

SYLLABUS DEL CORSO

Counselling Familiare

1920-3-E2401P032-E2401P028M

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

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

- Transition and access to parenthood in different types of families
- Evaluation of parental representations
- Conflicts and disruption regarding parenthood, with reference to perinatality 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.

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.

Textbooks and Reading Materials

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.

