



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Psicologia Clinica

2223-1-I0101D007-I0101D021M

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#### Aims

The course aims to provide students with the theoretical knowledge concerning psychological, social and anthropological elements of nursing profession in order to help them to adequately perceive their professional role in a complex context of networks and relationship, in a historical-anthropological perspective and understand psychological and social mechanisms of human behaviour.

Clinical Psychology: know the basic cognitive processes (perception, attention, memory, learning, language); know how to define the concepts of anxiety, depression, stress, burn out, quality of life; to be able to describe the relational dynamics present in the different care settings; to know how to define the placebo phenomenon according to the care relationship; knowing how to describe the placebo effect in relational context and the mechanisms through which it acts

#### Contents

The course give an overview of the psychological aspects of health care professions.

#### Detailed program

CLINICAL PSYCHOLOGY - Psychology as a science of human behaviour, methodological aspects of psychological research, with specific attention to health care professions; main concepts of general and clinical psychology (structure of the mind, cognitive and dynamic processes, mental disorders, clinical relationship and psychotherapy) and the self-evaluation tools (anxiety, stress, burnout and quality of life tests), the psychological challenges of the nursing profession in relation to emergency services, primary care, intensive care and end-of-life care. The placebo effect in the care relationship and its implications.

## **Prerequisites**

## **Teaching form**

Lectures, small group activities with final written report.

## **Textbook and teaching resource**

CLINICAL PSYCHOLOGY: Maria Pia Viggiano "Psicologia per l'infermiere delle moderne strutture ospedaliere", Carocci, 2015; Fabrizio Benedetti "L'effetto placebo. Breve viaggio tra mente e corpo", Carocci, 2018.

Some suggested supplementary material will be uploaded on the e-learning platform

## **Semester**

1 Year - 2 Semester

## **Assessment method**

open questions on topics presented at lesson, written comment of clinical cases. Final grade deriving from the average of individual marks of each module (3 different parts) of the exam.

## **Office hours**

by appointment: dott. Marco Bani, Villa Serena/U38, 5° floor, room 5041 - by appointment only: marco.bani1@unimib.it

## **Sustainable Development Goals**

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY

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