UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

# COURSE SYLLABUS

# Clinical Psychology

**2425-5-H4101D026-H4101D101M**

## Aims

To know and distinguish the areas of application and effectiveness of the different psychological interventions (counseling/psychotherapy); to recognize the appropriateness of the psychological interventions in medical situations and be able to use the psychological services hospital and territorial; self-evaluation competence in the development of one's own professional competence and attitudinal psychological changes and patient-doctor relationship, teamwork, leadership and negotiation.

At the end of the course the student will be able to know and distinguish the areas of application and effectiveness of the different psychological interventions (psychological support, psychoeducation, counseling and psychotherapy) and and to give appropriate indication for specialist addressing; the student will also be able to recognize the possible appropriateness of the psychological intervention in situations of organic pathology and activate the appropriate hospital and territorial psychological resources; at the end of the practical small group activities, the student will also acquire the ability to self-evaluate his/her professional competence and psychological aptitude changes, in particular those regarding the acquisition of the professional role and the ability to adequately regulate his/her own behavior in the patient-doctor relationship, in teamwork activities, in the proper management of leadership, conflicts resolution and negotiation.

The module is part of the "Medical Humanities" pillar, aimed at raising awareness among medical students about the social and human aspects of the medical profession. This area includes various elective courses; the integrated course Medicine and Society in the second year (modules on Communication Techniques and related exercises, History of Medicine, and Doctor-Patient in Primary Care).

## Contents

Clinical psychology in the health system; Evidence Based clinical psychology interventions; counseling and psychotherapy; different psychotherapeutic approaches; risk and protective factor in the bio-psycho-social approach to psychopathology and treatment.

Clinical psychology in the Italian health system; Evidence Based clinical psychological interventions; Different types of psychological intervention: psychological support, psychoeducation, counseling and psychotherapy and the various types of settings (individual, group couple); the main psychotherapeutic approaches (cognitive, cognitie-behavioral, psychodynamic) PTSD treatment. Psychological risk factors and protective factors in the bio-psycho-social model and treatment.

## Detailed program

Hospital services of clinical psychology: structure, organization and functions; clinical psychology interventions in hospital setting and in psychiatric disorders; psychological counselling interventions: characteristics and areas of application; psychotherapy models; Evidence Based interventions: cognitive behavioral treatments, DialecticBehavior Therapy, Mindfulness Based Stress Reduction, ACT. Attachment as a protective or risk factor in some of the most common clinical situations.

Definition and fields of application of clinical psychology

Hospital services of clinical psychology, structure, organization and functions;

Clinical psychology interventions in hospitals and psychiatric diseases;

Psychological counseling: features and areas of application;

Psychological support: characteristics and areas of application

Psychoeducational interventions: characteristics and areas of application

Psychotherapy: characteristics and areas of application

Psychotherapy: different approaches and Evidence Based interventions

Cognitive-behavioral treatments,

Cognitive treatments from the first to the third wave (classical cognitive therapy, constructivist cognitive therapy, ACT, Compassion Therapy, Schema Therapy, Dialectic Behavior Therapy, Mindfullness Based Stress Reduction)

The role of attachment and regulation of emotions as a protective and / or psychopathological risk factor.

## Prerequisites

Previous medical internships

Communication skills module (Medicine and society course, 2nd year) or equivalent

## Teaching form

Six in person lessons (2 hours each), with the use of active and interactive methodologies (e.g. mentimeter, flipped

classroom, buzz groups), guided discussion in the classroom, with the use of educational videos and film clips.

Small group afternoon activities (12 hours) are organized according to the Medical Education guidelines: reflective activities to encourage the acquisition of professional attitude and a greater awareness of individual dynamics; discussion of clinical cases, simulations of clinical interactions.

## Textbook and teaching resource

Jill M. Hooley - James N. Butcher - Matthew K. Nock - Susan Mineka (2017). Psicopatologia e psicologia clinica con MyLab e eText. Pearson

articles on Evidence Based Clinical Psychology Interventions

Siegel, Hartzel "Errori da non ripetere", Cortina Editore

selected chapters form the textbook "Manuale di Psicoterapia Cognitiva", Bara ed. Bollati Boringhieri Editore

## Semester

FIRST TERM

## Assessment method

Written, multiple choice and/or open questions aimed at assessing student's competence in describing psychological components in standard medical situations and/or describe the most appropriate and evidence based psychological interventions (psychotherapy or counselling) in a wide range cof clinical situations

## Office hours

To make an appointment, please contact the teacher by e-mail: stefano.ardenghi@unimib.it

office: U38, villa Serena (Monza), room number 5042, V floor

## Sustainable Development Goals

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