

## COURSE SYLLABUS

### Introduction To Individual and Group Psychotherapy

2021-2-F5104P019

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#### Learning area

2: Methods and techniques for treatment and rehabilitation

#### Learning objectives

##### *Knowledge and understanding*

- Major theories and models in psychotherapy
- Specific and non-specific factors of psychotherapies
- Indication for treatment
- Psychotherapeutic treatment for Personality Disorders (PDs)

##### *Applying knowledge and understanding*

- Theory and practice in psychotherapy
- Clinical cases: exemplifications of PDs
- Efficacy in psychotherapy

#### Contents

The course aims at providing theoretical, technical, methodological, and clinical elements that are useful for the understanding and comparison of the main contemporary models of individual and group psychotherapy. The

psychotherapy models will be presented comparatively, and students will acquire competences and skills that will allow forming a critical opinion with respect to the different approaches. Particularly, students will acquire competences for understanding and analyzing studies on treatment efficacy, specific and aspecific therapeutic factors, connections between theory and techniques in the different approaches, issues related to indication to treatment. Finally, manualized treatments for personality disorders will be presented.

## **Detailed program**

- Introduction to individual and group psychotherapies: models, specific and aspecific factors, indications
- Comparison of the main contemporary models of individual and group psychotherapy: theories and techniques
- Methods for the assessment of treatment efficacy
- Manualized treatments for personality disorders.

## **Prerequisites**

A background in abnormal psychology and descriptive diagnosis (DSM5) and in the basic concepts of psychodynamics will help in \_\_\_\_\_

## **Teaching methods**

The course will consist of lessons, classwork on scientific papers, classwork on clinical material, group work, clinical seminars on specific issues.

\*\*\* Lessons will be held in presence or through online video lessons, according to the University's regulations \_\_\_\_\_

## **Assessment methods**

Oral exam. For students attending lessons an ad hoc examination will be offered.

\*\*\* During the COVID-19 emergency, exams will be conducted according to the University's regulations regarding \_\_\_\_\_

## **Textbooks and Reading Materials**

References will be provided at the beginning of the course and published on the e-learning website.

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