UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Family Counselling

2122-2-F5104P034

Learning area

2: Methods and tecniques for treatment and rehabilitation

Learning objectives

Knowledge and understanding

- Understanding communication and interpersonal dynamics in the family context
- Knowledge and understanding of the emotional aspects of family crisis and its management
- Knowledge of tools aimed at improving the welfare of people living a conflict

Applying knowledge and understanding

- Ability to lead a team working within the knowledge learned, collaborating effectively
- Ability to traferire content learned in practical exercises.

Contents

The laboratory aims at favouring the acquisition of knowledge on family dynamics consequential to crisis and separations, with particular attention towards the promotion of dual parenting and the intervention of family mediation as a tool of the Alternative Dispute Resolution (ADR).

Through direct theoretical application, the laboratory explores emotional aspects of parents and children within separation conflict, and the principles and the main objectives of family mediation

Detailed program

- Social climax around separation conflict
- Psychological dynamics of separations: amongst adults, in children and teenagers, within family relations
- Re-organization of family relations before or after separation: children’s needs, adults needs
- Psychological consequences of the legal and judicial process around parental separation
- Sustaining parental responsibilities in order to effectively govern conflict
- Activation of the resources and spontaneous capabilities of the people involved
- Promotion of symmetry and reciprocity in mothers and fathers care
- Principals, objectives and rules of family mediation

Prerequisites

Knowledge of the basics of Developmental Psychology and couples and family dynamics.

Availability to discussions and active participation.

Teaching methods

- Group work on articles and other material
- Discussion of documents and readings
- Discussion of cases
- Simulation and role-playing
- Pratical guided exercises

Lessons will be held in presence or through online video lessons, according to the University’s regulations regarding the COVID-19 emergency situation.

Assessment methods

Practical exercise and final discussion with the Professor.

Textbooks and Reading Materials

Bernardini I. (a cura di) Genitori ancora, Ed. Riuniti 1994

Bernardini I. Una famiglia come un’altra, Mondadori 2014

Canevelli F, Lucardi M. La mediazione familiare. Dalla rottura del legame al riconoscimento dell'altro, Bollati Boringhieri 2008.

Castelli S. La mediazione: teorie e tecniche, Cortina 1996

Emery R. Il divorzio. Rinegoziare le relazioni, F. Angeli 1998

Malagoli Togliatti M. Affido congiunto e condivisione, F.Angeli 2003

Morineau J. Lo spirito della mediazione, Franco Angeli 2003

Parkinson, L. La mediazione familiare. Modelli e strategie operative, Erickson 2001