UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Practical Class: Conflict Management in Affective Relationships

2425-2-F5107P023

Learning area

Models and Techniques for Intervention and Rehabilitation

Learning objectives

Knowledge and Understanding

- The goal of the laboratory is to provide knowledge on the relational dynamics of conflict in affective relationships, with particular reference to:
- the processes of co-regulation of emotions
- the evolutionary processes of co-dependence
- negotiation and mediation in interpersonal processes
- functional and dysfunctional relational styles in conflict management
- communication processes in managing conflict in affective relationships***

Ability to Apply Knowledge and Understanding

- Develop the ability to apply knowledge in understanding the main dynamics that lead to conflict processes in affective relationships
- Identification and understanding of personal and interpersonal features that characterize conflict management styles and main intervention methods of relational nature
- Develop the ability to apply knowledge and understanding to promote functional processes in communicative dynamics and emotional regulation
- Identification and understanding of personal and interpersonal features that characterize conflict management styles and main intervention methods of relational nature
- Develop the ability to apply knowledge and understanding to promote functional processes in communicative dynamics and emotional regulation

Contents

The main dimensions that characterize conflict in the relational dynamics within the different kinds of affective bonding and the consequences on individual and family development areas will be focused. Tools for analyzing the nature of conflict, communication styles, emotion regulation processes and potential resources of the family system will be explored.

Detailed program

The systemic-relational approach to conflict dynamics in family contexts is based on an understanding of interpersonal relationships within the family unit and how they influence the individual's behavior and emotions. In this model, the family is considered as an interconnected system, where each component plays a specific role and interactions can generate tensions and conflicts. Conflict as an integral part of family relationships can have dysfunctional effects on development and at the same time can be an opportunity for growth and change.

According with these theoretical assumptions, the following aspects will be addressed:

- Conflict within the Multigenerational Model
- The relational dynamics of family conflict
- The regulation of emotions in conflict management
- The main communication styles in conflict dynamics
- The function of conflict in the evolutionary processes of the family
- The characteristics of destructive and constructive conflict
- The effects of family conflict on a person's development
- The use of tools for analyzing conflict processes
- Intervention techniques in conflict management

Prerequisites

Basic knowledge of Systemic-Relational Theory.

Teaching methods

An active teaching approach will be predominantly used in the workshop, involving students through viewing clinical videos, simulations, role-playing and individual and group practical exercises.
Of the 28 laboratory hours, 8 laboratory hours out of 28 will be face-to-face teaching and 20 in interactive teaching.

Through the e-learning page, students will have the possibility to benefit from the teaching material.

Assessment methods

Attendance of at least 70% of the scheduled hours is mandatory.
The learning assessment will be carried out through the presentation of an individual written composition related to the use of the tools presented in the workshop for analyzing and intervening in conflict dynamics.
The ability to analyze the main relational dynamics through the application of tools aimed at conflict management analysis will be evaluated.
The compositions will be discussed in a group with the instructor.

Textbooks and Reading Materials

Reference texts and articles will be indicated at the beginning of the Workshop.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING