INTRODUCTION TO THE COURSES AY 2027

The Ambrosiana University is a recognized world leader of Person-Centered Medicine, our world-class excellence, **and has unified since 1999, the year of the publication of the paradigm , postgraduate courses in the teaching of the Person-Centered Clinical Method and Medical Counseling, which should be taught in medical training curricula, but which, due to epistemological, scientific, clinical and public health illiteracy, are not yet. In fact, as we have well described in our publications , and** numerous international conferences **, and since 1992 in national and international conferences , the failure to adapt health systems to Person-Centered Medicine, ultimately to save the huge profits of BIGPHARMA and the related business, is not only illiterate but criminal, because it is to the detriment of the population, as it does not shift healthcare towards prevention and primary care, for reasons of profit.**

The courses are still unique in Italy and in the world and have adopted the paradigm shift **in Medicine with** Person-Centered Medicine since 1999. **For this epistemological reason, the courses have taken on extraordinary clinical value , as they allow for savings in hospital admissions, suffering, and healthcare costs, enhancing the professionalism of the doctor who breaks away from the alienating standard and empowers patients, saving resources and valorizing themselves as individuals, and rediscovering the soul of their profession by promoting their own health. Since 1987, these courses have enabled us to treat approximately 80,000 adolescents in Italy in a new way, using the Person-Centered Clinical Method since 1999 , resulting in enormous savings in human and financial resources for the regions and the state. This is easily deduced from the data** from our research on the clinical effects of the Person-Centered Clinical Method, the first and still unique in the world. (2003) All postgraduate courses at the Milan Medical School are unified by the theoretical learning of Person-Centered Medicine and the practical learning of the Person-Centered Clinical Method that we introduced to the world with the paradigm shift in Medicine, Medical Science and Medical Education.

I am pleased that some of our former students, now also teachers, have founded public and private services, also orienting public health towards a new perspective in addressing clinical and preventive problems in Clinical Adolescentology, the subject of another important Master's program.

The general essence of the epistemological revolution of Person-Centered Medicine is that health, its problems and illness are part of the mystery of a person's existence and call the doctor to be a healer of the meaning of illness in a person's life, as a possibility for improving his or her being.

Teleonomic interactionism is the epistemological basis of the paradigm shift that occurs with the learning of the person-centered clinical method. **The clinic must follow the health paradigm (2011):** "The choice of the best possibilities to be the best human being", for which the doctor must be a maieuta of the person, not reduced to a mere applicator of bio-technological knowledge. **Person-centered medicine requires a theoretical-practical training path. The Department of Adolescentology and Adolescent Medicine also offers educators training in Health Education in Adolescence, the basic methodology of which is also learned by students of the Course in Medical Counseling. This is a revolution in health education with methods that we have introduced into the world and that we have been teaching for many years (1998) and that the doctor must also know and be able to apply on an**

individual level. This will allow him to escape from professional alienation, realizing his life that is inseparable from his profession.

The educational satisfaction we have had over the years is the gratitude of our students, expressed also by their personal growth as well as their professional one.

Certainly, our courses are aimed at doctors and educators who view their professional role as the fulfillment of "being a person," before "doing," a relativistic and instrumental pragmatism that permeates our culture **, including our university culture, from which we are distant. For this reason, those enrolling in our courses are required by the University's statute to adhere to the** Universal Declaration of the Rights and Duties **of Young People and the** World Health Charter .

These documents clearly state that we do not accept students who support the "gynecological extermination chambers" established in hospitals since 1979, assisted suicide, euthanasia, surrogate motherhood, the illiterate cultural normalization of homosexuality, as it blocks psychosexual development at the pre-genital stage, and pharmacologically induced sex change, without a psychological analysis that gives freedom to the adolescent.

Undoubtedly, we are going against the grain, but this strong and courageous approach, starting from truth, the mother of freedom and good thought, in a historical moment characterized by the desire to construct a standard of thought free of contradictory moral values, alien to true medical science, not that administered by apostates of truth, gives us greater energy and allows for a natural selection of our students. They are called to work with *people whose being is of divine dignity* , not with *evolving personalities* , because they are naturally oriented toward truth, love, and beauty, as a vocation to the dignity of man and woman, and which requires courage and responsibility for its realization. *This differentiates us from the psychological approach that trivializes the human person, reducing it solely and separately to a biological and technological system.*

. The encounter with a doctor who does not reduce the person to a biotechnological apparatus, whose knowledge is essential, is in fact remembered from adolescence throughout life and is a culminating experience that requires doctors, as men aware of a maieutic mission of being a human being, not of a profession.

Students, who cannot exceed 20, must have a particular calling to clinical work and are selected based on ethical and scientific motivations. During the training process, they are invited to participate in international conferences, promoted in collaboration with the Italian Society of Adolescentology and Adolescent Medicine, and the World Federation and Society of Adolescentology. They are automatically admitted as members-in-training if enrolled in the School. At the end of the course, students become members of the Person-C entered Medicine International Academy .

The year 2025 was a special year because it marks the thirtieth anniversary of the founding of the University

This anniversary was celebrated with the International Congress "Assisi 2025: Person-Centered Health and the Resilient Adolescent **", which has definitively buried the obsolete concept of health "Psychophysical well-being" (1946-1948) with the current teleonomic and interactionist one: "The choice of true possibilities to be the best human person", also the foundation of the World Health Charter .**

Ambrosiana University, the world leader in training doctors in Clinical Adolescentology, Person-Centered Medicine, and Medical Counseling, and the only university in Italy and the world, applies "Person-Centered Teaching" © and the " *Agile Training* " method, which involves direct individual requests from students for specific in-depth information. This can be done remotely *, with a personal coach* , a trained physician, who can guide them throughout the training process . The School's teaching is based on a quality system. Some theoretical lessons will be held remotely, allowing for recording and subsequent availability. Training seminars in the person-centered clinical method and counseling will be held in person.

This year's academic innovation is the unification of the curriculum for all medical Masters programs in the first year, dedicated to everyone's learning about person-centered medicine and the person-centered clinical method, the foundation of all clinical activity, if the doctor does not want to be a good or bad blacksmith.

I am also pleased to announce the new Open Access version of the international journals , unique in the world, published by the University: " Medicine, Mind Adolescence" and Person-centered Medicine International Journal "

The academic year , which opened on December 7, will begin on February 28, 2026, God willing.

Enrollment in courses takes place after the application has been accepted . (The number of participants per course is 20. Enrollment in the Specialization Schools is not funded by the state.

Welcome to the Olympus of Medicine!

Giuseppe R. Brera –

Rector of the Ambrosian University ,

Director of the Medical School of Milan