MILAN SCHOOL OF MEDICINE AMBROSIANA UNIVERSITY WORLD SOCIETY OF PERSON CENTERED MEDICINE

MASTER
IN PERSON-CENTERED MEDICINE

I° YEAR
AY 2027

XXIV° Edition

UNI EN ISO 9001:2000 n° 6850 – IQNET IT-25591 ISO 9001:2000

Introduction

In 1999, Università Ambrosiana introduced Person-Centered Medicine to the world, marking a paradigm shift in medicine and the teaching of clinical methodology in light of the interactionist and teleonomic evolution of medical science. Recognized as a pioneer in physician training by the WHO (2011), the University is currently promoting the transition of healthcare systems toward Person-Centered Medicine through the foundation of the World Society of Person-Centered Medicine. Unique in the world, it has taught person-centered clinical methodology nationally and internationally through the Milan Medical School since 1999. For this epistemological reason, our postgraduate courses have acquired extraordinary scientific and clinical value, and their application has led to massive reductions in human suffering and healthcare expenditures, as well as great professional satisfaction among the trained physicians who have graduated from our programs. Since 1999, these courses have enabled the treatment of approximately 80,000 adolescents and an unquantifiable number of adults and elderly individuals using the Person-Centered Clinical Method, resulting in enormous savings in suffering and healthcare costs—savings that Italian public administrations still struggle to understand, as they are often led by the uneducated.

Today, a physician who does not know Person-Centered Medicine and does not know how to teach it can be considered a poor or hazardous practitioner and a potential danger to patients and students. For this reason, since 2004 we have established the *Licentia Docendi* in Person-Centered Medicine.

The epistemological shift in medicine corresponds to a new hermeneutic paradigm of human nature, introduced by the basic sciences, founded on interactionism (Fig. 1) - Spirit (quest for

meaning)-Mind-Body - and on the discovery of a teleonomy present in human nature, born from the study of adolescence and termed "Kairology," presented for the first time at the 1st International Congress of Adolescentology in 1993, promoted by the Italian Society of Adolescentology and Adolescent Medicine. In 2023, this marked its 30th anniversary, alongside the presentation of the Universal Declaration of Youth Rights and Duties, celebrated in 2025 on the thirtieth anniversary of the birth of Università Ambrosiana with the International Congress: "Person-Centered Health and the Resilient Adolescent."

In its first year, the Master's in Person-Centered Medicine prepares physicians in the theory of Person-Centered Medicine and the application of the person-centered clinical method (shared with the Clinical Master's programs of the Milan Medical School), while the second year focuses on the study of clinical cases.

Certainly, our courses are aimed at physicians and educators who view the professional role of the doctor as aimed at the realization of "being a person," which we now know interacts with biological variables and is decisive for choosing quality of life and, consequently, health. The "doing," or the relativistic and instrumental pragmatism in which our culture—including academic culture—is steeped, translates into an accentuated transformation of medicine into applied bio-technology, crystallizing the senseless and obsolete medicine-psychology dualism, which has now been buried by the progress of the basic sciences and kairology. Universities, with the exception of ours which focuses on clinical training, have reduced medicine to a bio-techno-pharmacological application devoid of any epistemology other than positivism, and lacking an ethics objectively determined by the Hippocratic Oath. For this reason, applicants to our courses are required by the University statute to adhere to the Universal Declaration of Youth Rights and Duties and the World Health Charter.

