UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Laboratorio: Teorie e Tecniche D’intervento Nell’invecchiamento Normale e Patologico

2526-2-F5108P020

Learning area

Models and techniques for treatment and rehabilitation

Learning objectives

The course aims to train students to understand, assess, and effectively intervene in cognitive issues related to aging, using evidence-based approaches.

The specific objectives are articulated according to the Dublin Descriptors:

1. Knowledge and understanding

- Understand the various forms of cognitive decline associated with normal and pathological aging.
- Acquire familiarity with psychometric tools and standardized protocols used in neuropsychological assessment.

2. Applying knowledge and understanding

- Apply validated methodologies for the assessment of cognitive functions.
- Apply validated or ad hoc-developed cognitive stimulation techniques aimed at enhancing cognitive abilities.
- Evaluate the effectiveness of cognitive interventions in both clinical and preventive contexts, with particular attention to different elderly populations.

3. Making judgements

- Develop critical thinking skills in interpreting empirical data and clinical case studies.
- Formulate well-founded judgments regarding intervention strategies and assessment methods, taking into account contextual and individual specificities.

4. Communication skills

- Communicate clearly the results of evaluations and proposed interventions, both in written reports and oral presentations.
- Actively participate in group discussions, contributing in a constructive and informed manner.

5. Learning skills
   Develop the ability to independently search for up-to-date scientific sources related to neuropsychological assessment and intervention in aging.

Contents

Empirical data and clinical cases illustrating the different possible forms of cognitive impairment will be reviewed and discussed, along with the protocols used during assessment. Students will gain a concrete and realistic understanding of the cognitive functions most impaired in normal and pathological aging. Practical exercises will facilitate familiarization with the main psychometric tools used to assess the effects of normal and pathological aging and validated cognitive stimulation methodologies.

Detailed program

- Cognitive functioning of physiological aging.
- Cognitive functioning of pathological aging (dementias).
- Clinical neuropsychological examination for cognitive assessment.
- Cognitive trainings for physiological aging.
- Cognitive rehabilitation treatments for pathological aging.

Prerequisites

A good knowledge of neuropsychology and the fundamentals of neuropsychological assessment and rehabilitation will enable a more informed understanding of the course content.

Teaching methods

Practical activities in Italian supervised by the professor (discussions, videos, administration of neuropsychological instruments, practical exercises - interactive teaching, approx. 20 hours).
This activity will be preceded, in each meeting, by frontal teaching (approx. 8 hours).

Assessment methods

Practical exercises to be carried out individually or in groups to assess the practical skills acquired (e.g., defining possible intervention projects in the field of dementia prevention).

Textbooks and Reading Materials

De Beni, R., & Borella, E. (Eds.), Psicologia dell'invecchiamento e della longevità. Bologna, Il Mulino, 2015.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING