



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Strumenti per la Gestione di Situazioni Ansiogene

1819-2-H4101D093

Aims

Give the students a basic knowledge of anxiety mechanisms and of some regulations for anxiety management strategies

Contents

Physiological and psychological aspect of anxiety; emotion regulation strategies and emotions dysregulation mechanisms

Detailed program

What anxiety is. Physiological and psychological aspect of anxiety; more common anxiety eliciting situations, exams anxiety, public speech anxiety; medical situation anxiety, panic attack; anxiety management: relaxation techniques, desensibilization;

emotion regulation strategies and emotions dysregulation mechanisms.

Prerequisites

Teaching form

Frontal lesson and experiential exercises

Textbook and teaching resource**Semester****Assessment method**

Pre-post questionnaires

Office hours
