UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Practical Class: Conflict Management in Affective Relationships

2526-2-F5107P023

Learning area

Models and Techniques for Intervention and Rehabilitation

Learning objectives

Knowledge and Understanding

The laboratory aims to provide students with in-depth knowledge of conflict processes in affective relationships, with particular attention to their understanding within complex relational systems. Students will acquire knowledge and understanding of:

- the main systemic-relational theoretical models applied to the analysis of conflict processes;
- functional and dysfunctional communicative and relational patterns involved in conflict management;
- emotional regulation and co-regulation processes during conflictual interactions;
- conflict configurations across different stages of the couple and family life cycle;
- negotiation and mediation modalities in affective relational contexts.

Ability to Apply Knowledge and Understanding

At the end of the laboratory, students will be able to:

- analyse and interpret conflict dynamics in affective relationships using the main systemic-relational models;
- identify functional and dysfunctional communicative and relational patterns involved in conflicts;
- apply assessment tools and emotional regulation and co-regulation techniques in conflictual interactions;
- recognise conflict configurations in relation to different stages of the couple and family life cycle;
- design negotiation and mediation interventions consistent with the characteristics of the relational system

under consideration.

Applying Knowledge and Understanding

At the end of the laboratory, students will be able to:

- analyse and interpret conflict dynamics in affective relationships using the main systemic-relational models;
- identify functional and dysfunctional communicative and relational patterns involved in conflicts;
- apply assessment tools and emotional regulation and co-regulation techniques in conflictual interactions;
- recognise conflict configurations in relation to different stages of the couple and family life cycle;
- design negotiation and mediation interventions consistent with the characteristics of the relational system under consideration.

Making Judgements

Students will develop the ability to:

- critically evaluate conflict dynamics and intervention strategies in complex relational contexts;
- compare and integrate different theoretical approaches in order to formulate interpretative hypotheses and appropriate interventions;
- reflect on the implications of theoretical models and assessment and intervention tools in affective relationships.

Communication Skills

Students will be able to:

- communicate observations and analyses of conflict dynamics in a clear and structured manner;
- use appropriate theoretical and clinical language in academic and professional contexts;
- adapt communication to facilitate understanding of relational processes and conflicts in different affective systems.

Contents

The laboratory addresses the main dimensions and functions of conflict in affective relationships, considering its manifestations across different types of bonds and stages of the life cycle, with attention to its effects on individual and family developmental domains.
Models and tools for understanding the nature and configurations of conflict, communicative and relational styles, emotional regulation processes, and the potential resources of the family system for constructive conflict management will be examined in depth.

Detailed program

Within the systemic-relational framework, conflict is understood as an intrinsic dimension of affective relationships and as an expression of the processes through which the family system maintains or redefines its organisational balance. Conflict tends to manifest more prominently during critical transitions in the life cycle and moments of developmental discontinuity, contributing either to the crystallisation of relational configurations or to the activation of restructuring and developmental processes.

In line with these theoretical premises, the following topics will be addressed:

- Main systemic models for interpreting family conflict;
- Relational dynamics of conflict across different types of affective bonds and stages of the couple and family life cycle;
- Emotional regulation and co-regulation in conflict processes;
- Main communicative patterns involved in conflictual interactions;
- The developmental and transformative function of conflict in family development processes;
- Characteristics of destructive and constructive conflict;
- Effects of family conflict on individual development;
- Use of assessment tools for analysing conflict processes;
- Techniques and intervention strategies in conflict management.

Prerequisites

Basic knowledge of systemic-relational theory.

Teaching methods

The laboratory will primarily adopt an active learning approach, involving students through the viewing of clinical videos, simulations, role-playing activities, and individual and group practical exercises.

The laboratory consists of a total of 28 hours:

- 8 hours of lectures (direct teaching)
- 20 hours of interactive teaching activities

Students will have access to teaching materials provided through the course e-learning platform.

Assessment methods

Attendance is compulsory for at least 70% of the scheduled hours.
Learning will be assessed through the submission of an individual written assignment focused on the application of the tools and techniques presented in the laboratory for the analysis and intervention of conflict dynamics.

Assessment will take into account the student’s ability to:

- critically analyse the main relational dynamics;
- apply tools to understand and manage conflicts in affective relationships;
- reflect on the implications of the adopted intervention strategies.

Assignments will be discussed in group sessions with the lecturer in order to foster comparison, in-depth analysis, and consolidation of acquired competences.

Textbooks and Reading Materials

Reference texts and articles will be indicated at the beginning of the laboratory.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING