



**PERSON-CENTERED HEALTH
AND
THE RESILIENT ADOLESCENT**

1st INTERNATIONAL CONGRESS

ASSISI-24-25-26 OCTOBER 2025

Sponsorships
(provisional list)



Università Ambrosiana



**World Association
of Social Psychiatry**

World Association of Social Psychiatry



**Consiglio Nazionale
delle Ricerche**

Consiglio Nazionale delle Ricerche



SIAd

**Società
Italiana
Adolescentologia
e Medicina della
Adolescenza**

SIAd-Società Italiana di Adolescentologia e Medicina dell'Adolescenza



[WFSA –World Federation and Society of Adolescentology](#)



[World Health Commitee](#)



[Person Centered Medicine International Academy](#)

PCMIA

Introduction to Science Olympics-Italy 2025

Giuseppe R.Brera

1. Meaning

The symbol of the Olympics is five circles of different colors, united. It is not difficult to recognize three symbols: the circle, the symbol of perfection, the color, the symbol of the diversity of the skin color of the different human races, the point of union between the circles, the symbol of a space-time that unites the different peoples, the different cultures, the different men.

The classical Olympics measure the victory of muscular strength, of the ability of the discipline of training. Today it is no longer enough, because never like today has man lost, on a global level his destiny, his path, his being united by the light of intelligence and reason. Three hundred million people in the world suffer from hunger, millions of children die every year from famine, fratricidal wars, such as the Ukrainian-Russian war, wipe out a generation of young people, dark minds and criminals massacre innocent victims of hatred, young people, the elderly, women and children, as in Gaza and it happened in the neighboring territories by terrorist organizations.

“Light of intelligence”: it is impossible not to remember the master of masters of Western culture. St. Thomas Aquinas, one of the two gems of the history of thought together with St. Augustine, the father of anthropology in his “Being, knowing , loving” as the divine identity of man, father of introspection and psychoanalysis, in his “Redi in te ipsum in interiore homine habitat veritas”, two glories of Milan and Rome, two glories of the country, Italy, through which a large part of the history of the world and of civilization and of the scientific-technological discoveries that have revolutionized it has passed.

In his Summa Theologica, St. Thomas writes that “Knowing comes before desiring” and that “Truth comes before good” and that it is the will of God that illuminates man's intelligence and that for this reason intelligence is “Lumen gloriae ”.

The exercise of muscles, competing in sports, as a result of a rigor in the chosen sports discipline is a good thing and promotes the health of men, but it says little with the desire for truth, for the eternal that does not end in the mind and heart of man, because it allows him the direct experience of the mystery of the light of God in the intelligence of man, created by him, the experience of his will that orders everything for the good of humanity and of the individual man, even evil, in the light that illuminates every darkness inside and outside man and makes him enter into the "Lumen gloriae".

Science, as the birth of thought that describes reality, that is, the truth about the laws of nature, always new, always unknown and relative to the time of humanity, is together with philosophy and theology, the science of God - which does not arise from the knowledge of nature, like philosophy - *it is the will of man to enter with the knowledge of the truth, entering into the "Lumen gloriae", in the revelation of God, to the intelligence of man, in making himself known in the truth of His son who entered the world and history*. In fact, we are by universal recognition in 2025, which means that 2025 years ago an event happened that changed time: to see or not to see, like in a game of "Poker" with existence, in which the one who has the most aces in his hands wins, which mysteriously fell into his hand, without prediction.

The same goes for the idea of a theory that revolutionizes the interpretation of natural laws: just think of the great paradigm shifts in physics, such as the theory of general relativity, or in medicine, with the unpredictable birth of person-centered medicine and the concept of health derived from it, or the very idea of creating a global competition between young researchers and consequently the universities and cultures in which they were born.

What is then the deepest meaning of this idea, which does not want to take anything away from the exercises of the muscles and from sport, but which wants to reward the youngest who have begun to sacrifice their lives, their time, their affections, motivated by the desire to know that light which attracts them and which alone makes us noble and worthy of our dignity, free in our freedom and which illuminates the night of mystery, the desire for truth and in it for eternity and its mysterious correspondence with man and which is mysteriously given by God to the intelligence of those who are humble in mind and heart, to make themselves known in the laws of the nature of man and of the nature of the universe, apparently inanimate, in the splendor of the "Lumen Gloriae".

