UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Psicologia Perinatale

2425-2-I0102D013-I0102D042M-T1-T5

Aims

The aim of the course is to make the student acquire the basic competence for the recognition and evaluation of the psychological processes of adaptation related to pregnancy, both in the preparatory phase, during pregnancy and in the peri-partum and post-partum period, both in mother and other relevant figures (family of origin, partner / children). The student will also acquire the competence to recognize the most common indicators of postpartum depression and more generally the most common indicators of individual and couple parental fagility.

Contents

The course provides the student with knowledge of the emotional and psychological changes associated with pregnancy, childbirth and postpartum, postpartum depression and contents related to the concept of parenting and attachment.

Detailed program

Psychology of pregnancy: cognitive and emotional changes in the preparation for pregnancy, desired pregnancy, unplanned pregnancy, pregnancy with assisted fertilization. The impact and psychological support in spontaneous abortion situations and in medical termination of pregnancy. The psychological impact of prenatal diagnosis. Psychological individual and couple reactions in pathological pregnancy.

Universal characteristics of psychological reactions to pregnancy in the three trimesters. Protective factors and risk factors, individual, family, social and environmental.

Parenting: theory and mechanisms; protective and risk factors. Too young mothers: pregnancy in adolescence.

Mentalization and parenting. The skills of the fetus and newborn baby.

Personality profiles and subjective reaction to pregnancy: the Guidano model of personality organizations.

Interpersonal motivational systems: a reading key to describe the dynamics of the parenting couple, the obstetric / pregnant relationship and the interactions within the work team. The integrated midwife-psychologist job in supporting fragile motherhood. Postpartum depression: indicators and types of intervention.

Prerequisites

General psychology course, 1st year

Teaching form

The course is based on frontal teaching and - given the relatively small number of students - on the use of exercises and group work; in particular, active teaching methods such as PBL (problem based learning) and CBL (case based learning) will be used.

Language: Italian

Textbook and teaching resource

Marilde Trinchero, "La solitudine delle madri", magi editore

Scopesi, Viterbori, "Psicologia della Maternità", Carocci

Pellai "Nella pancia del papà", Franco Angeli

Supplementary readings:

Pairman Sally, Tracy Jan, Thorogood Carol, Pincombe Sally. Midwifery. Preparation for practice, Churchill Livingstone, 2015, 3rd ed.

Ladewig-London-Davidson, Assistenza alla maternità, ed it a cura di Guana-Grassi, Piccin 2012.

Braibanti p. et al. Psicologia della salute e nascita 2012 Franco Angeli

Semester

II semester

Assessment method

Written test with open questions to evaluate the understanding of the concepts and the interaction skills of the topics covered in the course, adapting them to the clinical experience of the internship

Office hours

To make an appointment, please contact the teachers by e-mail: mariagrazia.strepparava@unimib.it

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Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | GENDER EQUALITY | REDUCED INEQUALITIES