UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Turno D - La gestione delle relazioni nei gruppi di lavoro

2223-2-F8701N033-TD

Learning objectives

Acquisition of awareness on teamwork and team building.

Basic knowledge on stress with reference to work stress and burnout in helping professions

Contents

Group structures and processes.

Stress and burnout

Detailed program

1. The nature of the group. The contribution of K.Lewin.

2. Elements of group dynamics. Group structure. Cohesion, conformity and deviance. Communication and interaction. From the group to the work group.

3. The deep level. A contribution from psychoanalysis: W.R. Bion. The Tavistock Institute.

4. Stress and burnout. Nature of the phenomena. Symptoms, causes and cures. The "co-management of anxiety".

Prerequisites

Not required.

Teaching methods

Classroom taught lessons, exercises, discussion on topics from participants.

Assessment methods

Attendance non less than 75% lesson hours as expected.

Textbooks and Reading Materials

Del Rio, G. (1990), *Stress e lavoro nei servizi*, NIS, Roma

Del Rio, G., Luppi, M. (2010), *Gruppo e relazione d'aiuto*, FrancoAngeli, Milano.

Jaques, E., [1970], *Lavoro, creatività e giustizia sociale*, Boringhieri, torino, 1978.

Schaufeli, W, Enzmann, D. (1998), *The Burnout Companion to Study & Practice. A Critical Analysis*, Taylor & Francis, London.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING