

# UNIVERSITÀ DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

## **Psicologia Clinica**

2122-2-K0101D011-K0101D037M

Aims

#### **Contents**

The main topics of the course are: group structure and dynamics, general aspects and specific aspects of teamworking; Group psychology in professional contexts; theories and models on interpersonal aspects and interpersonal and relational dynamics in group interactions: leadership, negotiation processes, conflict management. The essential variables in interactions: emotions and metacognitive processes. Psycho-attitudinal variables, individual differences and motivation in the work groups.

### **Detailed program**

(1) Group psychology in professional contexts: general aspects, taxonomy, group structures; (2) group dynamics (processes and interactions); (3) communication (guidelines, practical skills, communication protocols); (4) differences in personality and team work. (5) Group leadership and group dynamics: definition of leadership and types of leadership; working group management techniques; (6) personality differences in group management. (7) Conflict and negotiation processes (8) Relationship and reflection as group management tools. (9) Psychoattitudinal variables, individual differences and motivation in the work groups: (10) personality models; empathy; motivation; (11) regulation of emotions; (12) skills derived from Dialectic Behavior Therapy useful in the management of group dynamics.

## **Prerequisites**

Defined by the degree regulation.

## **Teaching form**

Frontal lessons, individual and group practical activities. Regular attendance to lessons is a necessary precondition to acquire the above mentioned practical skills.

Any changes may be possible in the event of a national pandemic, strictly following the instructions of the University

## Textbook and teaching resource

Scientific articles and booklets edited by the teacher and uploaded on the e-learning section

#### Semester

Secondo anno, secondo semestre

#### **Assessment method**

The examination is not for the single module but it is an integrated examination for the whole course, as described in details in the Syllabus of the Course.

### Office hours

To make an appointment, please contact the teachers by e-mail: mariagrazia.strepparava@unimib.it office: U38, villa Serena (Monza), room number 5-24, V floor

and 1998 Subspect to Organize symmetric at the S. When