UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Clinical Psychology

2526-2-E1901R123

Course title

CLINICAL PSYHOLOGY

Topics and course structure

The aim of the course is to provide the student with the knowledge of the main theoretical frameworks in clinical psychology, along with the related psychotherapetical approaches.

Psychological phenomena, both normal and pathological, are described and explained. In the first part of the course, the main theoretical perspectives within clinical psychology (behaviourism, cognitive approach, social constructionism, systemic approach and psychoanalysis) are presented, along with the relative approach to therapy. An outline of the key differences between the *clinical method* and other methods used in psychology is also provided.

The second part of the course is focused on identity construction processes within the familial and cultural context and on the relationships between psychopathology, communication processes and culture, according to the systemic theoretical perspective. Such issues are presented making a critical comparison with some results coming from neurosciences.

The problem of diagnosis will be treated in the light of the recent debate on DSM-5, with particular regard to the new “child epidemics”.

Main topics:

- Clinical method *vs* experimental method
- Psychopathology, construction of meaning and culture

- The main theoretical perspectives in clinical psychology: psychoanalysis, cognitive- constructivist approach, systemic family therapy

- Difference and analogies in diagnostic and therapeutic methods.

Objectives

The aim of the course is to provide the student with the knowledge of the main theoretical frameworks in clinical psychology, along with the related approaches of psychotherapy, for use by the educational (non-psychological-clinical) professionals.

This course aims to support the following learning outcomes in particular:

1. *Knowledge and understanding*
   – Develop a critical and articulated understanding of the psychological, family, and socio-cultural dynamics that produce the development of a typical or atypical identity;
   – Acquire knowledge of theoretical, methodological, and psychological intervention approaches in different educational contexts.
2. *Applied knowledge and understanding*

- Apply knowledge and skills to address psycho-educational issues in dialogue with other professionals (in particular clinical psychologists and psychotherapists), connecting theory and practice;
  – Design and evaluate educational contexts and experiences in collaboration with psychologists and psychotherapists.

3. *Autonomy of judgment*
   – Acquire and consolidate analytical and critical thinking skills in educational situations, taking reflective ethical and epistemological positions in dialogue with psychological-clinical models.
4. *Communication skills*
   – Develop the ability to communicate effectively (especially in writing) the logic and criteria of educational interventions, especially to professional partners in the field of psychology.
   – Knowledge of the specific language and vocabulary of clinical psychology, with particular reference to educational contexts.
5. *Learning skills*
   – Ability to rework and organize knowledge;
   – Ability to identify methods and tools to support one's own and others' personal and professional growth.

Methodologies

Lectures in Italian.

Online and offline teaching materials

Slides and eventual additional materials (see e-learning website).

Programme and references

Although this course is held in Italian, for Erasmus students, a bibliography can also be available in English, and students can take the exam in English if they wish to do so.
Please, contact the teacher in order to agree on an **English bibliography**.

Please note that books 2. and 3. (see Italian description of the course/Bibliography) **are available also in English.**

See also (optional):

M. Castiglioni e F. Laudisa (2015). "Toward psychiatry as a 'human' science of mind. The case of depressive disorders in DSM-5". *Frontiers in Psychology 5*:1517. doi: 10.3389/fpsyg.2014.01517,
free download:
http://journal.frontiersin.org/article/10.3389/fpsyg.2014.01517/full

Assessment methods

Exams will be held in person (unless otherwise specified by the University).

Students who don't speak Italian must contact the teacher to agree on an English bibliography, at the following mail address:
marco.castiglioni@unimib.it

Office hours

Please contact the teacher by mail at the following mail address:
marco.castiglioni@unimib.it

Programme validity

2 years

Course tutors and assistants

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Sustainable Development Goals

GOOD HEALTH AND WELL-BEING