Reducing patients to techno-pharmaco-controlled machines whose life is conceivable as a closed system entrusted to a biological switch is the work of criminal illiterates, and teaching it is even worse. Still today in Italy, unfortunately, physician training is mostly in the hands of improvisers or semi-literates, unaware of the epistemological transformation of the health sciences. The only department of Medical Education in Italy operating under a quality system was born in 2005 at our University. There are no others. At the clinical level, on the one hand, the current organization of the National Health Service (SSN) in primary care and the unreadiness of family doctors for the person-centered clinical method fail to offer relational-clinical spaces for the patient. Conversely, our educational policy aims to raise the qualitative level of both primary and hospital care, also offering great opportunities for interactionist clinical research—as it should always be—aimed first and foremost at fostering the training of family doctors, to establish a network in Italy of physicians capable of working with the ill person, without delegating to psychologists, both in the community and in the hospital. At the clinical level, we oppose the medicine-psychology dualism when health inquiries occur in the family doctor's office, as well as the erroneous psychologization of patients by doctors who are equally unprepared for the person-centered clinical method. The complementarity with the International Academy of Person-Centered Medicine and the World Society of Person-Centered Medicine—of which Master's in PCM physicians become members upon obtaining their Diploma—gives the 1st Master's in Person-Centered Medicine in the world, now in its 24th edition, its rightful pioneering and international scope.

Undoubtedly, we go against the current, against the standard of a single dominant way of thinking in medicine, but this fact gives us greater energy and allows a natural selection of our students, who are called to work with unique, unrepeatable persons of divine dignity, in whom the pathological event can be an opportunity and a resource to rediscover and/or improve their being a person, rather than acquiring an identity and security through a diagnostic stigma. A reductionist

biological or psychological epistemological error has plunged the most noble profession in existence into darkness and betrayed its Socratic roots:

"Socrates... Well then, could we ever know what art makes man himself better, if we were ignorant of what we are ourselves?"

Alcibiades: "Impossible!"

The encounter with a physician who does not reduce the person to a bio-technological apparatus—whose knowledge is nevertheless necessary—is always remembered with gratitude for a lifetime and is a culminating experience that demands physicians who are men conscious of a mission, not a trade.

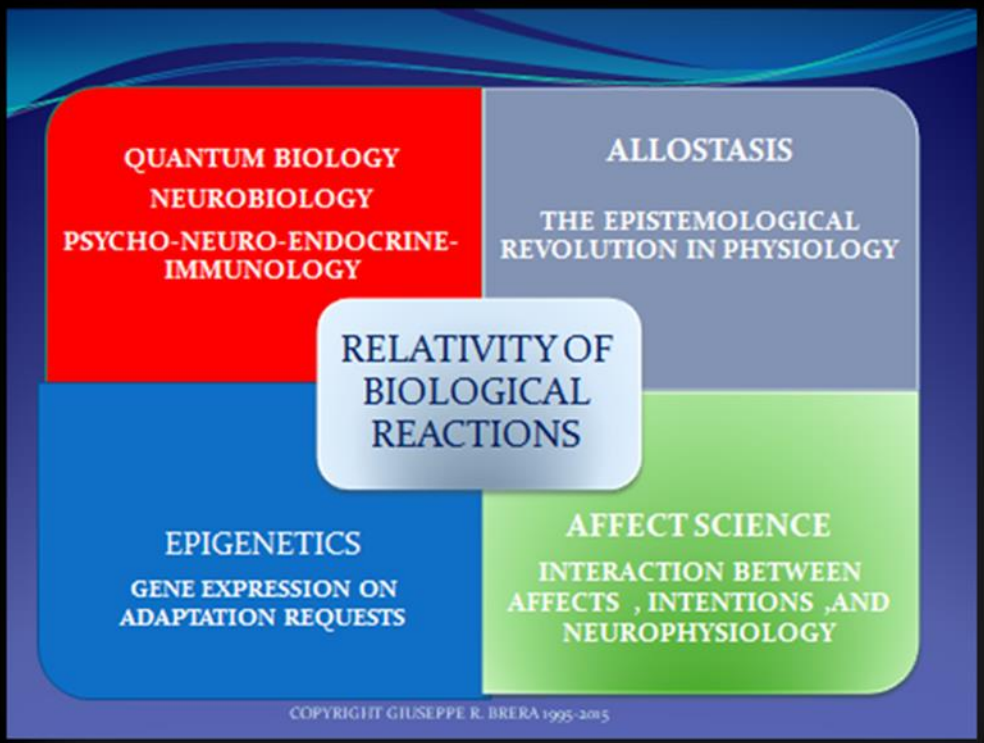
Those who enroll in this Master's, in a non-profit style just like Università Ambrosiana, not only learn to do the best for their patients, but also for themselves, both at an existential and professional level, and become part of a revolutionary international movement of which we are recognized pioneers, in need of educators and researchers.

