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The Sphere Model of Consciousness: a neuro-psycho-educational approach for helping youth mental health in the current pandemic

The spread of COVID-19 has imposed quarantines on many parts of the world. Quarantine has a huge impact and can considerably increase the levels of depression, anxiety, and stress. The sudden isolation from school, social life and recreational sports could have great impact especially on children and teenagers as they do not have yet fully developed coping mechanisms and related hot and cool executive functions. Moreover, the economic devastation of COVID-19, which generated uncertainty and panic, may lead to results potentially adverse to physical and mental health both in adults and children, including an increased risk of chronic diseases, substances abuse, depression, and post-traumatic stress disorder. In the current talk, we will address these issue, presenting the “psychological circuit of violence”, as an instrument for pinpointing the processes from which violent behaviours towards oneself and the others stem. We will see what are the related brain mechanisms which may mediate the voluntary movement from rumination, depression and anxiety to a more resilient inner place. Based on the Sphere Model of Consciousness (SMC), we will suggest a multidimensional approach for dealing with the neuro-psycho-educational aspects of the pandemic in children and teenagers, in parallel to their caregivers and teachers. Finally, we will suggest how the SMC can be used to help the child to move from an inner place of worry to a proactive place nurturing the child’s inner resources to become resilient, proactive and calm.

Biography

Patrizio Paoletti is President of the “Patrizio Paoletti Foundation for Development and Communication”. Paoletti is leading international research and educational programmes as well as social projects for the promotion of human resilience, personal and community well-being. He is member of several scientific boards and committees and has numerous publications concerning lifelong learning processes for personal and social development. Further, he developed the neuro-phenomenological Sphere Model of Consciousness and is one of the leading teachers of meditation in Italy and the creator of scientifically studied techniques (One Minute Meditation, OMM; Quadrato Motor Training, QMT; and OVO Whole-Body perceptual deprivation Tank).

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