

## SYLLABUS DEL CORSO

### Counselling

1920-3-E2401P032

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#### Learning area

2: Knowledge and skills useful to understand and change the relations among individuals and the psychosocial processes underlying groups, organizations and social systems

#### Learning objectives

##### *Knowledge and understanding*

- Different theoretical models of counselling psychology and family counselling
- Knowing of the peculiar aspects of the counsellor as a professional in the specific field of psychology.
- Theoretical and methodological assumptions of the psychodynamic counselling with a specific focus on adolescence and young adulthood; theoretical, clinical and methodological assumptions of psychodynamic counselling for issues related to parenting and the parents/children relationship, considered in the different phases and in different types of families

##### *Applying knowledge and understanding*

- Recognition of the theoretical concepts as they are applied in practice
- In-depth analysis of the topics presented, to be carried out in small groups
- Discussion of clinical examples and identification of the problematic aspects of the different situations.

#### Contents

**Counselling psychology:** Lessons will focus on: 1) the history of counselling; and 2) the theory and technique of

psychodynamic approach to counselling with adolescents and young adults.

**Family Counseling** lessons will focus on the presentation of the indications, objectives, and methodology of the psychodynamic intervention in relation to critical events and phases in the family life cycle, access to parenting in the different types of family and in different risk conditions.

## **Detailed program**

### **Counselling Psychology**

- Counselling definition
- History of counselling
- Theoretical models
- Psychodynamic concepts of counselling psychology
- Counselling with adolescents
- Tavistock model and other examples
- Counselling with young adult (e.g. university students)
- Problems of the method and of the technique of intervention

### **Family counselling**

- Transition and access to parenthood in different types of families
- Evaluation of parental representations
- Conflicts and disruption regarding parenthood, with reference to perinatal and risk conditions
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## **Prerequisites**

Developmental Psychology and Psychodynamic Psychology

## **Teaching methods**

In addition to classroom lectures, part of the teaching will take place through practical-clinical applications of the acquired knowledge: discussion of clinical cases, group work on clinical and theoretical materials, use of video material and discussion of issues related to psychological counselling in its different fields of application.

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## **Assessment methods**

The verification of learning will be carried out through an oral exam aimed at verifying the specific knowledge of the

main theoretical aspects covered in the course.

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## **Textbooks and Reading Materials**

### **Modulo di counselling familiare**

1. Sala, A. (a cura di) (2017). *Ascoltare ragazzi e genitori: la consulenza psicologica breve di sportello*. Milano: Mimesis
2. Riva Crugnola, C. (2012). *La relazione genitore-bambino. Tra adeguatezza e rischio*. Bologna: Il Mulino (capitoli 5,6, 7, 8).
3. Slide del corso e materiale integrativo fornito sulla pagina del corso.

### **Modulo di Psicologia del counselling**

1. Calvo V. (2007). *Il colloquio di counselling. Tecniche di intervento nella relazione di aiuto*. Bologna: Il Mulino.
  2. Riva Crugnola et al. (2016). *Il counselling rivolto a studenti universitari: un modello a orientamento psicodinamico*. In Soresi, S., Nota I., Ginevra, M. C. (a cura di), *Il counselling in Italia*. Padova: Cluep Editore, pp. 439-446.
  3. Slide del corso e materiale integrativo fornito sulla pagina del corso
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