UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Clinical Psychology

2526-3-E3901N033

Learning area

Clinical Psychology

Learning objectives

knowledge and understanding
Knowledge of the main psychopathological manifestations in childhood and adulthood. Knowledge of the main tools to treat mental disorders and of the organization of mental health services in Italy. Understanding of the fundamental theoretical assumptions underlying the conceptualization of psychopathology and clinical intervention.

Applying knowledge and understanding
Ability to relate to those with a mental disorder and any of their caregivers. Ability to collaborate and communicate with mental health professionals.

Making judgments
Ability to recognize and critically evaluate the main types of psychotherapy and the main theories of mental functioning.

Communication skills
Ability to communicate with patients and with mental health professionals (e.g., psychologists, psychiatrists), adapting language to the context, also in line with a multidisciplinary perspective.

Learning skills
The course lays the foundation upon which students can independently delve into the main advantages, disadvantages, indications and fields of applications of the main treatment models for psychicological disorders/distress.

Contents

- Historical background on clinical psychology and psychiatry
- Descriptive psychopathology
- Clinical psychology: tools and approaches
- Introduction to the treatment of mental disorders

Detailed program

• Introduction to clinical psychology and historical background
• Developmental psychopathology: a descriptive point of view
• Attachment theory and its clinical developments
• Psychopathology in adults: a descriptive point of view
• Introduction to the psychodynamic/psychoanalytic understanding of psychological distress
• Introduction to defense mechanisms
• Treating psychological distress: psychotherapeutic approaches and organization of mental health services

Prerequisites

Capacity for learning and critical reasoning; capacity for oral communication

Teaching methods

80% of the course (34 hrs) will consist in lectures using slides; 20% of the course (8 hours) will consist in interactive teaching (presentation of clinical material and/or video material, encouraging students' active participation and critical discussion). All lessons will be held in-person.

Assessment methods

Written examination (multiple choice questions) and short oral exam. The written task will test the acquisition of knowledge and understanding of the discipline, with regard to the fundamental concepts and contents of the course (evalutaion criteria: accuracy in the multiple choice responses). The oral examination will focus on applied knowledge, autonomy of judgment and reasoning, as well as communication skills (evaluation criteria: ability to present one's knowledge clearly; use of appropriate technical language; capacity to make connections and reasoning with the course content). Access to the oral exam is subject to scoring at least 18/30 in the the written task. Both written and oral tasks may cover topics of the entire course. The course does not include a mid-term examination.

Textbooks and Reading Materials

- Sanavio, E., Cornoldi, C. (2017). Psicologia Clinica. Il Mulino (third edition updated to the DSM-5). Excluding chapter 9, "Problemi psicologici dell'anziano"
- Supplementary materials provided by the lecturer (slides, articles or further readings)

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING