

Q2

1. livelli essenziali delle prestazioni sociali
2. Il principio dell'autodeterminazione
3. Suffice it to say, I learned a great deal—but what it seemed that no one shared with me during these years, or seemed to discuss among themselves as either teachers or therapists, was the sheer exhaustion experienced in clinical work as we do our very best to meet the needs of others day after day, year after year. When one of my deeply trusted supervisors died, and I met his wife for the first time, she told me that sometimes he would return home too exhausted to even speak, and that a frequent statement she heard from a man who obviously treasured his clinical work, teaching, and writing was: “They feel better, but I surely do not.” How well I understood this feeling, I thought. How well so many in our field must understand this feeling. And yet many of us lack the attendant knowledge that can assess and direct this feeling, which is called “burnout” in the literature—or knowledge of the necessary practices to heal and soothe ourselves, which are collectively known as “self-care.” What I have learned over the years is the necessity of addressing this complicated exhaustion before the feeling of depletion leads to dysfunction and beyond. With this in mind, I share the precise information that I wish I had known about “burnout” and “self care” in the early years of my work, with references for your further study.
4. Cos'è il sistema operativo?
Un software che fa da intermediario tra l'utente e il computer
Un programma per la realtà virtuale
Un virus informatico
5. Quale di questi non è un programma di videoscrittura?
Microsoft Word
Libre Office Writer
Photoshop