UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Clinical Psychology

2627-5-H4102D091-H4102D133M

Aims

This module represents the final element of continuity regarding the "medical humanities" training components, which include the first-year integrated course "Humanities", the second-year course "Medicine and Society", and select electives offered in years 3–6.

By the end of the course, students will be able to recognize and distinguish between the scope of application and efficacy of various psychological interventions (psychological support, psychoeducation, counseling, and psychotherapy) and make appropriate specialist referrals. Students will also be able to assess when a psychological intervention is appropriate in cases of organic illness and activate suitable hospital and community-based psychological resources. Furthermore, upon completing the practical exercises, students will develop the capacity to self-evaluate their professional competence and psychological-attitudinal changes, particularly regarding the acquisition of their professional role and the ability to appropriately regulate their behavior and relationships with patients and colleagues.

Contents

Clinical psychology in the healthcare system; Evidence-Based clinical psychological interventions; differences between various types of psychological intervention: psychological support, psychoeducation, counseling, and individual psychotherapy, as well as various settings (individual, couples, group); main psychotherapeutic approaches (cognitive, cognitive-behavioral, psychodynamic, family therapy, trauma-specific treatments, MBSR, MBCT). Psychological risk and protective factors in the biopsychosocial model and in treatment. The relationship between patient-centeredness and attachment theory, as well as the relation between temperament and personality alongside their theoretical models, will be explored in depth.

Detailed program

Definition and scope of application of clinical psychology

Hospital clinical psychology services: structure, organization, and functions

Clinical psychology interventions in hospital settings and psychiatric disorders

Psychological counseling: features and scope of application

Psychological support: features and scope of application

Psychoeducational interventions: features and scope of application

Psychotherapy: features and scope of application

Psychotherapy models and Evidence-Based interventions

Cognitive-behavioral treatments

Cognitive therapies from first to third wave (classic cognitivism, constructivism, ACT, Compassion-Focused Therapy, Schema Therapy, Dialectical Behavior Therapy, Mindfulness-Based Stress Reduction)

Other psychotherapeutic treatments

The role of attachment and emotion regulation as protective and/or risk factors for psychopathology

Cognitive-constructivist theory in relation to attachment theory and patient-centeredness

Temperament and Personality

Prerequisites

Previous medical internships

Communication skills module (Medicine and society course, 2nd year) or equivalent

Teaching form

Frontal lessons, with the use of active and interactive methodologies (e.g. mentimeter, flipped classroom, buzz groups), guided discussion in the classroom, with the use of educational videos and film clips.

Small group afternoon activities are organized according to the Medical Education guidelines: reflective activities to encourage the acquisition of professional attitude and a greater awareness of individual dynamics; discussion of clinical cases, simulations of clinical interactions.

Textbook and teaching resource

Jill M. Hooley - James N. Butcher - Matthew K. Nock - Susan Mineka (2017). Psicopatologia e psicologia clinica con MyLab e eText. Pearson

articles on Evidence Based Clinical Psychology Interventions

Siegel, Hartzel "Errori da non ripetere", Cortina Editore

selected chapters form the textbook "Manuale di Psicoterapia Cognitiva", Bara ed. Bollati Boringhieri Editore

Semester

FIRST TERM

Assessment method

Oral examination. Discussion of the topics covered in class using open questions aimed at assessing student's competence in describing psychological components in standard medical situations and/or describe the most appropriate and evidence based psychological interventions (psychotherapy or counselling) in a wide range cof clinical situations

Office hours

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

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Sustainable Development Goals

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