UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Counselling

2324-3-E2401P032

Learning area

2: Knowledge and skills useful to understand and change the relations among individuals and the psychosocial processes underlying groups, organizations and social systems

Learning objectives

Knowledge and understanding
• Different theoretical models of counselling psychology and family counselling
• Knowing of the peculiar aspects of the counsellor as a professional in the specific field of psychology.
• Theoretical and methodological assumptions of the psychodynamic counselling with a specific focus on adolescence and young adulthood; theoretical, clinical and methodological assumptions of psychodynamic counselling for issues related to parenting and the parents/children relationship, considered in the different phases and in different types of families

Applying knowledge and understanding
• Recognition of the theoretical concepts as they are applied in practice
• In-depth analysisof the topics presented, to be carried out in smallgroups
• Discussion of clinical examples and identification of the problematic aspects of the different situations.

Contents

Counselling psychology: Lessons will focus on: 1) the history of counselling; and 2) the theory and technique of psychodynamic approach with a specific attention to counselling with adolescents and young adults.

Family Counseling lessons will focus on the presentation of the indications, objectives, and methodology of the psychodynamic intervention in relation to critical events and phases in the family life cycle, access to parenting in the different types of family and in different risk conditions.

Detailed program

Prerequisites

Developmental Psychology and Psychodynamic Psychology

Teaching methods

Assessment methods

Textbooks and Reading Materials

Sustainable Development Goals

QUALITY EDUCATION