



UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Counselling Familiare

2526-3-E2401P032-E2401P028M

Learning area

METHODS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and understanding

- Main models and techniques of cognitive-behavioral counseling.
- Theoretical, clinical and methodological assumptions of cognitive-behavioral oriented counseling for parenting and parent/child relationship issues considered in different stages and in different types of families.

Applying knowledge and understanding

- Recognition of theoretical concepts applied in practice
- Promotion of clinical skills.
- Mastery of intervention techniques to be applied flexibly in individual and family counseling.

Independent Judgment

Through the analysis of clinical cases, supervised practical exercises, and guided discussion of evidence-based protocols, students develop the ability to independently assess the relevance of assessment tools and intervention techniques used in cognitive-behavioral counseling. The course fosters independent judgment and critical thinking in case formulation, goal setting, and the selection of the most effective strategies, even in complex or ambiguous situations. The examination format—which includes open-ended questions and the analysis of clinical vignettes—encourages autonomous reflection grounded in the application of evidence-based psychological principles.

Communication Skills

The course promotes the development of key communication skills essential for the counseling relationship, through role-plays, simulations, and group activities that require the use of clear, empathetic, and technically

appropriate language. Special attention is given to learning active listening, reformulation, and interview management techniques. Formative assessments and the final exam include the writing of brief clinical reports, in order to strengthen the ability to justify professional choices clearly and coherently, both to clients and within multidisciplinary teams.

Learning Skills

The course provides a solid theoretical and practical foundation for initiating and strengthening autonomous practice in cognitive-behavioral counseling. Experiential learning, supported by structured materials and self-reflection activities, fosters the development of an active and personalized study method, useful for independently pursuing further training in more specialized areas of psychotherapy as well as in future clinical work. The teaching approach, which integrates theory and practice, encourages ongoing self-assessment and awareness of one's own professional growth process.

Contents

The course aims to present a review of some of the major counseling models developed in recent years in the cognitive-behavioral field. The course is designed to promote the student's clinical skills and provide a range of intervention strategies to be applied flexibly in the treatment of a person's emotional, social, health, cultural and work-related problems.

Detailed program

Family Counseling Module

Cognitive-behavioral model: peculiarities and comparison with other orientations.

Rational Emotive Behavioral Counseling - REBT.

Cognitive-Behavioral Counseling - CBT.

Intervention strategies for anxiety problems.

Problem solving strategies.

Intervention strategies for relationship and family problems.

Prerequisites

A good knowledge of the basis of Psychodynamic and Clinical Psychology and Psychopathology enables a more aware use of the course contents.

Teaching methods

Teaching will be predominantly lecturing in nature (60%) and interactive (40%).

In addition to traditional classroom lectures, part of the teaching will involve practical-clinical applications of acquired knowledge: discussion of clinical cases, group work on clinical and theoretical materials, use of video materials, and discussions on topics related to psychological counseling in various fields of application.

All materials (lecture notes, articles, slides) is made available on the e-learning site of the course, so that it can also be used by non-attending students.

For attending students interested in further exploration, there will be opportunities to deepen specific course topics through group presentations focused on themes related to psychological counseling.

Assessment methods

The exam is written, aimed at verifying specific knowledge of the main theoretical aspects covered in the course.

Participation in optional activities for attending students (group presentations) proposed during the course will contribute to the evaluation.

No “in itinere” examinations are scheduled.

Assessment of learning takes into account:

- the ability to select and apply appropriate assessment tools and intervention techniques;
- coherence in case formulation and treatment planning;
- critical interpretation of clinical data and intervention choices;
- clarity of expression and proper use of technical-clinical language.

Erasmus students may contact the professor to arrange the possibility of studying from English-language materials and/or taking the exam in English.

Textbooks and Reading Materials

Although this course is held in Italian, for Erasmus students, course material can also be available in English, and students can take the exam in English if they wish to do so.

Handbooks:

- Sarracino, D., Ruggiero, G.M. (2025), Le basi della terapia cognitiva. 1. L'ABC e la terapia razionale emotiva comportamentale. Milano: Raffaello Cortina.
- Dryden, W. (2016). Quando il tempo è prezioso. Approcci cognitivo-comportamentali alla terapia a seduta singola e al coaching a brevissimo termine. Firenze: Giunti 2023.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING
