UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Counselling Psychology

2425-3-E2401P032-E2401P035M

Learning area

METHODS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and understanding

• Different theoretical models underlying family and individual counseling
• Knowledge of the specific characteristics of the profession of psychological counselor
• Theoretical and methodological assumptions of individual counseling, with particular reference to psychodynamic-oriented counseling aimed at adolescents and young adults; theoretical, clinical, and methodological assumptions of psychodynamic-oriented counseling for issues related to parenting and parent/child relationships considered in different phases and types of families

Applying knowledge and understanding

• Recognition of theoretical concepts applied in practice
• In-depth exploration of topics in groups
• Discussion of proposed clinical examples and highlighting of critical issues in different situations.

Contents

The lessons of the Counseling Psychology module will focus on presenting the historical origins of counseling, the theory and technique of psychodynamic-oriented counseling, with specific attention to counseling aimed at

adolescents and young adults.

Detailed program

Counselling Psychology

Definitions of counseling
Origins and development of counseling
Theoretical models
Psychodynamic concepts underlying psychological counseling
Counseling with adolescents
The Tavistock model and other examples
Counseling with young adults (e.g., university students)
Problematic aspects of the method and intervention technique

Prerequisites

Knowledge of dynamic psychology and developmental psychology

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