UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Psicologia Clinica

2526-2-K0101D011-K0101D037M

Aims

At the end of the course the student will have acquired knowledge of the most common theories on the structure and dynamics of groups, both in general and specific to the work groups; he will also have acquired knowledge of the models for understanding the relational and interactive aspects of interpersonal dynamics (leadership, negotiation, conflict management). Through practical exercises and interactive activities in the classroom, he will also develop a series of practical skills to implement these principles in his/her work environment.

Contents

The main topics of the course are: group structure and dynamics, general aspects and specific aspects of teamworking; Group psychology in professional contexts; theories and models on interpersonal aspects and interpersonal and relational dynamics in group interactions: leadership, negotiation processes, conflict management. The essential variables in interactions: emotions and metacognitive processes. Psycho-attitudinal variables, individual differences and motivation in the work groups.

Detailed program

(1) Group psychology in professional contexts: general aspects, taxonomy, group structures; (2) group dynamics (processes and interactions); (3) communication (guidelines, practical skills, communication protocols); (4) differences in personality and team work. (5) Group leadership and group dynamics: definition of leadership and types of leadership; working group management techniques; (6) personality differences in group management. (7) Conflict and negotiation processes (8) Relationship and reflection as group management tools. (9) Psycho-attitudinal variables, individual differences and motivation in the work groups: (10) personality models; empathy; motivation; (11) regulation of emotions; (12) skills derived from Dialectic Behavior Therapy useful in the

management of group dynamics. ```

Prerequisites

Defined by the degree regulation.

Teaching form

Frontal lessons, individual and group practical activities. Regular attendance to lessons is a necessary precondition to acquire the above mentioned practical skills.

Any changes may be possible in the event of a national pandemic, strictly following the instructions of the University

Textbook and teaching resource

Scientific articles and booklets edited by the teacher and uploaded on the e-learning section

Semester

Secondo anno, secondo semestre

Assessment method

The examination is not for the single module but it is an integrated examination for the whole course, as described in details in the Syllabus of the Course.

Office hours

To make an appointment, please contact the teachers by e-mail: mariagrazia.strepparava@unimib.it

office: U38, villa Serena (Monza), room number 5-24, V floor

Sustainable Development Goals

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