I am happy that this first edition of the Science Olympiad is taking place in Assisi, a recognized center of universal peace, where humility is combined with

the possibility of love and universal brotherhood, of peace between peoples, cultures and nations, today still in the night of intelligence and reason with murderous wars, omission of cooperation for the development of well-being, starting with children and young people.

Humility, love, however, without the “Lumen gloriae ”, can do nothing.

It is only “The lumen gloriae ” that unites, as each of us can experience in the sight of the light, when the sun rises, whose light unites everything that is perceptible, as if everything were reborn in the light, and that Pope Ratzinger, Benedict XVI, has allowed us to reflect on in the beautiful commentary on the passage from the Gospel of John, of the “Healing of the man born blind”. (John 9-1-41)

A true scientist is therefore a “Son of light”, son of the “Lumen Gloriae ” and it is this desire to be reborn together in the truth, which is the symbol and soul of the Science Olympics.

The “lumen gloriae ” creates a new space-time for every scientist, light of truth, necessity for the good of humanity, in contrast to a dark historical moment in which the universal culture of “smartphones”, destructive of hypothetical-deductive thinking, of the lack of sublimation of the primordial instincts of human nature, including the death instinct, cause of war.

Opinion and media information, even false ones, triumph today over the search for truth.

The point of union between the circles, the space-time that unites races, peoples, nations, cultures, men and women is the space-time of the light of truth: “The lumen gloriae ”.

The world champions of scientific intelligence will therefore also be the world champions “Of the Lumen Gloriae ”, ultimately “Champions of God”, witnesses of the light, His will for the good of man, which has never been extinguished in the history of humanity. The truth that they have discovered and that they will discover will serve the good of humanity and of every man.

Courage! Let us create a new world together in the light of truth, humility, brotherhood, peace! Let us create the time of “Lumen Gloriae ”.

2. STRUCTURE OF SCIENCE OLYMPICS

Giuseppe R.Brera *- Claudio Violato**

Science Olympics World is an international foundation whose aim is to promote every four years the International Congress: "Person-centered health and the resilient adolescent", on which themes young researchers under 35 are called to present a scientific work that enters into competition together with the University or Institute of origin.

The aim of the event is to promote the international unity of young researchers in the knowledge of the scientific and epistemological truth of the concept of health understood as "Choice of true possibilities to be the best human person according to the ethical principles of the "Universal Declaration of the Rights and Duties of the Young", through the presentation of theoretical and scientific research of the results of the study of the protective factors of the health of adolescents and young people, in the theory and education of health, in prevention and clinical adolescentology.

The "Science Olympycs" event is held every four years, in Assis, town universal symbol of peace, and is carried out with the participation of young researchers from universities and research institutes or other institutions, or individuals, who present their research on the health of adolescents and young people, and is accompanied by the organization of an event in the host country aimed at promoting school research on the Universal Declaration of the Rights and Duties of the Young and on the values of human existence, made by a significant representation of students in high schools of the host country

* Rector of Ambrosiana University –Italy and President of Science Olympics World

**Pro-rector of Ambrosiana University –Italy and Assistant Dean University of Minnesota (USA) ,
President of the Olympic Scientific Committee

INTRODUCTION TO THE 1ST INTERNATIONAL CONGRESS

PERSON-CENTERED HEALTH AND THE RESILIENT ADOLESCENT

The year 2024 was the anniversary of the birth of the World Federation and Society of Adolescentology, (WFSA).WFSA was founded in Milan at the end the International Family Year in 1994. The conference was organized under the UN patronage, and promoted by the Italian Society of Adolescentology and Medicine of Adolescence (SIAd), the first scientific society of Adolescentology, born in 1987, in Italy, in the Adolescence Medicine and Psychology Institute (IMEPA) of the Italian Centre of Medical Psychology,(CISPM) which introduced Adolescentology, and its teaching as a new multidisciplinary unitary epistemology of adolescence. Adolescentology is inspired by a Person-centered unitary paradigm of study of adolescence, still today fragmented in the disciplines that study it.

