



The Care Journey

Practices for Understanding and Navigating the Care Space and Relationship

Course Overview

This course is designed to explore the dimensions of care, providing participants with practices to understand and navigate the care space and relationship. By focusing on the dialogue that emerges during counselling, participants will explore how to engage in meaningful conversations, co-create trust, and guide transformative processes.

Each session is structured around a key phase of the care relationship, offering both a practical and reflective framework. The course is flexible and responsive to the needs of the group while adhering to a clear structure of themes and exercises.

Through each phase, we will engage in experiential practices, discussions, and reflective exercises designed to enhance our understanding of both the care space and our roles as caregivers.

The practices used in this course are primarily drawn from philosophical-oriented biographical analysis, a method that integrates philosophy and depth psychologies (such as psychoanalysis, archetypal psychology, and existential approaches). This method focuses on understanding a person's lived experience through narrative and reflection, inviting both the caregiver and the client to explore meaning, identity, and personal growth through dialogue.

Objectives

- Learn how to start from one's own experience, using autobiographical insights, to connect with and understand others.
- Develop the ability to conduct counselling dialogues that foster understanding, empathy, and trust.
- Strengthen active and mindful listening skills in dialogue.
- Identify the needs and priorities of the client through their narrative.
- Address complex situations and emotional dynamics within the counselling conversation.
- Learn how to apply the principles of biographical-solidarity communication to enhance the ethical and relational quality of care.

Course Structure

10 weekly online meetings (Zoom) of 3 hours, for a total of 30 hours class.

In addition to these sessions, there are 20 hours dedicated to:

- Writing a personal diary, in which participants will document their experiences and reflections. The diary entries will be collected and uploaded to a shared drive, creating a collective documentation of the course.
- Philosophical practices: particular tasks which will accompany the time between sessions, stimulating self-reflection through experiential learning.

When

September/November 2025

N.B. The course will start with a minimum of 5 participants.

Price

250 EURO

Topics and session titles and descriptions

On the threshold - Intention and Care (2 evenings)

1. Before the Door Opens.
2. Meeting the Other

Shaking Hands - Attention and Care (2 evenings)

3. Rules That Liberate
4. Trust in the Care Relationship

Sitting Together - Presence and Care (2 evenings)

5. The Space of Care
6. Being with What is

Speaking While Listening - Openness and Care (2 evenings)

7. Dialogue and Words in Care
8. Care as Co-Creation

Parting - Closure, reflection and integration (2 evenings)

9. What Does It Mean to Close?
10. Wrapping up and...



Davide Parodi (Savona, Italy, 1985) is a psychologist, intercultural mediator, and biographical analyst with a philosophical orientation. He supports individuals and groups in their search for meaning through body-based approaches. Davide is also involved in research and training in Organic Work Practice (*pratica di lavoro organico*), movement, and improvisation. With over ten years of experience, he has worked in community settings with minors in vulnerable situations.