Giuseppe R. Brera

President, World Society of Person-Centered Medicine

Rector of Università Ambrosiana

Director of the Milan Medical School



Learning Objectives – Year 1

- **THEORY AND METHOD:** Aimed at understanding Person-Centered Medicine, the subjective experience of illness, Kairology, and the person-centered clinical method.
- **APPLIED INTERNSHIP:** Person-centered clinical method.

Learning Objectives – Year 2

- Clinical internship in Person-Centered Medicine.
- Clinical case discussions.

Clinical case discussions are collegial and take place both in-person and remotely.

Textbook included in the Master's registration

Giuseppe R.Brera Person-Centered Medicine and Person Centered Clinical Method-

Milano; Editoria Università Ambrosiana: 2021

The Master's diploma allows registration in the World Society of Person-Centered Medicine..

1st YEAR

Academic Program & Schedule

Overview of Modules and Dates

Module	Date	Format	Description / Topics
M1	Sat, Jan 23, 2027	Remote	**Opening Congress**: Person-Centered Medicine, Kairology, allostasis, PNEI, and epigenetic therapy.
M2	Sat, Feb 13, 2027	Remote	**Family & Life Stages**: Family contexts, pregnancy, childhood, adolescence, adulthood, and elderly care.
M3	Sat, Feb 27, 2027	Remote	**Clinical Dynamics**: Doctor-patient relationship across life stages, Emergency Dept, primary care, chronic illness, and initial clinical training.
M4	Sat, Mar 13, 2027	Remote	**Subjective Experience (2)**: Gynecological issues, cardiology/hypertension, and ethical limits in medicine.

Module	Date	Format	Description / Topics
M5	Sat, Avr 3, 2027	Remote	**Subjective Experience (3)**: Multiple sclerosis, Parkinson's disease, cognitive decline, and ALS.
M6	Sat, Avr 24, 2027	In-Person / Remote	**Subjective Experience (4)**: Oncology, COPD/asthma, and psychological/psychopathological outpatient problems.
M7	Sat, May 8, 2027	Remote	**Clinical Training & Case Discussion**: Guided case discussions by students.
M8	Sat, May 29, 2027	Remote	**Advanced Clinical Training (5 & 6)**: Patient reception, empathy anatomy, clinical *epoké*, cross-ratio PMRP, and clinical objectives.
M 9	Sat, June 12, 2027	Remote	**Advanced Clinical Training (7 & 8)**: Clinical synthesis, portrait definition, and therapeutic planning.
M10	July 19-24	In person	**Summer School. Training in Person-Centered Clinical Method (Italy-Toscana)**
M11	Sat, Sept 18, 2027	Remote	**Clinical Case Discussion**: Guided case discussions by students.
M12	Sat, Oct 9, 2027	Remote	**Advanced Clinical Training (9 & 10)**: Comprehensive clinical method practice, objective definition, and therapy.
M13	Sat, Oct 30, 2027	Remote	**Final Evaluation**: Assessment of educational and learning objectives achievement.

Master's Structure & Costs Summary

Category	Details
Edition & Certification	24th Edition • UNI EN ISO 9001:2000 Certified Quality System

Category	Details
Admission Requirements	Degree in Medicine and Surgery, signature of the Universal Declaration of Youth Rights and Duties, and World Health Charter
Annual Fees	• **Year 1:** €2,000 • **Year 2:** €3,000
Application Deadline	JANUARY 10, 2027
INFO	secretariat@scuolamedicamilano.it