UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

From Diagnosis To Indications For Clinical Interventions

2122-1-F5104P008

Learning area

2: Methods and techniques of intervention and rehabilitation

Learning objectives

Knowledge and comprehension

- Psychodynamic evaluation of psychopathological patterns and mental functioning in the life cycle
- Psychodynamic-developmental models and trajectories at the base of normal and pathological functioning
- Adverse and traumatic experiences in the life cycle and implications for therapeutic treatment
- Indications for clinical treatment regarding the different mental functioning modalities considered

Applying knowledge and understanding

- Ability to evaluate normal and pathological mental functioning
- Ability to identify protection and risk factors with respect to different psychopathological conditions
- Ability to understand the role of traumatic experiences and to evaluate their impact with respect to therapeutic choices
- Ability to clinical reasoning with respect to indications for treatment in the psychodynamic field

Contents

The course will promote the acquisition of useful knowledge for the psychodynamic evaluation of the

psychopathological patterns in the life cycle and in order to understand the psychodynamic developmental models at the base of mental functioning, with particular reference to the role of the adverse experiences with respect to the psychopathological risk. It will also focus on the indications useful for treatment in the psychodynamic field.

Detailed program

- Psychodynamic evaluation in a dimensional view of the psychopathological patterns in the life cycle
- Psychodynamic developmental models to understand mental functioning with reference to: attachment styles and emotional regulation, capacity of mentalizing and reflective function, relational and emotional communication skills
- Adverse and traumatic experiences: resilience and risk factors, intergenerational transmission of trauma, effects on psychopathology and implications for the treatment
- Different indications for psychotherapy treatment and for consultation in the psychodynamic field

Prerequisites

Knowledge of the basic principles of dynamic

Teaching methods

Theoretical lectures will be accompanied by the presentation of clinical cases useful to deepen the knowledge of theoretical constructs through the extended discussion in the entire group of students and in small groups.

Furthermore, presentations of articles related to the topics analyzed by the students will be proposed to deepen the knowledge of different constructs.

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

Assessment methods

The verification of learning will be carried out through an oral examination aimed at verifying the specific knowledge of the main theoretical aspects of the course.

For attending students there will be in-itinere tests (two written tests with open questions, one about half of the course which will focus on the theoretical contents presented in the first part of the course and one at the end, which will focus on the theoretical contents presented in the second part of the course) and supplementary oral examination, if required.

Participation in the optional activities (group presentation, exercises, etc.) proposed during the course contributes to the final evaluation (only for attending students).

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

Textbooks and Reading Materials

Luyten, P., Mayes, L. C., Fonagy, P., Target, M., & Blatt, S. (2015). Handbook of Psychodynamic Approaches to Psychopathology. New York: Guilford Press. Prima Parte cap. 1, 2, 3, 4, 5; Seconda parte cap. 7, 8, 9; Terza parte cap. 20, 21, 24 e 25.

Midgley, N., & Vrouva, I. (2012). La mentalizzazione nel ciclo di vita. Tr.it. Milano: Raffaello Cortina. (Introduzione, cap. 1, 2, 4, 5, 6, 7).

One book of your choice:

Eagle, M. N. (2013). Attaccamento e psicoanalisi. Tr. It. Milano: Raffaello Cortina (cap. 4, 5, 6, 7, 8, 9, 10, 11, 12).

Seligman, S. (2018). Relazioni nello sviluppo. Tr. It. Milano: Raffaello Cortina (cap. 6, 7, 8, 9, 10, 11, 12, 13, 14).

Holm-Hadulla, R. (2022). *Psicoterapia integrativa. Un modello interdisciplinare attraverso tredici racconti di pratica psicoterapeutica*. Tr it. Milano: Mimesis Edizioni.

Slides required and available on the site