UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Psicodinamica dello Sviluppo e delle Relazioni Familiari

2122-3-E2401P030

Learning area

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

- The main theoretical aspects of the systemic-relational model.
- The characteristics of the family structure and diagnosis of a family system.
- The development of social skills, emotional skills in the early stages of the life cycle.
- The role of the family in promoting the social-emotional development of its members.

Applying knowledge and understanding

- Ability to understand on the systemic-relational model (structure and family functioning) in the early stages of the life cycle.
- Ability to understand the risk/protective factors of a family system and in a social context.

Contents

- The course aims to support the acquisition of knowledge about the family system and its characteristics. A particular attention is given to the theoretical elements that define the structure and functioning of the family in the different stages of the life cycle. In the first part of the course the focus will be on the main theoretical elements of systemic-relational psychology useful to define the normative functioning of the family. In the second part we will focus on the risk and protection factors of the family system and on the assessment tools of relational processes.

Detailed program

- Interpretive systemic-relational model.
- The psychodynamic characteristics of the family in a trigenerational perspective.
- The development of the Self in the family context.
- Stages of development and developmental tasks of the family.
- The main features of the relational interview.
- Instruments for the evaluation of relational processes: genogram, “Family Sculpture” and role-play.

Prerequisites

Nothing specific. A good knowledge of the basis of Psychology enables a more aware use of the course contents.

Teaching methods

Lessons will be held in presence, unless the occurrence of a new COVID-19 emergency.

The lectures will be accompanied by guided exercises, individual and in small groups, by watching movies focused on the characteristics of the family and family subsystems and on particular relational configurations.

These modalities, together with the discussion in the classroom, have the purpose of making the course contents more usable and facilitate the acquisition of specific skills on the family system and on the tools for the evaluation of relational processes.

Most of the material used in the classroom (excluding films) will be made available on the e-learning site of the course, accessible to both attending students and non-attending students.

Assessment methods

The verification of learning will be carried out through a written (required), oral (optional) examination aimed at verifying the specific knowledge of the main theoretical aspects of the course. The knowledge about the instruments used in the evaluation of relational processes will be the main subject of evaluation. A specific attention will be given to the knowledge of the technical language, the understanding and the ability to evaluate of the family system in the different phases of the life cycle.

The written questions are open questions and/or multiple choice questions (with only one correct answer).

The oral examination covers the whole program. In order to access the oral examination, it's necessary have a score of at least 18 in the written part.

Textbooks and Reading Materials

Although this course is held in Italian, for Erasmus students, course material can also be available in English, and students can take the exam in English if they wish to do so.