



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

1st INTERNATIONAL CONGRESS

ASSISI-24-25-26 OCTOBER 2025

Sponsorships



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PCMIA

Introduction to the Science Olympiad - Italy 2025

Giuseppe R. Brera

1. Meaning of Science Olympics World

The symbol of the Olympics is made up of five circles of different colors, united. It is not difficult to recognize three symbols: the circle, symbol of perfection; the color, 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 before 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 one, annihilate 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 in the surrounding territories by terrorist organizations.

“Light of Intelligence”: it is impossible not to remember the master of masters of Western culture. Saint Thomas Aquinas, one of the two gems of the history of thought together with Saint Augustine, 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 much 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 "knowledge comes before desire" 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, sports competition, as a consequence of a rigor in the chosen sporting discipline is a good thing and promotes the health of men,

but it says little with the desire for truth, for the eternal that is not exhausted 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 - *is the will of man to enter with the knowledge of the truth, entering 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 occurred that changed time: to see or not to see, like in a game of "Poker" with existence, in which the winner is the one who has the most aces in his hand, which have mysteriously fallen 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 that derives from it, or the very idea of creating a global competition among young researchers and consequently the universities and cultures in which they were born.

What then is 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, moved 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 of 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 Olympics is taking place in Assisi, a recognized center of universal peace, where humility marries 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 and love, however, can do nothing without the “Lumen gloriae ”.

It is only the “Lumen Gloriae ” that unites, as each of us can experience in the gaze of the light, when the sun rises, whose light unites everything that is perceptible, as if everything were reborn in the light, and which Pope Ratzinger, Benedict XVI, allowed us to reflect on in the beautiful commentary on the passage from the Gospel of John, the “Healing of the man born blind”. (Jn 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 with a dark historical moment in which the universal culture of “smartphones”, destructive of hypothetical-deductive thinking, of the failed sublimation of the primordial instincts of human nature, including the death instinct, cause of war.

Today, media opinions and information, even false ones, triumph 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, of His will for the good of man, never 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 the “Lumen Gloriae ”.

2. STRUCTURE OF THE SCIENCE OLYMPICS

Giuseppe R.Brera *- Claudio Violato**

Science Olympics World is an international foundation that aims to promote every four years the International Congress: "Person-centered health and the resilient adolescent", on whose themes young researchers under 35 are called to present a scientific work that enters into competition 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 the true possibilities of being 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 health theory and education, in prevention and clinical adolescence.

The "Science Olympics" event is held every four years in Assisi, a city that is a 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 Young People and on the values of human existence, carried out by a significant representation of high school students from the host country.

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

**Pro-Rector of the Ambrosiana University – Italy and Vice-Rector of the University of Minnesota (USA), President of the Olympic Scientific Committee

INTRODUCTION TO THE CONGRESS

PERSON-CENTERED HEALTH AND THE RESILIENT ADOLESCENT

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

Adolescence was therefore an epistemological revolution that allowed us to see the adolescent as a person, subject of his existence and to interpret his nature in the light of Kairology, as a question of meaning in life, of truth, of love and beauty that welcomes and creates possibilities to give a true answer to the mystery of existence. Adolescence values the resources of the adolescent, before the problems, at an educational and clinical level, and interprets adolescence in a unitary way as an adaptive stress caused by the perception of a real, psychological and physical identity question, naturally aimed at developing the dignity of being a real person. (Brera 1993-2000). Personal-centered clinics and investigation on adolescence and Medical counselling, (1991) was the cradle of Person-centered Medicine, founded 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, under the care of IMEPA-CISPM and then since 1995, the Department of Adolescence and Adolescent Medicine of the Ambrosiana University, still unique in the world, has provided specialization courses in Clinical Adolescence and Medical Consultancy, Health Education with Adolescents, Person-Centered Medicine and has promoted and organized numerous international conferences on the topic of Person-Centered Medicine, the next one of which is scheduled to be decisive for the definitive change in the concept of health and the deepening of the protective factors that make adolescents resilient to physical, psychological and environmental adversities.

The aim of this Congress is to promote the concept of person-centered health, which can be defined 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 light of the ethical values of the Universal Declaration of the Rights and Duties of

Young People and the World Health Charter. This Congress, the first on this theme, is associated with the first edition of Science Olympics Italy 2025, which will be a stimulus for young researchers who can aspire to the podium of the Olympic Science Champions 2025.

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

Honorary Members of the WFSA

Official languages: English-Italian

PROGRAM STRUCTURE

Deadlines for abstract submission : July 30-September 30 (under 35)

October 24th 9.00-11.00

Inauguration ceremony

Science Olympics World

1st edition

Science Olympics Italy 2025

11.00-13.00

The Person-Centered Health Paradigm

14,30-15,30

Protective and risk factors for health in adolescence and youth

15,30-16,30

Moral Thought and Religious Faith in Adolescence and Youth

Break

17.00-18.00

Epistemology and Research on Adolescence

18.00-19.00

Sport and adolescence

October 25th

9-10

Conflict and Identity Development in Adolescence

10-11

Deaths and pathologies induced by COVID-19 mRNA and vectorial vaccines

Break

11,30-12,30

Health education in adolescence and prevention

12.30- 13,30

Mental health, social psychiatry, war and adolescence (WASP Session)

2.30pm-3.30pm

Person-centered clinical method, counseling and adolescence

3.30pm-4.30pm

Social media, artificial intelligence and adolescence

17-18

Prevention of Injury, Violence and Bullying

18-19

Substance Use: Prevention and Treatment of Substance Abuse

October 26th

9-11

Italian High School Science Olympics

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

11.15-12.15



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

12.15

OLYMPIC AWARDS CEREMONY FOR THE FIRST THREE WINNERS FROM HIGH SCHOOLS AND STUDENTS OF THE ITALIAN SCIENCE OLYMPICS

12.40

AWARD CEREMONY FOR THE WINNER OF THE LE ROY TRAVIS PRIZE FOR ADOLESCENTOLOGY

1.00pm-1.30pm

Conclusion of the Science Olympiad Italy 2025