UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# SYLLABUS DEL CORSO

## Psicodinamica e Assessment della Genitorialità

**2122-1-F5103P009**

### Learning area

Typical development and educational contexts

### Learning objectives

*Knowledge and comprehension*

- Psychodynamics of parenthood
- Transition to parenthood
- Different parenting configurations
- Assessment methods of parenting with reference to: styles of interaction, emotional regulation, attachment and mentalization
- Prevention and intervention models aimed at parents in different risk conditions

*Ability to apply knowledge and comprehension*

- Ability to understand the principles of psychodynamics of parenthood
- Ability to identify the profile of different parenting configurations
- Ability to use the main assessment methods of the different dimensions of parenthood at representational and relational level
- Ability to design prevention interventions suitable for different types of parents

### Contents

The first objective of the course is to deepen the psychodynamic definition of parenthood, considering the paternal and maternal profiles and the process of transition to parenthood.

The second objective will be to examine the construction of the parent/child relationship in conditions of adequacy and risk, providing suitable tools to evaluate this relationship at a relational and representational level.

The third objective will be to present different models of prevention and intervention aimed at different types of parents.

## Detailed program

- Transition to parenthood and perinatal period between well-being and discomfort
- The construction of the parent/child relationship: protection and risk factors
- Parental mentalization and mind-mindedness
- Specific parenting conditions (including adoption, same-sex parenting, migration)
- Intergenerational transmission of trauma
- Methods for evaluating the parent/child relationship: attachment, interaction styles, parenting representations
- Prevention and intervention models for parents and children: psychodynamic and attachment-based orientation

## Prerequisites

Knowledge of the basic principles of dynamic and development psychology

## Teaching methods

Theoretical lectures will be accompanied by the presentation of clinical cases.

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.

Participation in exercises proposed during the course contributes to the evaluation.

## Textbooks and Reading Materials

Riva Crugnola, C. (2012). La relazione genitore tra adeguatezza e rischio. Bologna: Il Mulino.

Steele, M. Steele, H. (2016). Gli interventi focalizzati sull'attaccamento. Nella pratica clinica con i bambini, gli adolescenti e i genitori: Milano: Raffaello Cortina. (without chapters 6, 10, 14, 16, 18, 19)

Riva Crugnola, C. & Ierardi, E. (2018). I legami di attaccamento nel ciclo di vita. In S. Caravita, L. Milani, & D. Trafficante (Eds.), Manuale di psicologia dello sviluppo e dell'educazione (pp. 53-74). Bologna: Il Mulino.

Slides required and available on the site