UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Introduction To Individual and Group Psychotherapy

2223-2-F5104P019

Learning area

2: Methods and tecniques for treatment and rehabilitation

Learning objectives

Knowledge and understanding

- Major theories and models in psychotherapy
- Specific and non-specific factors of psychotherapies
- Indication for treatment
- Psychotherapeutic treatment for Personality Disorders (PDs)

Applying knowledge and understanding

- Theory and practice in psychotherapy
- Clinical cases: exemplifications of PDs
- Efficacy in psychotherapy

Contents

The course aims at providing theoretical, technical, methodological, and clinical elements that are useful for the understanding and comparison of the main contemporary models of individual and group psychotherapy. The psychotherapy models will be presented comparatively, and students will acquire competences and skills that will allow forming a critical opinion with respect to the different approaches. Particularly, students will acquire

competences for understanding and analyzing studies on treatment efficacy, specific and aspecific therapeutic factors, connections between theory and techniques in the different approaches, issues related to indication to treatment. Finally, manualized treatments for personality disorders will be presented.

Detailed program

- Introduction to individual and group psychotherapies: models, specific and aspecific factors, indications
- Comparison of the main contemporary models of individual and group psychotherapy: theories and techniques
- Methods for the assessment of treatment efficacy
- Manualized treatments for personality disorders.

Prerequisites

A background in abnormal psychology and descriptive diagnosis (DSM5) and in the basic concepts of psychodynamics will help in understanding the course content. Students lacking such basic knowledge are encouraged to ask for a list of basic references.

Teaching methods

The course will consist of lessons, classwork on scientific papers, classwork on clinical material, group work, clinical seminars on specific issues.

Assessment methods

Oral exam. For students attending lessons an ad hoc examination will be offered.

Textbooks and Reading Materials

References will be provided at the beginning of the course and published on the e-learning website.

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.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING