



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Psichiatria

1819-5-H4101D026-H4101D102M

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#### Aims

The Course aims to reach the following goals:

- a) the identification and diagnosis of specific mental disorders starting from the biopsychosocial etiopathogenetic theory
- b) the identification of the most useful therapies to the care and cure of the patient suffering from mental disorder, starting from the Guidelines of psychiatric treatment deriving from the EBM approach
- c) the identification of the complexity of the relationship with the patient suffering from mental disorder
- d) the understanding of the importance and the application of the information deriving from the psychosocial context in the care, cure and rehabilitation of a patient suffering from mental disorder
- e) the selection of a few basic elements designed to provide information and psychoeducation to the patient with mental disorder and his family about main topics such as: the disease in progress; developing a good therapeutic relationship; the improvement of the therapeutic adherence and compliance

About Clinical Psychology: To know and distinguish the areas of application and effectiveness of the different psychological interventions (counseling/psychotherapy); to recognize the appropriateness of the psychological interventions in medical situations and be able to use the psychological services hospital and territorial; self-evaluation competence in the development of one's own professional competence and attitudinal psychological changes

#### Contents

The Course provides the student with the essential theoretical knowledge related to Behavioural Sciences with a

view on their subsequent professional application in the clinical context.

The Course allows the student to learn about, and further develop, the interrelationships between the contents of neuroscience, psychology and psychopathology, clinical psychiatry and psychopharmacology in the dimension of the CNS complexity and the integration of functions. This cognitive route is aimed at understanding the most important and varied pathological clinical conditions in regards to both health and real illness, with particular attention to interdisciplinary Medical and Behavioural Sciences and to results deriving from EBM and gender-related medicine.

About Clinical Psychology: Clinical psychology in the health system; Evidence Based clinical psychology interventions; counseling and psychotherapy; different psychotherapeutic approaches

## **Detailed program**

### **PSYCHIATRY:**

1. Introduction
2. Historic development of the concepts of normality and illness in the field of mental health
3. Historic development of the therapeutic models in psychiatry and of the organization and structure of the psychiatric care
4. Relevant psychiatric and drug addiction legislation
5. General and specific epidemiology in psychiatry
6. Diagnostic psychiatry: the coding classification of mental disorders and the role of DSM-5 and ICD-10 classification system
7. The specific mental disorders: diagnosis, clinical conditions and treatment of:
  - 7.1 Substance-related and Addictive Disorders
  - 7.2 Anxiety Disorders
  - 7.3 Obsessive-Compulsive and Related Disorders
  - 7.4 Trauma- and Stressor-Related Disorders
  - 7.5 Depressive Disorders
  - 7.6 Bipolar and Related Disorders
  - 7.7 Schizophrenia Spectrum and Other Psychotic Disorders
  - 7.8 Feeding and Eating Disorders
  - 7.9 Personality Disorders
  - 7.10 Outline on Neurocognitive Disorders and Somatic Symptom and Related Disorders
  - 7.11 Notes about the concepts of impulsivity and aggression in psychiatry (suicide, attempted suicide, violence

against others, jail and prison psychiatry)

8. Treatments in psychiatry: psychopharmacological therapies, general rudiments of psychotherapy and psychoeducation (individual, group and family); psychosocial rehabilitation

### **CLINICAL PSYCHOLOGY:**

Hospital services of clinical psychology: structure, organization and functions; clinical psychology interventions in hospital setting and in psychiatric disorders; psychological counselling interventions: characteristics and areas of application; psychotherapy models; Evidence Based interventions: cognitive behavioral treatments, Dialectic Behavior Therapy, Mindfull Based Stress Reduction

### **NEUROPSYCHOPHARMACOLOGY:**

1. Neurobiological basis of main psychiatric diseases:
2. Main classes of psychiatric drugs:
  - 2.1. Antidepressants
  - 2.2. Anxiolytics/hypnotics
  - 2.3. Antipsychotics
  - 2.4. Mood stabilizers

### **Prerequisites**

Knowledge of the propaedeutic Courses indicated in the rule book of the Degree

About Clinical Psychology: Previous medical internships

### **Teaching form**

Lectures, training and workshops in small study groups aiming to offer in-depth knowledge on clinically relevant topics

About Clinical Psychology: Large group frontal lessons with the use of interactive strategies; experiential teaching in small group

### **Textbook and teaching resource**

#### **PSICHIATRIA:**

- American Psychiatric Association, DSM-5, Manuale Diagnostico e Statistico dei Disturbi Mentali, Raffaello Cortina Editore, Milano 2014
- Roberts L.W., Louie A.K. (eds), DSM-5. Istruzioni per l'uso, Raffaello Cortina Editore, Milano 2017

- Barnhill J.W. (ed), DSM-5. Casi Clinici, Raffaello Cortina Editore, Milano 2014
- Frances A, La diagnosi in psichiatria. Ripensare il DSM-5, Raffaello Cortina Editore, Milano, 2013
- Nussbaum A.M., L'esame diagnostico con il DSM-5, Raffaello Cortina Editore, Milano 2014
- Hilt R.J., Nussbaum A.M., L'esame diagnostico con il DSM-5 per bambini e adolescenti, Raffaello Cortina Editore, Milano 2017
- Wang S, Nussbaum A.M., L'esame diagnostico con il DSM-5 per la persona anziana, Raffaello Cortina Editore, Milano 2018
- Muskin P.R. (ed), Domande e Risposte sui criteri diagnostici. DSM-5. Un Manuale utile per facilitare l'apprendimento dei criteri diagnostici del DSM-5, Raffaello Cortina Editore, Milano 2016
- Gabbard G.O. (ed.) Trattamento dei Disturbi Psichiatrici. Edizione basata sul DSM-5, Raffaello Cortina Editore, Milano 2016
- American Psychiatric Association, Comprendere i Disturbi Mentali. Una guida per la famiglia con l'aiuto del DSM-5. Raffaello Cortina Editore, Milano 2018
- Hales R.E., Yudofsky S.C., Roberts L.W. (eds), Manuale di Psichiatria della American Psychiatric Publishing, EDRA Milano 2015
- American Psychiatric Association, Linee-guida per il trattamento dei Disturbi Psichiatrici. Compendio 2003, Masson Milano 2003
- American Psychiatric Publishing (Schatzberg A.F., Nemeroff C.B. eds), Psicofarmacologia, Centro Scientifico Editore, Torino 2005

#### **PSICOLOGIA CLINICA:**

Jill M. Hooley - James N. Butcher - Matthew K. Nock - Susan Mineka (2017). Psicopatologia e psicologia clinica con MyLab e eText. Pearson

#### **PSICOFARMACOLOGIA:**

Goodman & Gilman, Le basi farmacologiche della terapia. Edizione XII, Zanichelli, Bologna 2016

### **Semester**

1st term

### **Assessment method**

Oral exam in Psychiatry and Psychopharmacology with evaluation of learning and knowledge of the topics studied during the Course through a clinical case study and in-depth questions on other topics.

Written examination (open-ended question) in Clinical Psychology with evaluation of learning and knowledge of topics studied throughout the Course

No tests during the term

About Clinical Psychology: Written test: 2 open questions

## **Office hours**

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