Adolescentology was therefore an epistemological revolution that allowed to see the adolescent as a person, subject of his existence and to interpret its nature in the light of Kairology, as a question of meaning of life, truth, love and beauty that receives and creates possibilities to give a true answer to the mystery of existence. Adolescentology values the resources of the adolescent, before problems, at educational and clinical level, and interprets in a unitary way adolescence as an adaptive stress caused by the perception of a psychological and physical real identity question , naturally finalized to the development of the dignity to be a real person. (Brera 1993-2000). Person-centered clinics and investigation on adolescence and Medical counselling, (1991) was the cradle of Person-centered Medicine, based on the interactionist and teleonomic change of medical science and Medicine that has overcome the still current but obsolete and implicit determinist-mechanistic epistemology of medical science reduced to linear causality, valid only in the emergency room, when there is a biological emergency.

Since 1987 by IMEPA-CISPM and then 1995 the Department of Adolescentology and Adolescence Medicine of the Ambrosiana University, still unique in the world, provide post-graduate courses in Clinical Adolescentology and Medical counselling , Health Education with adolescents, Person-Centered Medicine and have promoted and organized numerous international Congresses, on the matter and Person-Centered Medicine, of which the next scheduled wants to be decisive for the . definitive change in the concept of health and deepen the protective factors that make adolescents resilient to physical, psychological and environmental adversities.

The purpose of this Congress is to advance the concept of having health centered on the person, definable today as “The choice of true possibilities to be the best human person” (Brera 2011-2024) and to bring together researchers who study resilience in adolescents and

young people, in the light of the ethical values of Universal Declaration of the Youth Rights and Duties and the World Health Charter. This Congress, the first on this theme, is associated with the 1st Edition of Science Olympics Italy 2025, which will be a stimulus to young researchers who can aspire to the podium of Olympic Science Champions – 2025.

Claudio Violato, Giuseppe R.Brera, Richard Fiordo (Co-chairs)

Honorary fellows of WFSA

Official languages: English-Italian

PROGRAM STRUCTURE

Deadlines for abstracts presentation: 30 July-30 September (under 35)

24 October h 9



INAUGURATION CEREMONY SCIENCE OLYMPICS ITALY- 2025

h. 11-13

The Person-centered health paradigm

14,30-15,30

Protective and Risk factors of health in adolescence and youth

15,30-16,30

Moral thought and religious faith in adolescence and youth

17.00-18.00

Conflict and identity development in Adolescence

18.00-19.00

Sexual identity and adolescence

25 October

9.00-10.00

Medicine, psychology and the sick adolescent

10-11.00

Health education in adolescence and prevention

11.30-13.00

Mental health, social psychiatry and adolescence

14,30-15,30

Person-Centered Clinical Method, counselling and Adolescence

15,30-16,30

Social media, artificial intelligence and adolescence

17-18

Injury, Violence, Bullyism Prevention

18-19

Substance Use: Prevention and treatment of substance abuse

26 October

9-11

Session dedicated to the Universal Declaration of Youth Rights and duties

SCIENCE OLYMPIAD OF ITALIAN HIGH SCHOOL

Presentation of high school research on the Universal Declaration of Youth Rights and Duties and existential values

11,15-12,15



OLYMPIC AWARD CEREMONY OF THE FIRST THREE WINNING RESEARCHERS THE FIRST EDITION OF SCIENCE OLYMPICS WORLD

12,15

OLYMPIC AWARD CEREMONY OF THE FIRST THREE HIGH SCHOOL AND STUDENTS WINNERS ITALIAN HIGH SCHOOL SCIENCE OLYMPICS

12,40

**AWARD CEREMONY OF THE RESEARCHER WINNING
LE ROY TRAVIS ADOLESCENTOLOGY PRIZE**

13 .00-13,30

Conclusion of Science Olympics Italy 2025