



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Mental Distress

2324-3-E3901N031

Aims

Knowledge and understanding

Social reality is undergoing continuous changes, which have been particularly rapid in recent decades, and also evident in healthcare and, specifically, the psychopathology of mental health. The overall objective of the course is to provide the student(s) with a wealth of concepts and technical tools (knowledge) derived from a clinical-epidemiological approach applied to social reality and through which to analyze and interpret the main elements of psychopathological distress and the current diagnostic "reconstruction" of mental disorders according to the DSM 5 Manual. The methodological skills derived from the knowledge of the diagnostic criteria and the consequent categorization of mental disorders will also be implemented through some guided exercises. Such skills turn out to be indeed essential in the training of social work practitioners.

Ability to apply knowledge and understanding

The specific objective of the Course is to provide the student(s) with the skills to navigate the landscape of clinical diagnostics of empirical derivation (descriptive, atheoretical and operationalized) in order to critically and consciously identify psychopathological issues stemming from the concept of normality/disorder and intervention methodologies within the different clinical settings and facilities that constitute the system of mental health treatment in our region and in our country and its regulatory correlates.

Contents

The Course is organized around a few thematic cores developed in five modules:

1. introduction to mental health through the concepts of health/illness, mental distress and diagnostic categorization;

2. mental disorders and their classification;
3. the mental health intervention system and the organization of Services;
4. elements of psychosocial impact in the management of mental disorders in different contexts (drug addiction, prison, migrants, etc.);
5. the role of family in mental health.

Detailed program

PSYCHIATRY - Obtainment of general knowledge, basic specialized concepts and theoretical models of reference which qualify diagnostic orientation, clinical approach and therapeutic routine in psychiatry. Acquisition of fundamental elements of psychopathology and clinical psychiatry in its diagnostic, therapeutic, rehabilitative and preventive aspects regarding the most different mental disorders. CLINICAL PSYCHOLOGY - Knowing how to describe the concept of "difficult patient" in terms of the narrative of the patient; knowing how to recognize and describe the features of different attachment styles and the implications for the relationship with the patient; knowing how to recognize and describe interpersonal motivational systems (activation, deactivation, objectives and related emotions); knowing how to describe the different phases of the Calgary Cambridge model, identifying the objectives and the main communication and relational skills required. PSYCHIATRIC AND MENTAL HEALTH NURSING - The student must learn the basics of relational dynamics in nursing care related to the psychiatric patient and his/her life environment, aiming to plan assistance and being responsible for it.

Prerequisites

Be regular with the curricular exams.

Teaching form

Frontal lessons and discussion of documentary material; use of audiovisual instruments about experiences of disease and about treatment appointments and locations.

Textbook and teaching resource

PSYCHIATRY: a) DSM 5. Raffaello Cortina, Milano, 2014; b) DSM-IV-TR MG. Manuale diagnostico e statistico dei disturbi mentali per la Medicina generale. Masson, Milano, 2002; c) American Psychiatric Association. Linee guida per il trattamento dei disturbi psichiatrici. Quick Reference. Raffaello Cortina, Milano, 2015; d) American Psychiatric Association. Casi Clinici. Masson, Milano, 2015. CLINICAL PSYCHOLOGY: Liotti G., Fassone G., Monticelli F. (2017). L'evoluzione delle emozioni e dei sistemi motivazionali. Raffaello Cortina Editore. Capitoli 1,2,3; Wilhelm K., Tietze T. (2016). Difficult doctor-patient interactions. Applying principles of attachment-based care. Medicine Today, 17(1-2), 36-44; Silverman J., Kurtz S., Draper J. (2015). Competenze per comunicare con i pazienti. Piccin. PSYCHIATRIC AND MENTAL HEALTH NURSING: a) Drigo M.L., Borzaga L., Mercurio A., Satta E. (1997) Clinica

e Nursing in Psichiatria. Milano: CEA; b) Barelli P., Spagnoli E. (2004) Nursing di salute mentale. Firenze*: Carocci Faber; c) Raucci V., Spaccapeli G. (2013) Fondamenti di infermieristica in salute mentale. Santarcangelo di Romagna: Maggioli. IN-DEPTH BIBLIOGRAPHY: a) Basaglia F. (1997) Che cos'è la Psichiatria, Baldini & Castoldi; b) Basaglia F. (1998) L'istituzione negata. Rapporto da un ospedale psichiatrico, Baldini & Castoldi; c) Jervis G.(1997) Manuale critico di psichiatria, Feltrinelli; d) Sanza M.(1999) Il comportamento aggressivo e violento in psichiatria. Valutazione e intervento, Centro Scientifico Editore; e) Saraceno B. (1995) La fine dell'intrattenimento. Manuale di riabilitazione psichiatrica, ETAS-RCS.

Semester

3 Year - 1 Semester

Assessment method

Written test: 2 open questions

Office hours

PROFESSOR OFFICE HOURS - Prof. M. Clerici, Villa Serena/U38 c/o SPDC - by appointment only: .

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY
