



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## COURSE SYLLABUS

### Counselling Psychology

2324-3-E2401P032-E2401P035M

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#### 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 analysis of the topics presented, to be carried out in small groups
- 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.

## **Detailed program**

### **Counselling Psychology**

Counselling definitions  
History of counselling  
Theoretical models  
Psychodynamic concepts of counselling psychology  
Counselling with adolescents  
Tavistock model and other examples  
Counselling with young adult (e.g. university students)  
Problems of the method and of the technique of intervention

### **Prerequisites**

Developmental Psychology and Psychodynamic Psychology

### **Teaching methods**

In addition to classroom lectures, part of the teaching will take place through practical-clinical applications of the acquired knowledge: discussion of clinical cases, group work on clinical and theoretical materials, use of video material and discussion of issues related to psychological counselling in its different fields of application.

All the material (scientific articles, slides) will be available on the e-learning site, so that it can also be used by non-attending students.

Attending students who wish to do so, are given the opportunity to deepen some topics of the course, through the presentation of group work in class, which focuses on the deepening of topics related to psychological counselling.

### **Assessment methods**

The verification of learning will be carried out through an written exam (optional oral examination) aimed at verifying the specific knowledge of the main theoretical aspects covered in the course.

Participation in the optional activities for those attending the course (group work presentation) proposed during the course contributes to the final mark (only for attending students).

### **Textbooks and Reading Materials**

Detailed information about the program will be published on the page of the e-learning website.

Erasmus students can contact the teacheras to arrange the possibility of an English-language bibliography and/or the possibility of taking the exam in English.

## **Sustainable Development Goals**

QUALITY EDUCATION

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