UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Counselling

2122-3-E2401P032

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.

Family Counseling lessons will focus on the presentation of the indications, objectives, and methodology of the psychodynamic intervention in relation to critical events and phases in the family life cycle, access to parenting in the different types of family and in different risk conditions.

Detailed program

Counselling Psychology

- Counselling definitions
- 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

Family counselling

- Transition to parenthood in different types of families
- Evaluation of parental representations and family dynamics
- Conflicts and disruption regarding parenthood, with reference to perinatality and risk conditions
- Models of counseling with parents and children: psychodynamic counseling and counseling with video-feedback

Prerequisites

Developmental Psychology and Psychodynamic Psychology

Teaching methods

Lessons will be held in presence, unless further COVID-19 related restrictions are imposed.

In addition to classroom lectures, part of the teaching will take place through practical-clinical applications of the acquired knowledge: discussion of clinical cases, group work on clinical and theoretical materials, use of video

material and discussion of issues related to psychological counselling in its different fields of application.

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 in class, 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 (optional oral examination) 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).

Textbooks and Reading Materials

Detailed information about the program will be published on the page of the e-learning website.

Erasmus students can contact the teacheras to arrange the possibility of an English-language bibliography and/or the possibility of taking the exam in English.