



## **Nuove tendenze in riabilitazione: multidisciplinarietà e comunicazione integrata**

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### **ECM FAD ASINCRONA**

- Online dal 15 settembre 2023 al 14 settembre 2024
  - Durata totale: 50 ore
  - 50 crediti formativi
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Responsabile Scientifico: *Saad Youssef*

## RAZIONALE

Il corso "Nuove tendenze in riabilitazione: multidisciplinarietà e comunicazione integrata" è un percorso completo per fisioterapisti e professionisti sanitari, per l'acquisizione di conoscenze relative alle nuove prospettive in riabilitazione legate all'integrazione di contenuti di derivazione psicologica e comunicativa in ambito sanitario.

Partendo dalla letteratura recente che illustra la nascita e il processo che descrivono questa integrazione, il corso ha l'obiettivo di formare i discenti sulle potenzialità che scaturiscono dalla conoscenza della medicina narrativa, della medicina di genere, degli errori cognitivi tipici del ragionamento umano, della fisioterapia psicologicamente informata.

Il discente sarà in grado di comprendere e integrare, nella propria pratica clinica, questi elementi significanti per il professionista sanitario sensibile alla complessità in medicina propria dei nostri giorni.

# PROGRAMMA SCIENTIFICO

**Introduzione e obiettivi del corso** – *Saad Youssef*



**15 minuti**

**Medicina narrativa e sue applicazioni pratiche**



**7 ore 45 minuti**

**Medicina Narrativa** – *Walter Allievi*

- Medicina Narrativa: una definizione funzionale
- Il paziente come soggetto attivo del processo terapeutico
- Aspettative cliniche, aspettative personali

**Comunicare con il paziente** – *Walter Allievi*

- Alle basi della medicina narrativa: la storia del paziente
- Essere paziente: un salto di prospettiva
- Come migliorare il rapporto terapeutico

**Saper ascoltare liberi da pregiudizi** – *Daniele De Cillis*

- Come combattere il pregiudizio: saper ascoltare, saper domandare
- Saper Ascoltare: gli stili relazionali
- Saper domandare per migliorare le capacità di ascolto
  - Domande aperte
  - Parafrasi
  - Cogliere i segnali Non Verbali

## **Strutturazione delle credenze** – *Daniele De Cillis*

- Il mindset come somma di credenze
- Credenze potenzianti e limitanti
- Alla base delle credenze
- The Theory of Planned Behaviour
- Il pregiudizio negativo e positivo
- Come il pregiudizio impatta sulla pratica clinica
- Pregiudizi come sommatoria di credenze: quale impatto sulle nostre valutazioni  
→ Effetto alone
- Modificare le credenze in modo funzionale
- Definire obiettivi terapeutici comuni e concordati

## **Shared Decision Making** – *Saad Youssef*



**6 ore**

- Lo shared decision making in fisioterapia
- Una prospettiva etica

## **Psicosomatica** – *Claudia Yvonne Finocchiaro*



**3 ore**

### **Mente e corpo dalla teoria alla pratica, psicosomatica, relazioni ed interconnessioni**

- Le origini della psicoanalisi e la psicosomatica
- Il modello filosofico cartesiano e la separazione corpo e mente
- Psicologia e corpo la psicosomatica delle origini evoluzione del modello
- Differenza tra sintomi psicosomatici e personalità psicosomatica
- Alessitimia ed emozioni

## **Emozioni e salute**

- Emozioni e corpo – definizione
- Emozioni primarie e secondarie
- Intelligenza emotiva
- Gestire le emozioni attraverso il corpo - la strada top down e bottom up

## **Il trauma tra corpo e mente**

- Trauma psicologico e fisico
- Definizione di PTSD vs trauma complesso
- Judith Herman e la teoria del trauma e del prendersi cura del trauma
- Interocezione e trauma
- Meccanismi di difesa e teoria polivagale di Porges
- La finestra di tolleranza e il prendersi cura del trauma

