



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Psicologia Clinica

2021-5-H4101D026-H4101D101M

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#### Aims

To know and distinguish the areas of application and effectiveness of the different psychological interventions \_\_\_\_\_

At the end of the course the student will be able to know and distinguish the areas of application and effectiveness of the different psychological interventions (psychological support, psychoeducation, counseling and psychotherapy) and to give appropriate indication for specialist addressing; the student will also be able to recognize the possible appropriateness of the psychological intervention in situations of organic pathology and activate the appropriate hospital and territorial psychological resources; at the end of the practical small group activities, the student will also acquire the ability to self-evaluate his/her professional competence and psychological aptitude changes, in particular those regarding the acquisition of the professional role and the ability to adequately regulate his/her own behavior in the patient-doctor relationship, in teamwork activities, in the proper management of leadership, conflicts resolution and negotiation.

#### Contents

Clinical psychology in the health system; Evidence Based clinical psychology interventions; counseling and \_\_\_\_\_

Clinical psychology in the Italian health system; Evidence Based clinical psychological interventions; Different types of psychological intervention: psychological support, psychoeducation, counseling and psychotherapy and the various types of settings (individual, group couple); the main psychotherapeutic approaches (cognitive, cognitive-behavioral, psychodynamic) PTSD treatment. Psychological risk factors and protective factors in the bio-psycho-social model and treatment.

## Detailed program

Hospital services of clinical psychology: structure, organization and functions; clinical psychology interventions in ...

Definition and fields of application of clinical psychology

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Cognitive-behavioral treatments,

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## Prerequisites

Previous medical internships

Communication skills module (Medicine and society course, 2nd year) or equivalent

## Teaching form

Frontal lessons, with the use of active and interactive methodologies (e.g. mentimeter, flipped classroom, buzz groups), guided discussion in the classroom, with the use of educational videos and film clips.

Small group afternoon activities are organized according to the Medical Education guidelines: reflective activities to

encourage the acquisition of professional attitude and a greater awareness of individual dynamics; discussion of clinical cases, simulations of clinical interactions.

During the COVID-19 restrictions the lessons will be recorded and available online, with some live events that will be planned and communicated on e-learning.

## **Textbook and teaching resource**

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

articles on Evidence Based Clinical Psychology Interventions

Siegel, Hartzel "Errori da non ripetere", Cortina Editore

selected chapters from the textbook "Manuale di Psicoterapia Cognitiva", Bara ed. Bollati Boringhieri Editore

## **Semester**

FIRST TERM

## **Assessment method**

written, open questions aimed at assessing student's competence in describing psychological components in standard medical situations and/or describe the most appropriate and evidence based psychological interventions (psychotherapy or counselling) in a wide range of clinical situations

During the Covid-19 restrictions the oral exams will be exclusively through the WebEx platform or otherwise, to ensure adequate social distance

## **Office hours**

To make an appointment, please contact the teachers by e-mail: [mariagrazia.strepparava@unimib.it](mailto:mariagrazia.strepparava@unimib.it)

office: U38, villa Serena (Monza), room number 5-24, V floor

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