UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Health Psychology and Clinical Intervention in Healthcare Settings

2223-2-F5104P016

Learning area

METHODS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and understanding

- The main themes of health psychology, discussed in a psychodynamic/clinical perspective
- Theoretical foundations and practical application of doctor/patient relationship and communication
- Analysis and understanding of the emotional, behavioral and relational aspects of the different moments of diagnosis, treatment and helping to face death in the different developmental stages
- Analysis and understanding of the emotional, behavioral and relational aspects of the activity of health workers
- Analysis of the main problems related to the relationship with the immigrant patient
- Transcultural medicine

Applying knowledge and understanding

- Mastery of communication techniques in health psychology
- Ability to pinpoint the main intervention areas, with a specific attention for risk and prevention factors
- Capability of applying different intervention models related to the patients' developmental stage and to the health workers' needs
- Capability of applying different intervention models related to the immigrant patient

Contents

The main themes of clinical health psychology will be discussed, giving a specific attention to the impact that the different phases of the illness can have on the patient, on his family and on health workers. The main themes of the relationship with the immigrant patient

Analitical psychplogy is the theoretical frame for analyzing the relationship into the health reality

Detailed program

- Medicine in history: from the biological model to the bio-psycho-social model
- Medical ethics and bioethics
- Stress and coping strategies: the perspective of the health workers, of the patient and of the caregiver
- Illness and disease during the different life stages
- The impact that the disease and the different phases of a diagnostic process have on the patient and on his/her relatives
- The impact that the disease and the different phases of the diagnostic process have on the physician
- Relationship and communication between physician and patient
- Culture and psychopathology
- Evaluation and care
- Development and transculturality
- Introduction to the Jung's thought

Prerequisites

Nothing specific. A good knowledge of clinical psychology foundations would allow a deeper understanding of the themes discussed.

Teaching methods

Lectures, discussion of case studies; some documentaries and movies will also be presented and discussed, with the aim of analyzing in depth some issues and of reinforcing the student’s interest for the topic.

Students’ active participation is solicited in order to stimulate analytical and expository skills; therefore, interested students may write a short essay, by themselves cooperating with a a fellow student, and produce a Powerpoint presentation to be discussed with the class. Participation to optional activities contributes to final evaluation.

Assessment methods

A written test including multiple choice questions and two open questions. Questions concern the whole program and also papers published on e-learning

The open question consists in the discussion and analysis of a specific and is aimed to the evaluation of analytical

skills and of the ability to discuss critically the subject.

Oral examination is optional and is available only if the written test has been passed.

There will be pre-winter session

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

Textbooks and Reading Materials

Ripamonti C.A. 2015. Manuale di psicologia della salute, prospettive cliniche, dinamiche e relazionali. Il Mulino editore, Bologna

Baubet T., Moro M.R. 2009. Psicopatologia transculturale-Dall'infanzia all'età adulta. Koiné editore

Roth W. Incontrare Jung. Introduzione alla psicologia analitica. Magi editore

Venturino M. Cosa sognano i pesci rossi. Mondadori (lettura facoltativa)

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING