



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Psichiatria e Psicologia Clinica

1920-3-I0101D014

Aims

PSYCHIATRY - Obtainment of general knowledge, basic specialized concepts and theoretical models of reference which qualify diagnostic orientation, clinical approach and therapeutic routine in psychiatry. Acquisition of fundamental elements of psychopathology and clinical psychiatric in its diagnostic, therapeutic, rehabilitative and preventive aspects regarding the most different mental disorders. CLINICAL PSYCHOLOGY - Knowing how to describe the concept of "difficult patient" in terms of the narrative of the patient; knowing how to recognize and describe the features of different attachment styles and the implications for the relationship with the patient; knowing how to recognize and describe interpersonal motivational systems (activation, deactivation, objectives and related emotions); knowing how to describe the different phases of the Calgary Cambridge model, identifying the objectives and the main communication and relational skills required. PSYCHIATRIC AND MENTAL HEALTH NURSING - The student must learn the basics of relational dynamics in nursing care related to the psychiatric patient and his/her life environment, aiming to plan assistance and being responsible for it.

Contents

Learning basics related to mental health and their application to clinical context.

Detailed program

PSYCHIATRY - Achieving adequate knowledge in relation to: historical and cultural evolution of discipline and psychiatric care; psychiatric legislation; general epidemiology; nosography: mental disorders classification systems and the DSM 5; psychic examination and psychopathological anamnesis; methods and techniques of observation and interview; mental disorders. Diagnosis and clinic of the following: 1. Substance-related disorders and addiction; 2. Anxiety disorders; 3. Mood disorders; 4. Schizophrenia and psychotic disorders; 5. Personality disorders; 6. Eating disorders; 7. Somatoform disorders; 8. Cognitive disorders; 9. The extent of impulsiveness and aggression

in psychiatry (suicide and attempted suicide, psychiatry in prison, violence in psychiatry); 10. Psychiatric therapies (psycho-pharmacological treatments; psychotherapeutic and psycho educational treatments; psychiatric rehabilitation). CLINICAL PSYCHOLOGY - The difficult patient and personal narrative. Interpersonal motivational systems (attachment, care, predatory, competitive, sexual, play and affiliation, cooperative). Attachment and relationship with patients (secure, avoidant, ambivalent, disorganized attachment); attachment-based care approach. The Calgary Cambridge model and communication skills (start of consultation, information gathering, explanation and planning, conclusion, providing structure, building the relationship). PSYCHIATRIC AND MENTAL HEALTH NURSING - Analyze and know the care patterns in Italy, according to law, through the most significant historical stages; analyze the professional development of nursing in psychiatry; identify aspects of nursing care in the psychiatric context according to the conceptual reference model; understand outpatient organization, goals and activities; knowledge about assistance planning: from observation to data collection, nursing diagnosis, care planning, based on the principles of therapeutic relationship and project, and the use of staff of support; being able to participate in teamwork and multidisciplinary integration; ability to handle with the relationship of help to psychiatric patient; ability to use therapeutic communication; ability to use restraint models; manage the pharmacological administration to the psychiatric patient; be conscious of your own life as a care tool; be aware of psychiatric nursing responsibilities; plan patient care in case of aggression and violence. Contents: from the madness in history to the patient as a sick person; native history of psychiatry; national and regional psychiatric legislations; organization of care and care process, Department of Mental Health and related Units; the process and principles of nursing care in psychiatry according to the conceptual reference model; nursing records in psychiatry; nursing care to the patient in his/her different expressions of his illness (anxiety, delirium and hallucinations, depression, aggression etc ...); assistance to violent patients; assistance in treatment under section, legal medical reflexes; the places of care: inpatient and outpatient units, rehabilitation or welfare centers; nurse case manager: reference for the person with psychic discomfort; specificity of the nursing profession; rehabilitation in psychiatry; the complexity of the disease, for the person and for the context; professional communication tools; observance of needs and assistance; team management of the therapeutic project; planning nursing care; self-awareness and emotional engagement; nursing in the area of Child Neuropsychiatry (the relationship with the child and his/her parents; nursing care of the child with autism; nursing care of people with eating disorders).

Prerequisites

Be regular with the curricular exams.

Teaching form

Frontal lessons and discussion of documentary material; use of audiovisual instruments about experiences of disease and about treatment appointments and locations.

Textbook and teaching resource

PSYCHIATRY: a) DSM 5. Raffaello Cortina, Milano, 2014; b) DSM-IV-TR MG. Manuale diagnostico e statistico dei disturbi mentali per la Medicina generale. Masson, Milano, 2002; c) American Psychiatric Association. Linee guida per il trattamento dei disturbi psichiatrici. Quick Reference. Raffaello Cortina, Milano, 2015; d) American Psychiatric Association. Casi Clinici. Masson, Milano, 2015. CLINICAL PSYCHOLOGY: Liotti G., Fassone G., Monticelli F. (2017). L'evoluzione delle emozioni e dei sistemi motivazionali. Raffaello Cortina Editore. Capitoli 1,2,3; Wilhelm K., Tietze T. (2016). Difficult doctor-patient interactions. Applying principles of attachment-based care. *Medicine Today*, 17(1-2), 36-44; Silverman J., Kurtz S., Draper J. (2015). Competenze per comunicare con i pazienti. Piccin. PSYCHIATRIC AND MENTAL HEALTH NURSING: a) Drigo M.L., Borzaga L., Mercurio A., Satta E. (1997) *Clinica e Nursing in Psichiatria*. Milano: CEA; b) Barelli P., Spagnolli E. (2004) *Nursing di salute mentale*. Firenze: Carocci

Faber; c) Raucci V., Spaccapeli G. (2013) Fondamenti di infermieristica in salute mentale. Santarcangelo di Romagna: Maggioli. IN-DEPTH BIBLIOGRAPHY: a) Basaglia F. (1997) Che cos'è la Psichiatria, Baldini & Castoldi; b) Basaglia F. (1998) L'istituzione negata. Rapporto da un ospedale psichiatrico, Baldini & Castoldi; c) Jervis G.(1997) Manuale critico di psichiatria, Feltrinelli; d) Sanza M.(1999) Il comportamento aggressivo e violento in psichiatria. Valutazione e intervento, Centro Scientifico Editore; e) Saraceno B. (1995) La fine dell'intrattenimento. Manuale di riabilitazione psichiatrica, ETAS-RCS.

Semester

3 Anno - 1 Semestre

Assessment method

Written test: 30 multiple choice questions (10 for each module) and 3 open questions (one for each module). Final vote deriving from the average of individual votes of each module (3 different parts) of the exam.

Office hours

On appointment