## **L'errore cognitivo in fisioterapia** – *Paolo Marighetto*



**12 ore**

- Perché sbagliamo a pensare: breve viaggio nell'inconscio cognitivo
- Soliti onnipresenti bias (SOB!): chi è senza peccato scagli la prima pietra
- Se il paziente va meglio allora sono bravo: questa e altre favole di guarigione
- Che orrore i numeri: quanto è difficile pensare in statistichese
- Come allenarsi a ragionare meglio: perché tutto si può allenare

## **Fisioterapia psicologicamente informata** – *Fabio Bernardi e Michele Marelli*



**10 ore**

- Cosa è la PIPT e perché non possiamo non conoscerla
- La PIPT nella pratica clinica
- Le declinazioni della PIPT: ACT, CBT e CFT
- Motivational Interview

## **La medicina e fisioterapia di genere** – *Mattia Bisconti*



**11 ore**

- Il sesso e il genere influenzano i modelli di cura
- Un approccio equo ai modelli di cura
- Comportamenti sociali che modellano comportamenti sanitari
- Gli approcci utili

## **RESPONSABILE SCIENTIFICO**

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### ***Saad Youssef***

Fisioterapista libero professionista, Scienze motorie e sportive, dottore Magistrale in Scienze Cognitive e Processi Decisionali, Master di I Livello in Fisioterapia Muscoloscheletrica e reumatologica, docente a contratto Università degli Studi del Molise.

## **FACULTY**

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### ***Walter Allievi***

Trainer e Facilitatore dei processi di cambiamento e apprendimento

### ***Fabio Bernardi***

Dipartimento di Medicina e Scienze della Salute "Vincenzo Tiberio", Università degli Studi del Molise, Ospedale Cardarelli, Polo didattico di Tappino, Campobasso

### ***Mattia Bisconti***

Presidente GTM – Aifi Gruppo di Terapia Manuale e Fisioterapia Muscoloscheletrica

### ***Daniele De Cillis***

Formatore e coach, DISC profiler certificato

### ***Claudia Yvonne Finocchiaro***

Psicologa – Specialista in Psicoterapia individuale e di gruppo, Formatrice

### ***Michele Marelli***

Dipartimento di Medicina e Scienze della Salute "Vincenzo Tiberio", Università degli Studi del Molise, Ospedale Cardarelli, Polo didattico di Tappino, Campobasso

### ***Paolo Marighetto***

Libero professionista, docente a contratto presso il Master in Fisioterapia Muscoloscheletrica e Reumatologica di Roma TVG

## ECM FAD Asincrona: 2157-392987

Il corso "Nuove tendenze in riabilitazione: multidisciplinarietà e comunicazione integrata" è un'iniziativa di Mad4Med.

La FAD ha un costo originale di 399 euro, ma **iscrivendoti a Mad4Med avrai subito diritto al 25% di sconto.**

Iscriviti subito



Inquadra il QR Code

### COME ISCRIVERSI

- Accedi al sito **mad4med.it**
- Nella pagina "Corso" clicca su "Iscriviti su Mad4Med"
- Riceverai una mail con il codice sconto e il link per acquistare il corso direttamente sulla piattaforma ECM [www.medicacem.it](http://www.medicacem.it)
- Una volta acquistato il corso, cliccando sul pulsante "IL MIO PANNELLO" accederai alla tua area riservata e avrai a disposizione per la fruizione, nella Home, il corso selezionato.

Terminati i moduli formativi, potrai compilare i questionari di valutazione e di qualità, necessari per l'ottenimento dei **50 crediti ECM.**

Per assistenza tecnica, cliccare il box Assistenza nella homepage.

La FAD Asincrona è inserita nella lista degli eventi definitivi ECM nel programma formativo 2023 del provider. Al superamento del corso "Nuove tendenze in riabilitazione: multidisciplinarietà e comunicazione integrata" saranno attribuiti n. 50 Crediti formativi ECM per le seguenti figure professionali: Fisioterapista; Terapista Occupazionale; Medico Chirurgo (Medicina Dello Sport; Medicina Fisica e Riabilitazione; Medicina Generale (Medici di Famiglia); Ortopedia e Traumatologia); Terapista della Neuro e Psicomotricità dell'età evolutiva; Logopedista; Psicologo.



Con il patrocinio di



Provider ECM e Segreteria organizzativa

**Medica**  
EDITORIA E DIFFUSIONE SCIENTIFICA

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