

Prof. Antonella Delle Fave
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Bio

Prof. Antonella Delle Fave, MD specialized in Clinical Psychology, is professor of Psychology at the Medical School, University of Milano, Italy. Her research interests include the study of mental health indicators, flow experience and daily functioning across cultures and among individuals experiencing conditions of diversity and adversity. She is involved in research and intervention projects aimed at promoting well-being and mental health in different life domains, with specific attention to work and health. Since 2009, with partners from different countries, she is engaged in the Eudaimonic and Hedonic Happiness Investigation project (EHHI), to explore cultural and regional variations in the conceptualization of happiness, goals, and sources of meaning in life. Her scientific production includes papers in international peer-reviewed journals, as well as authored and edited academic volumes. She served as President of the International Positive Psychology Association, the European Network of Positive Psychology and the Società Italiana di Psicologia Positiva. Since 2010 she is Editor in Chief of the Journal of Happiness Studies.

Keynote Address on:

Promoting Flow experiences to foster personal growth and community cohesion

Abstract

Flow or optimal experience is a positive state characterized by focused attention, involvement, and gratifying investment of personal skills in an activity perceived as highly challenging. A vast literature, spreading across four decades of research, has provided solid evidence of its psychological features. In recent times, flow has been primarily investigated in laboratory settings and in the context of computer-based tasks, with the aim of exploring its neurophysiological correlates. The potential of flow as a resource to be implemented in a variety of life domains is instead still underexplored, despite research evidence of its association with individuals' psychophysical well-being as well as high performance in work, learning, sports and arts. Moreover, studies conducted with formal and informal groups have highlighted the usefulness of promoting flow to improve social cohesion and community connectedness, as well as team productivity. Moving from these findings, suggestions will be provided for fostering flow awareness and implementation in daily contexts and in clinical settings.