UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

# Residential Interventions in Therapeutic Communities

**2223-2-F5104P032**

## Learning area

2: Methods and tecniques for treatment and rehabilitation

## Learning objectives

The workshop aims to introduce to the students an understanding of therapeutic and rehabilitation potentials of residential therapeutic community, starting from its international origins up to the current italian experience through a nationwide network that has been established since the Law 180 reform.

*Applying knowledge and understanding*

- Participatory observation skills in visiting some therapeutic communities (TC) of excellence.
- Ability to discuss clinical cases of CT residents.
- Elaboration of an individualised therapeutic rehabilitation intervention project with the indication of insertion in residential care.
- Ability to work in a team.

## Contents

Clinical and organizational characteristics of Therapeutic Communities, public and private, for psychotic, borderline, dual diagnosis patients, offenders, adolescents and children.

## Detailed program

- Presentation of specific and non-specific factors characterizing the TC compared to other treatments; treatment indications and multidisciplinary team composition; differentiated treatment programmes on the basis of the type of residents (psychotic, borderline, double-diagnosis patients, etc.) and their developmental point (children and adolescents).
- Participation, in small groups, in an experience of direct observation of a TC “typical day”, team meeting and rehabilitation activities in some available TC. Observation reports, made on the basis on an assessment grid, will be presented and discussed in a group setting.
- Role playing of a community meeting with various roles (different professionals and residents) to discuss both clinical and organizational issues.

## Prerequisites

Having attended Clinical Psychology course and having learned basic elements in psychopathology.

## Teaching methods

Interactive and experiential methodology (visiting experience), videos and films.

**Students are hereby informed that attendance at the first and last lab meetings is mandatory. **

## Assessment methods

Written reports about visiting experiences, treatment rehabilitation, Treatment Plan in a Therapeutic Community, active participation in class discussions.

*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

BOOKS

- Ferruta A. Foresti G. Vigorelli (2012) (a cura di) *Le comunità terapeutiche. Psicotici, borderline, adolescenti e minori*, Milano, Cortina.
- Bencivenga C. Uselli A (2016) *Adolescenti e Comunità terapeutiche*, Alpes, Roma.
- Van Binsbergen M.H., Keune L.H., Gerrits J., Wiertsema H.L., (2007) *Organizzare la psichiatria forense. La comunità terapeutica per autori di reato*, Ananke, Il Porto, Torino, 2016.
- Mingarelli L. Tonazzo D. (2018) *I ruoli in comunità terapeutica per adolescenti. Organizzazione di vita e di cura*, Ananke, Torino.

SCIENTIFIC PAPERS

- Vigorelli M., “Towards an italian model of therapeutic Community”, *European Journal of Psychotherapy&Counselling*, Taylor&Francis, London, 1, 2014, p. 64-76
- Vigorelli M. The Movement of Therapeutic Communities in Italy: Myth & Reality in Clàudio Eizirik and Giovanni Foresti (Editors) (2019) *Psychoanalysis & Psychiatry. Partners and Competitors on the Mental Health Field*, Routledge Taylor&Francis, London and New York.


WEBSITES

- http://www.terapiadicomunita.org/
- https://www.mitoerealta.org/

## Sustainable Development Goals