

SUBJECT: Clinical Psychologist Esra Aydinli's visit to the Institutions of Social Services & Health Units in Italy within the Professional Exchange Program CIF.

Dear C.I.F. ITALY,

As a personnel of Social Health Service, I was accepted to Italy within the Professional Exchange Program. This program brings together the people who work in the same area and gives an opportunity to evaluate the rights and wrongs, looking at examples from around the world. It helps develop awareness of the political, economic & socio-cultural differences to the professionals worldwide.

I had a chance to share my experiences with my colleagues in many places I visited in Italy like; State Hospitals, Mental Health Centers and Psychiatric Services, Community Mental Health Centers, Adolescent Rehabilitation Centers, Immigration Centers, Homeless Centers, Antiviolence Center for Women and Centers of Supporting Men. During my visit to all these centers, it made me happy to see that we are using the same materials, clinical techniques and tests.

The Italian government has given the responsibility of treatment to the social health cooperatives. Even though they seem further than us, it seems like they want the old system because of the financial difficulties they are experiencing and the high health expenses. More social treatment and rehabilitation centers were substituted for Mental Health Hospitals. This new system made it easier for the patients to fit into society.

At the same time; this Project is "a project of peace". It is a brave and difficult act to put a participant from Palestine and Israel in the same group. It was the first for people from 4 countries around the world, to spend 15 days altogether in peace.

Sharing my C.I.F. Project experiences;

1. It is a great feeling to get information about how my occupation is done in other countries.
2. It is an honor to take place in an international organisation, representing my country.
3. It was exciting to meet my colleagues and share our knowledge in the mental health centers we visited.
4. We have similar studies in the antiviolence women centers, this made me believe that the world will become a better place.
5. The social health funds made in the immigration centers It showed me that all the countries give importance to immigrants, even though it is usually a big problem for countries.
6. We spoke about our partner projects about human rights and social responsibilities in the Genova Parliament.
7. In the social units for adults, I examined the cases that the social workers did.
8. I evaluated the therapy sessions in the Supporting male center.

9. The best part of this program was that I spent my 24 hours with these people, we ate from the same meal, I saw where they live and work, this is more than enough to learn about a country.
10. Italy is actually the best and most corporate country who does this. I would like to thank all the Project team and my host families who supported me during my visit. It was an unforgettable experience.

Eventhough we have social-cultural differences, the personal and professional relationship I made with my colleagues in Italy shows that we are all trying to do the same things in our health social services. I once again understood that "Emotions, pains and traumas are universal. Whereever and by whom it is experienced, it has the same effect in people". Negative life events necessarily require professional support and clinical treatment. Opening your thoughts and emotions may be more difficult than opening your privacy. However the key to happiness is meeting your psychologist and curing your soul and mind.

CORPORATIONS I visited :

- 1) Social Cooperative Youth Projects – ICARO / Santa Maria C.V. – Rome
- 2) Mental Health Center / Santa Maria C.V. – Rome
- 3) Antiviolence Center for Women / Caserta - Naples
- 4) Immigration Center – YALLA / Caserta - Naples
- 5) City's Civil Rights Deputy Mayor – Meeting Elena Fiorini / Genova
- 6) Homeless Center / Genova
- 7) Local Health Unit – Psychiatric Department / Genova
- 8) San Martino Hospital – Psychiatric Mental Service / Genova
- 9) Centers of Supporting Men - White Dove / Genova
- 10) Social Unit for Adults / Genova
- 11) Mental Health Wellness Center / Genova
- 12) Psychiatric Foster Home / Aqua Terme

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