



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Disagio Psichico

2122-3-E3901N031

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#### Learning objectives

The course proposes to know and understand the complexity of mental discomfort, from normality to pathology, from subjectivity to the socio-cultural context in which it is inscribed.

#### Contents

- Mental health and illness
- Mental disorders (outline of diagnostic codes)
- Organization of Psychiatric Italian Services
- Interdisciplinary aspects inside Psychiatric Italian Services
- Network between Services
- Treatment plans
- Rehabilitation, recovery, empowerment, advocacy and psychoeducation in Psychiatry
- History and transformation from mental hospital institution to the REMS
- Ethnopsychiatry
- Psychogeriatrics

#### Detailed program

Mental discomfort will be exhausted in its clinical and social aspects, stressing treatment plans and role of the different subjects involved.

## **Prerequisites**

None specific prerequisite is required.

## **Teaching methods**

Frontal lessons/on-line lessons; possible group works; meetings with Psychiatric Service operators (if possible the frontal lessons).

## **Assessment methods**

Written examination with 3 open-ended questions (duration: 1 hour) and optional oral integration.

During Covid-19 emergency the examination will be only an oral exam.

## **Textbooks and Reading Materials**

“Compendio di psichiatria per le professioni socio-sanitarie” a cura di Cornaggia, Clerici.  
Franco Angeli edizioni, 2015e

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