UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Counselling

2627-3-E2401P032

Learning area

MODELS AND TECHNIQUES FOR TREATMENT AND REHABILITATION

Learning objectives

Knowledge and Understanding

• Several theoretical models underlying individual and family counselling
• Main models and techniques of cognitive-behavioural counselling (CBT and REBT) applied to family and parenting issues
• Knowledge of the specific characteristics of the psychological counsellor profession
• Theoretical and methodological foundations of individual counselling, with particular reference to the psychodynamic approach applied to adolescents and young adults

Applying Knowledge and Understanding

• Recognition of theoretical concepts applied in practice
• In-depth exploration of topics in group settings
• Discussion of proposed clinical examples and identification of critical issues in various situations

Autonomy of Judgment
Through the analysis of clinical cases, supervision of practical exercises, and guided discussion of clinical examples, students develop the ability to independently assess the appropriateness of assessment tools and intervention techniques used in different counselling approaches. The course fosters independent judgment and critical thinking in case formulation, identification of work objectives, and selection of the most effective strategies, even in complex situations. The examination method encourages independent reflection based on the application of evidence-based psychology principles.

Communication Skills
The course promotes the development of key communication skills necessary for the counselling relationship, through role-plays, simulations, and group activities requiring clear, empathetic, and technically appropriate language. Particular attention is given to learning techniques of active listening, paraphrasing, and interview management. Formative assessments and the final exam include open questions aimed at strengthening the ability to explain professional choices coherently and comprehensibly, both to clients and within multidisciplinary contexts.

Learning Skills
The course provides a solid theoretical and practical foundation for initiating and consolidating independent counselling practice. Experiential learning, supported by structured materials and self-reflection activities, fosters the development of an active and personal study methodology, useful for continuing training in more specialized areas of psychotherapy as well as in future clinical work. The teaching approach, which integrates theory and practice, encourages continuous self-assessment and awareness of one's professional development process.

Contents

The course aims to provide an overview of the main theoretical and methodological models of psychological counselling. The Family Counselling module focuses on the cognitive-behavioural approach (CBT and REBT) applied to family and parenting issues. The Psychology of Counselling module focuses on the psychodynamic approach applied to individual counselling with adolescents and young adults.

Detailed program

Family Counseling Module

Cognitive-behavioral model: peculiarities and comparison with other orientations.
Rational Emotive Behavioral Counseling - REBT.
Cognitive-Behavioral Counseling - CBT.
Intervention strategies for anxiety problems.
Problem solving strategies.
Intervention strategies for relationship and family problems.

Counselling Psychology

Definitions of counseling
Origins and development of counseling
Theoretical models
Psychodynamic concepts underlying psychological counseling
Counseling with adolescents
The Tavistock model and other examples
Counseling with young adults (e.g., university students)
Problematic aspects of the method and intervention technique

Prerequisites

A good knowledge of dynamic psychology, clinical psychology and developmental psychology allows for a more

informed understanding of the course contents.

Teaching methods

Teaching will be predominantly lecturing in nature (60%) and interactive (40%).

In addition to traditional classroom lectures, part of the teaching will involve practical-clinical applications of acquired knowledge: discussion of clinical cases, group work on clinical and theoretical materials, use of video materials, and discussions on topics related to psychological counseling in various fields of application.

All materials (lecture notes, articles, slides) is made available on the e-learning site of the course, so that it can also be used by non-attending students.

For attending students interested in further exploration, there will be opportunities to deepen specific course topics through group presentations focused on themes related to psychological counseling.

Assessment methods

The exam is written, aimed at verifying specific knowledge of the main theoretical aspects covered in the course.

Participation in optional activities for attending students (group presentations) proposed during the course will contribute to the evaluation.

No “in itinere” examinations are scheduled.

Assessment of learning takes into account:

- the ability to select and apply appropriate assessment tools and intervention techniques;
- coherence in case formulation and treatment planning;
- critical interpretation of clinical data and intervention choices;
- clarity of expression and proper use of technical-clinical language.

Erasmus students may contact the professor to arrange the possibility of studying from English-language materials and/or taking the exam in English.

Textbooks and Reading Materials

Textbooks and reading materials are indicated in the syllabi of the individual modules.

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING