Group work is as effective as individual counselling for many reasons.

Benefits include:

- Recognising that you're not alone.
- Receiving and offering support to others in a safe and consistent environment.
- A supportive space to openly share your perspectives and experiences.
- Developing self-awareness/compassion and exploring how you relate to others.

Sign up for a group

Groups are open to all undergraduate and postgraduate students, and you can attend one per term.

It's important to attend every session, so please check your schedule before you complete a registration form.

You can search and register for a group running this term below.

GRUPPO DI QUESITI N. 5

Come effettuerebbe lo screening e come imposterebbe l'intervento in caso di una segnalazione di stalking in ambito universitario?

Leggere e tradurre:

Counselling (also known as therapy) provides an opportunity to talk with a trained professional about anything in your life which is impacting your psychological wellbeing and daily life. Counselling provides a safe and confidential space where you can talk openly without being judged. Counsellors don't provide advice or solutions, but work with you to reflect on whatever you are finding difficult and support you to identify healthier strategies to manage.

Common issues students bring to counselling include: stress, anxiety, low mood, perfectionism, identity, relationships, sexuality, self-image, and self-esteem. Please note that in some cases, short-term counselling may not be appropriate, in which case we will help you think about alternatives.

During your Wellbeing appointment we will ask you a few questions about how you are feeling and any issues you are experiencing. We will discuss what would be most useful to you, including: self-care strategies, psychoeducational groups and workshops, a referral to counselling, peer-to-peer support, online resources and signposting to other LSE and external services.

GRUPPO DI QUESITI N. 6

Quali approcci è possibile utilizzare nello screening psicologico nell'ambito di un servizio di counseling universitario?

Leggere e tradurre:

Our Counselling Service is dedicated to providing you with quality counselling and emotional support through a range of different pathways.

We would like every student to have a positive learning experience, however sometimes this can be affected by issues and feelings that are difficult to resolve. These feelings often impact on other areas of your life and may affect your academic studies, your relationships with others, or your personal choices. This is when counselling can help. Counselling provides a safe and confidential space in which to explore your feelings or anything that that may be affecting your ability to function well. Often, therapeutic work has a lifelong legacy and can equip you with the necessary skills to navigate your way through future challenges.

One-to-One Counselling

The Counselling Service offers one-to-one counselling within a time limited framework across a variety of different formats. We operate from the Meeting House, which is located in King Edwards Square, a quiet space that suits in-person work. But for those who are unable to get into campus, have placement



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commitments or personal reasons why in-person work would be difficult, our Counsellors offer video, audio, email and live chat counselling through Microsoft Teams.

Please contact counselling@tees.ac.uk if you have any further questions, or refer to the 'Self-help Resources' section where you will find an information brochure which should answer any questions you may have about counselling and enable you to make a considered choice about the most suitable therapeutic format for you. Our Counsellors all have their own specialisms and personal therapeutic interests that include trauma work, issues that have come out of early attachment relationships, animal assisted therapy, sand tray therapy and difficulties with anger among others.

Milano, 2 dicembre 2024

La Commissione

Dott. Nicola Cangialosi Presidente

Dott.ssa Barbara Rosina Componente

Dott.ssa Laura Borgherini Componente

Sig.ra Stefania Bonacina Segretaria