UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Prevention, Assessment and Intervention in Psychodynamic Practice

2526-1-F5111P009

Learning area

Models and techniques for treatment and rehabilitation

Learning objectives

Knowledge and Understanding

- Psychodynamic approach to psychopathology
- Psychodynamic theory of treatment
- Traumatic developments and implications for therapeutic treatment
- Intervention techniques in the field of psychodynamic-oriented psychotherapy
- Psychodynamic intervention in various stages of development and life

Ability to Apply Knowledge and Understanding

- Case formulation from a psychodynamic perspective
- Case discussion and treatment options
- Characteristics of psychodynamic psychotherapy
- Psychodynamic technique and therapeutic implications

Making Judgements

- Ability to critically analyze theoretical and clinical models of psychodynamic psychotherapy
- Evaluation of factors influencing treatment choice and adaptation
- Development of reflective thinking in reading clinical cases and selecting therapeutic tools

Communication Skills

- Ability to justify clinical choices and case formulations in professional and multidisciplinary settings
- Development of skills in discussing clinical cases and psychopathological issues
- Mastery of terminology in the field of psychodynamic psychotherapy

Learning Skills

- Development of autonomous and critical study methods in psychodynamic theories and techniques
- Ability to stay updated with clinical and scientific literature
- Integration of theoretical knowledge, clinical experience, and personal reflection

Contents

The present course provides a broad and detailed framework of the psychodynamic model in the clinical field, from case formulation to treatment. In particular, it takes into account the theoretical, clinical, and empirical aspects underlying a comprehensive intervention model, such as the care of the individual at different stages of the life cycle, both from a preventive and therapeutic perspective. A main focus concerns the psychodynamic psychotherapy model, discussed both theoretically and clinically through case work.

Detailed program

- Case formulation from a psychodynamic perspective
- Contemporary psychodynamic theory
- Defenses as a transdiagnostic tool
- Attachment theory in the study of psychopathology and treatment
- Traumatic developments
- The setting
- The psychodynamic approach in the life cycle
- Research in psychodynamic treatment: outcome and process studies
- Clinical cases

Prerequisites

Knowledge of the principles of psychodynamic psychology and psychopathology.

Teaching methods

The course consists of 28 lectures (2 hours each). The lessons are mainly delivered didactic (18 lessons of 2 hours) and partly interactive (10 lessons of 2 hours). In the interactive part, clinical cases are discussed.
The entire course (lectures and practical lessons) is delivered in presence and in Italian.

Assessment methods

The final assessment will consist in a written exam with open questions. Questions will be aimed at ascertain the proper knowledge of the theoretical foundations of the course. The evaluation criteria are: the correctness of the answers, the ability to argue, synthesize, create links, and apply the course contents to the reality.
No mid semester examination will be presented.
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.

Textbooks and Reading Materials

McWilliams, N. (2004). *Psicoterapia psicoanalitica*. Milano: Raffaello Cortina.
Luyten, P., Mayes, L. C., Fonagy, P., Blatt, S. J., & Target, M. (Eds.). (2017). Handbook of psychodynamic approaches to psychopathology. Guilford Publications. [Chapters 1,2,3,4,5,6,9,20,21,23,24,25]

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING