



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Psicologia Clinica

2021-2-K0101D011-K0101D037M

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#### Aims

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#### Contents

The main topics of the course are: group structure and dynamics, general aspects and specific aspects of teamworking; Group psychology in professional contexts; theories and models on interpersonal aspects and interpersonal and relational dynamics in group interactions: leadership, negotiation processes, conflict management. The essential variables in interactions: emotions and metacognitive processes. Psycho-attitudinal variables, individual differences and motivation in the work groups.

#### Detailed program

(1) Group psychology in professional contexts: general aspects, taxonomy, group structures; (2) group dynamics (processes and interactions); (3) communication (guidelines, practical skills, communication protocols); (4) differences in personality and team work. (5) Group leadership and group dynamics: definition of leadership and types of leadership; working group management techniques; (6) personality differences in group management. (7) Conflict and negotiation processes (8) Relationship and reflection as group management tools. (9) Psycho-attitudinal variables, individual differences and motivation in the work groups: (10) personality models; empathy; motivation; (11) regulation of emotions; (12) skills derived from Dialectic Behavior Therapy useful in the management of group dynamics.

## **Prerequisites**

Defined by the degree regulation.

## **Teaching form**

Frontal lessons, individual and group practical activities. Regular attendance to lessons is a necessary precondition to acquire the above mentioned practical skills.

It should be noted that, in the event - also in the second half of the year - of an emergency state of COVID19 or other, the lessons will be recorded and available online, with some live events on on-line platforms (e.g. Webex, Zoom, Google Meet) that will be planned and communicated on e-learning course website.

## **Textbook and teaching resource**

Scientific articles and booklets edited by the teacher and uploaded on the e-learning section

## **Semester**

Secondo anno, secondo semestre

## **Assessment method**

The examination is not for the single module but it is an integrated examination for the whole course, as described in details in the Syllabus of the Course.

## **Office hours**

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

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