



UNIVERSITÀ  
DEGLI STUDI DI MILANO-BICOCCA

## SYLLABUS DEL CORSO

### Psichiatria e Psicologia Clinica

2425-5-H4101D026

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#### Aims

The course must contribute to the achievement of the following objectives:

- a) identify and diagnose specific mental disorders starting from the biopsychosocial etiopathogenetic theory
- b) identify the most useful therapies for the treatment of patients suffering from mental disorders starting from the guidelines on psychiatric treatment resulting from evidence-based medicine
- c) identify the complexity of the relationship with the patient suffering from mental disorder
- d) understand the importance and use information relating to the psychosocial context in the context of care and rehabilitation of patients suffering from mental disorders
- e) select some fundamental elements aimed at information and psychoeducation of the affected patient from Mental Disorder and its family on central themes such as: the current pathology; the establishment of a valid one therapeutic relationship; the constant improvement of therapeutic adherence and compliance

Regarding clinical psychology: Know and distinguish the areas of application and effectiveness of different psychological interventions (counseling/psychotherapy); recognize the appropriateness of psychological intervention in situations of organic pathology and activate hospital and local psychological resources; competence of self-assessment of the development of one's professional competence and psychological attitudinal changes

#### Contents

The course provides the student with essential theoretical knowledge relating to behavioral sciences perspective of their subsequent professional application in the clinical field. It allows the acquisition and the deepening of the interrelationships between the contents of neuroscience, psychology and psychopathology, of clinical psychiatric and psychopharmacology in the dimension of complexity and integration of functions of the CNS. This cognitive path is aimed at understanding the most important and most diverse ones

psychopathological manifestations present in the psychiatric clinic, both regarding the states of health and frankness

disease, with particular attention to the interdisciplinarity of Medicine and Behavioral Sciences, to findings of evidence-based medicine and gender medicine.

Regarding Clinical Psychology: Clinical psychology in the healthcare system; clinical psychological interventions Evidence Based; counseling and psychotherapy; the different psychotherapeutic approaches

## **Detailed program**

see the detailed program of the individual modules

## **Prerequisites**

Knowledge of general pharmacology

Regarding Clinical Psychology: Medical internship experiences in a hospital setting

## **Teaching form**

Lectures, internships and exercises in small groups aimed at offering in-depth analysis on some topics of clinical relevance

## **Textbook and teaching resource**

see teaching units

## **Semester**

first semester

## **Assessment method**

The exam focuses on the topics covered in the teaching modules that compose it.

Written test (for the topics of Clinical Psychology and Pharmacology, with closed and open questions) and oral test (for the topics of Psychiatry using a clinical case and in-depth questions on other topics covered). Evaluation of learning and understanding of the topics covered in the Course.

## **Office hours**

appointment by mail: Prof. Massimo Clerici [massimo.clerici@unimib.it](mailto:massimo.clerici@unimib.it)  
see details of the individual modules

## **Sustainable Development Goals**

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

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