UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Counselling Psychology

2021-3-E2401P032-E2401P035M

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 analysisof the topics presented, to be carried out in smallgroups
- 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 with a specific attention to counselling with adolescents and young adults.

Detailed program

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

Prerequisites

Developmental Psychology and Psychodynamic Psychology

Teaching methods

In the Covid-19 emergency period, classes will be held with asynchronously remote video lessons and videoconferencing events that will be communicated by the teacher once the course has started;

All the material (scientific articles, slides) will be available on the e-learning site, so that it can also be used by non-attending students.

Attending students who wish to do so, are given the opportunity to deepen some topics of the course, through the presentation of group work, which focuses on the deepening of topics related to psychological counselling.

Assessment methods

The verification of learning will be carried out through an written exam aimed at verifying the specific knowledge of the main theoretical aspects covered in the course.

Participation in the optional activities (group work presentation) proposed during the course contributes to the final mark (only for attending students).

During the Covid-19 emergency, exams will be conducted according to the University’s regulations regarding the COVID-19 emergency situation.

Textbooks and Reading Materials

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