UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Anxiety and Mood Disorders: Assessment and Intervention Techniques

2324-1-F5108P004

Learning area

METHODS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and understanding

- Classification of anxiety and mood disorders.
- Second and third wave cognitive-behavioral models and methods for brief intervention.
- Theoretical basis, technical aspects, effectiveness and fields of application of different strategies of intervention.

Applying knowledge and understanding

- Promoting clinical competence.
- Correct use of the intervention techniques in the treatment of psychological distress in its different forms.

Contents

The course aims to explore the diagnosis classification of major anxiety and mood disorders, and to present a review of evidence-based intervention models developed in recent years in the cognitive-behavioral and integrated ("third wave") models. The course is aimed at promoting the student's clinical skills and providing him/her with a set

of intervention strategies to be flexibly applied to the treatment of psychological distress in its various expressions. A specific focus will be dedicated to the treatment of anxiety and depressive issues occurring in patients with neuropsychological problems and their relatives.

Detailed program

- Anxiety disorders and depression: classification.
- Rational emotional behavioral therapy - REBT (Ellis).
- Cognitive behavioral therapy - CBT (Beck).
- Metacognitive and mindfulness-based therapies.
- Anxiety and depression issues in patients with neuropsychological problems and their relatives.

Prerequisites

A good knowledge of the basis of Clinical Psychology and Psychopathology enables a more aware use of the course contents.

Teaching methods

In addition to classroom lectures, part of the teaching will take place through the discussion of scientific articles, case studies, and exercises and discussions on the course topics.
The material (slides and, when possible, scientific articles) is made available on the e-learning site of the course, so that it can also be used by non-attending students.

Assessment methods

The exam is written, and includes 20 multiple choice questions (maximum score 20) and the discussion of a clinical case (maximum score 10 plus an eventual bonus). The final score is given by the sum of the two tests.

The questions are intended to ascertain the effective learning of both theoretical knowledge and practical-clinical skills related to different techniques of intervention.

The evaluation criteria are: the correctness of the answers and the ability to apply the learned techniques to the reading and discussion of the clinical case.

For those students who request it, an oral interview is also provided, on all the topics of the course, which can lead to an increase or decrease of up to 2 points compared to the score of the written exam.

No “in itinere” examinations are scheduled.

Erasmus students can contact the professor to agree on the possibility of studying on a bibliography in English and/or the possibility of performing the exam in English.

Textbooks and Reading Materials

The examination will be conducted in Italian. In addition to the slides and material presented in class and uploaded to the E-learning site, the exam will focus on the study of the following texts (limited to the indicated chapters):

1. DiGiuseppe, R.A., Doyle, K.A., Dryden, & W., Backx, W. (2014). Manuale di terapia razionale emotiva comportamentale (Ed. italiana a cura di G.M. Ruggiero e D. Sarracino). Milano: Raffaello Cortina 2014. Capitoli 3, 4, 7, 8, 9, 10, 11, 12, 16.

2. Beck, J. (2021). La terapia cognitivo-comportamentale (TERZA EDIZIONE, a cura di A. Montano). Roma: Astrolabio 2022. Capitoli 3, 6, 10, 12, 14, 15, 17, 18.

3. Clark., D.A., Beck., A.T. (2016), Il manuale dell'ansia e delle preoccupazioni. La soluzione cognitivo comportamentale. Verona: Positive Press 2011.

4. Documento Finale della Consensus Conference sulle terapie psicologiche per ansia e depressione. SOLO ALLEGATO 4: pp. 52-64. Download from: https://www.iss.it/documents/20126/0/Consensus_1_2022_IT.pdf

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING