UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Family Counselling

2425-3-E2401P032-E2401P028M

Learning area

METHODS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and understanding

• Main models and techniques of cognitive-behavioral counseling.
• Theoretical, clinical and methodological assumptions of cognitive-behavioral oriented counseling for parenting and parent/child relationship issues considered in different stages and in different types of families.

Applying knowledge and understanding

• Recognition of theoretical concepts applied in practice
• Promotion of clinical skills.
• Mastery of intervention techniques to be applied flexibly in individual and family counseling.

Contents

The course aims to present a review of some of the major counseling models developed in recent years in the cognitive-behavioral field. The course is designed to promote the student's clinical skills and provide a range of intervention strategies to be applied flexibly in the treatment of a person's emotional, social, health, cultural and work-related problems.

Detailed program

Family Counseling Module

Cognitive-behavioral model: peculiarities and comparison with other orientations.
Rational Emotive Behavioral Counseling - REBT.
Cognitive-Behavioral Counseling - CBT.
Intervention strategies for anxiety problems.
Problem solving strategies.
Intervention strategies for relationship and family problems.

Prerequisites

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

Teaching methods

Teaching will be predominantly lecturing in nature (60%) and interactive (40%).

In addition to traditional classroom lectures, part of the teaching will involve practical-clinical applications of acquired knowledge: discussion of clinical cases, group work on clinical and theoretical materials, use of video materials, and discussions on topics related to psychological counseling in various fields of application.

All materials (lecture notes, articles, slides) is made available on the e-learning site of the course, so that it can also be used by non-attending students.

For attending students interested in further exploration, there will be opportunities to deepen specific course topics through group presentations focused on themes related to psychological counseling.

Assessment methods

The exam is written, aimed at verifying specific knowledge of the main theoretical aspects covered in the course.

Participation in optional activities for attending students (group presentations) proposed during the course will contribute to the evaluation.

No “in itinere” examinations are scheduled.

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 some texts that will be indicated at the beginning of the course.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING