UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Psicologia Clinica

2526-1-I0101D007-I0101D021M

Aims

Clinical Pychology: know the basic cognitive processes (perception, attention, memory, learning, language); know how to define the concepts of anxiety, depression, stress, burn out, quality of life; to be able to describe the relational dynamics present in the different care settings; to know how to define the placebo phenomenon according to the care relationship; knowing how to describe the placebo effect in relational context and the mechanisms through which it acts

Contents

The course give an overview of the psychological aspects of health care professions.

Detailed program

CLINICAL PSYCHOLOGY - Psychology as a science of human behaviour, methodological aspects of psychological research, with specific attention to health care professions; main concepts of general and clinical psychology (structure of the mind, cognitive and dynamic processes, mental disorders, clinical relationship and psychotherapy) and the self-evaluation tools (anxiety, stress, burnout and quality of life tests), the psychological challenges of the nursing profession in relation to emergency services, primary care, intensive care and end-of-life care. The placebo effect in the care relationship and its implications.

Prerequisites

Teaching form

The course is structured into four 2-hour lessons, with a frontal lecture in the first part. The subsequent part aims to involve students interactively through group discussions of professional situations, the compilation of questionnaires to reflect on one's professional approach (using wooclap). All activities are carried out in presence

Textbook and teaching resource

CLINICAL PSYCHOLOGY: Fabrizio Benedetti “L'effetto placebo. Breve viaggio tra mente e corpo”, Carocci, 2018.
Antonio Loperfido, Barbara Muzzatti "Elementi di psicologia per le professioni di aiuto", Carocci, 2022
Some suggested supplementary material will be uploaded on the e-learning platform

Semester

1 Year - 2 Semester

Assessment method

Written test: open questions and "fill the gap" questions on topics presented at lesson.
The score will contribute to the overall evaluation of the integrated course

Office hours

Sede di Monza
by appintment: marco.bani1@unimib.it
online or in presence (Building U38, 5° floor, room 5041)

Sede di Bergamo
by appintment: ennio.rocchi@unimib.it
online or in presence

Sede di Lecco
by appintmen: ro.invernizzi@asst-lecco.it
online or in presence

Sede di Sondrio
by appintmen: milena.pedrini-01@asst-val.it
online or in presence

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | QUALITY EDUCATION | GENDER EQUALITY | REDUCED INEQUALITIES