



University Center for Inclusion CAI (Centro di Ateneo per l'Inclusione)

Dr. Vanessa Artoni
Psychological Counseling Service
University Center for Inclusion (CAI)

Inclusion is about

- engaging everyone
- valuing our diversity
- feeling that «we belong»
- meeting specific needs
- promoting mental health and wellness

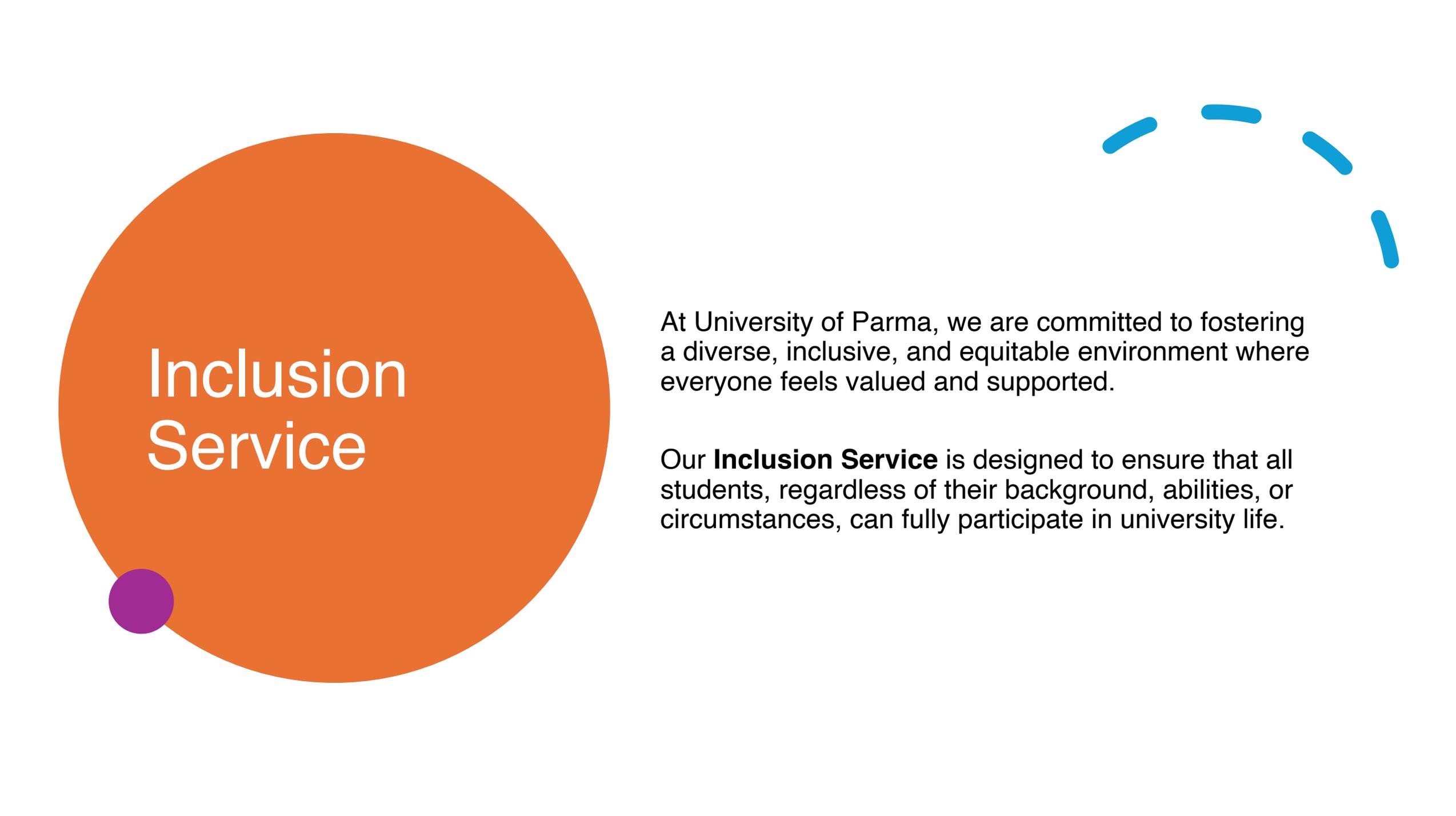
Discover our services

Inclusion

aimed at students with disabilities,
Specific Learning Disorders (SLDs)
and Special Educational Needs
(SENs)

Psychological Counseling

aimed at students and University staff



Inclusion Service

At University of Parma, we are committed to fostering a diverse, inclusive, and equitable environment where everyone feels valued and supported.

Our **Inclusion Service** is designed to ensure that all students, regardless of their background, abilities, or circumstances, can fully participate in university life.



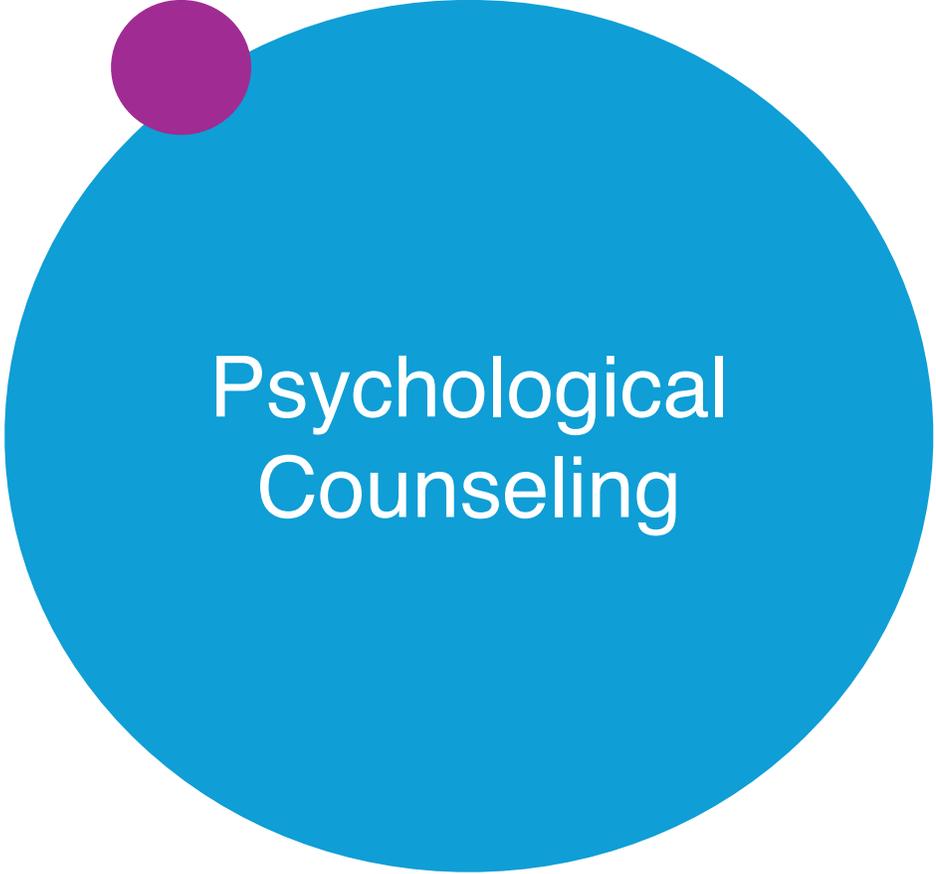
Inclusion service

- introductory and orientation meeting with the aim of creating an individualized plan to meet your specific needs
 - information on compensatory measures, technical and didactic tools, suitable interventions for your needs
 - possibility of an individual study plan to help you achieve your goals
 - accessibility support
- 

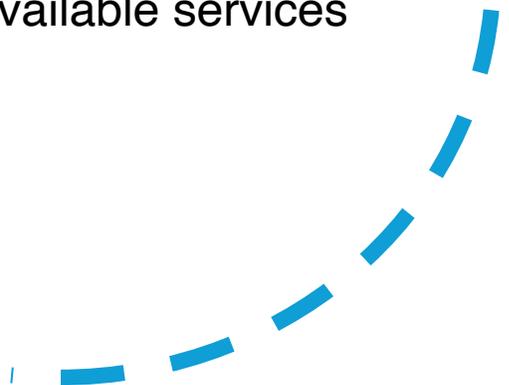


Psychological Counseling Service

Psychological counseling is a short-term process (typically between 5 and 6 sessions) led by experienced psychologists, aimed at building a helping relationship to reorganize the individual's resources and develop appropriate strategies to cope with difficult situations.

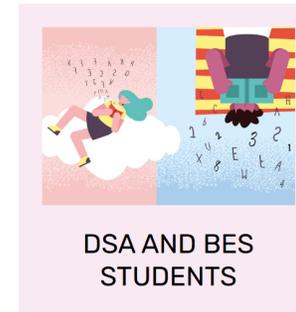


Psychological Counseling

- promote psychological and physical well-being of the individual
 - improve a person's quality of life
 - support in facing difficulties related to moments of change
 - encourage new and adaptive behaviors
 - activate, reactivate, and sustain the individual's resources
 - promote/support the capacity for self-determination
 - provide information and direct to available services in the area
 - guidance/reorientation
- 

University Center for Inclusion (CAI)

Where to find us?



P.le San Francesco, 2 – 43121 Parma



+39 0521 034078/034344/034049



cai@unipr.it

counseling@unipr.it



www.cai.unipr.it