



LEAVING LONELINESS BUILDING RELATIONSHIPS

IFOTES CONGRESS 2019 // UDINE 3-7 JULY 2019

PROGRAMME OVERVIEW

Wednesday, 3 July 2019

14.00 - 19.00	Registration of participants		Teatro Nuovo Giovanni da Udine
15.00 – 17.30	General Assembly I	E-I-D-F	Teatro Nuovo Giovanni da Udine
19.30	Welcome reception by the city of Udine	E - I	Piazza Venerio

Thursday, 4 July 2019

9.00 - 9.45	Opening Ceremony Local authorities Trio Kalliope	E-I-D-F	Teatro Nuovo Giovanni da Udine
9.45 – 10.30	Plenary session - 1 UNDERSTANDING LONELINESS Clemens Sedmak (USA) Understanding Loneliness	E-I-D-F	Teatro Nuovo Giovanni da Udine
10.30 – 11.00	Coffee break		
11.00 - 12:30	Parallel sessions - 1 1A - THE LONELINESS OF THE LOSS Ines Testoni (Italy) Death as abandonment and loneliness: the value of social support and inner research Luz Cardenas (Perù - Italy) The hope's journey between illusions, disillusions, resources and vulnerability	I-D-F	Teatro Nuovo Giovanni da Udine Open to citizens
	1B – THE GOOD LONELINESS Luigino Bruni (Italy) Good and bad solitude Martin Franken (Germany)	I-D	University - via Tomadini

Finding a home within oneself - Turning loneliness into familiarity

	1C – OVERCOMING LONELINESS Julija Pelc (Slovenia) The power of contact Samikannu Peter Jeganatha Pillai (Spain) From Suffering Loneliness to Appreciating Solitude: A Mindfulness Way	E	University - via Tomadini
11.00 - 12:30	Workshops		Teatro, Scuola Valussi and UniUD
12.30 – 14.30	Lunch break		
13.00 – 14.15	Social & cultural activities		
14.30 – 15.30	Plenary session - 2 EFFECTS OF LONELINESS Introduction Karl-Heinz Ladwig (Germany) Loneliness takes its toll: the impact of social isolation on mental and somatic health	E-I-D-F	Teatro Nuovo Giovanni da Udine
15.30 – 16.00	Coffee break		
16.00 - 17.30	Parallel sessions - 2 2A - LONELINESS IN THE EDERLY Marco Trabucchi (Italy) Loneliness and the condition of frailty in the elderly Matteo Balestrieri (Italy) Loneliness in the elderly, mental health and intervention line	I-E-F	Teatro Nuovo Giovanni da Udine Open to citizens
	2B - TOOLS: LONELINESS ON THE PHONE Michel Montheil (France) When the loneliness of the bereaved person discovers a living space on the phone... Frank Ertel (Germany) Back to life	F-D	University - via Tomadini
	2C – LIVING LONELINESS Daniele Damele (Italy) The loneliness of the manager Marco Giordani (Italy) Research-intervention to combat loneliness: a local experience	I	Chamber of Commerce – Sala Valduga Open to citizens
	2D – DEEPENING THE TOPIC Karl-Heinz Ladwig (Germany) Loneliness takes its toll: the impact of social isolation on mental and somatic health	D	University of Udine - Sala Tomadini

16.00 - 17.30	Workshops		Teatro, Scuola Valussi and UniUD
18.00 - 19.30	2UD - UDINE LABORATORY CITY: ACTIONS FOR THE ELDERLY – Local associations and Institutions Actions and programs to combat isolation and foster relationships	I	Chamber of Commerce – Sala Valduga Open to citizens
18.00 – 23.00	Social & cultural activities		

Friday, 5 July 2019

9.00 – 10.30	Plenary session - 3 LONELINESS TODAY Diego De Leo (Australia - Italy) Loneliness and mental health Luca Chittaro (Italy) Digital Loneliness, Digital Relationships	E-I-D-F	Teatro Nuovo Giovanni da Udine
10.30 – 11.00	Coffee break		
11.00 - 12:30	Parallel sessions - 3 3A - HELP THROUGH DEVICES Romain Huët (France) The negativity of listening to suffering. When the exhausted come up against remote support services Daniela Villani (Italy) Positive Technology: the contribution of Internet and mobile Interventions in promoting individuals' well-being and emotional health.	F-I-D	Teatro Nuovo Giovanni da Udine Open to citizens
	3B - HELP THROUGH RELATIONSHIPS Melinda Medgyaszai (Hungary) Caring the carers Francesca Fedrizzi (Argentina – Italy) The tango embrace: a deep conversation without words	E-I	University - via Tomadini
	3C – FEELINGS OF LONELINESS Ulrike und Bolko Pfau (Germany) Loneliness- Boredom- Melancholy Heinz Karrer (Switzerland) Loneliness as a Manager	D	Scuola Valussi - Auditorium
11.00 - 12:30	Workshops		Teatro, Scuola Valussi and UniUD

12.30 – 14.30	Lunch break		
13.00 – 14.15	Social & cultural activities		
14.30 – 15.30	Plenary sessions – 4 EFFECTS OF LONELINESS Introduction Viktor Staudt (The Netherlands) The Price of Modern Life: Depression & Loneliness	E-I-D-F	Teatro Nuovo Giovanni da Udine
15.30 – 16.00	Coffee break		
16.00 - 17.30	Parallel sessions - 4 4A - LONELINESS OF THE YOUNGSTERS Marco Crepaldi (Italy) Hikikomori: the rising phenomenon of social isolation in youths Mark Milton (Switzerland) Emotional Resilience : when well-being through self-awareness reaches youth	I-F-D	Teatro Nuovo Giovanni da Udine Open to citizens
	4B - TOOLS: LONELINESS ON THE PHONE Birgit Knatz und Stefan Schumacher (Germany) Loyalty and loneliness Nancy Liscano Parra (UK) Listening to loneliness	D-E	University - via Tomadini
	4C – LIVING LONELINESS Ferdinando Schiavo (Italy) Beyond loneliness: do you become “wrong” old since your childhood? Piera Giacconi (Italy) Human quality in living our lifetime after 65: new perspectives thanks to Narrative Medicine Natalie Norma Fella e Giulia Tollis (Italy) Piazza della solitudine: an artistic project about loneliness	I	University - via Tomadini Open to citizens
16.00 - 17.30	Workshops		Teatro, Scuola Valussi and UniUD
18.00 - 19.30	4UD - UDINE LABORATORY CITY: ACTIONS FOR THE YOUNGSTERS Local associations and Institutions Actions and programs to combat isolation and foster relationships	I	Chamber of Commerce – Sala Valduga Open to citizens
18.00 – 23.00	Social & cultural activities		

Saturday, 6 July 2019

8.00 – 8.45	Ecumenical Prayer	E-I-D-F	Cathedral of Udine
9.00 – 10.30	Plenary session - 5 LONELINESS AND IDENTITY Anja Machielse (The Netherlands) Loneliness and the need to belong: aspects of loneliness Michela Marzano (Italy) Identity, memory and emotional ties: how to get out of loneliness when entire pieces of our existence slip away forever?	E-I-D-F	Teatro Nuovo Giovanni da Udine
10.30 – 11.00	Coffee break		
11.00 - 12:30	Parallel sessions - 5 5A - COMMUNITY EXPERIENCES Jean-Francois Serres (France) Fighting social isolation by enhancing cooperation and empowering citizens Giovanni Barillari (Italy) Proximity service to combat loneliness: the "No alla solit'Udine" project	F-I-D	Teatro Nuovo Giovanni da Udine Open to citizens
	5B – BORN TO BE LONELY? Elmar Sallman (Germany) Every human being is a universe and therefore completely alone Antonella Riem (Italy) Narrating partnership: Riane Eisler's cultural paradigm for loving relationships	D-E	University - via Tomadini
	5C – TELLING ABOUT LONELINESS Idikó Boldizsár (Hungary) Healing connection between story-teller and story-listener through stories Cristiano Crescentini (Italy) The possible role of mindfulness meditation and mindfulness-based interventions in reducing loneliness and enhancing social-relationship	E	University - via Tomadini
11.00 - 12:30	Workshops		Teatro, Scuola Valussi and UniUD
12.30 – 14.30	Lunch break		
13.00 – 14.15	Social & cultural activities		
13.15 – 14.15	General Assembly II	E-I-D-F	
14.30 – 15.30	Plenary session - 6	E-I-D-F	Teatro Nuovo

LONELINESS, INDIVIDUALS, SOCIETY

Giovanni da Udine

Introduction

Franco Fabbro (Italy)

Cultural identity, violence and the problem of loneliness

16.00 - 17.30

Parallel sessions - 6

6 A - THE LAST ONES' LONELINESS

I-F-D

Teatro Nuovo
Giovanni da Udine

Paolo Cendon (Italy)

Loneliness and the law

Pierluigi Di Piazza (Italy)

If life is decided by relationships, how can we place solitude and how should we consider it?

[Open to citizens](#)

6B - LONELINESS AND AWARENESS

D-I

University - via
Tomadini

Salvatore Lavecchia (Italy)

Loneliness, awareness, 'I-ness'. A Socratic perspective

Fabio D'Antoni (Italy)

Loneiness and Self process

6C - TOOLS: CAMPAIGN TO END LONELINESS

E

University - via
Tomadini

Andy Nazer (UK)

About the campaign to End Loneliness

Jana Thiel (Germany)

Campaigning and loneliness: how to promote meaningful connections in the modern age

16.00 - 17.30

Workshops

Teatro, Scuola Valussi
and UniUD

20.00 – 23.30

Farewell Evening

Teatro Nuovo
Giovanni da Udine

Sunday, 7 July 2019

9.15 – 10.45

Plenary session - 6

E-I-D-F

Teatro Nuovo
Giovanni da Udine

BUILDING RELATIONSHIPS

Anselmo Paolone (Italy)

Perspective on Loneliness, Education and Narrative

Monica Petra (Italy) e Stefan Schumacher (Germany)

Empowering listening skills

Renée Cheval (France) e Michael Grundhoff (Germany)

YOUTHES: opening helplines to young people

10.45 – 11.15

Coffee break

11.15 – 11.45 **Conclusions**

E-I-D-F Teatro Nuovo
Giovanni da Udine

11.45 – 12.30 **Closing Ceremony**

E-I-D-F