UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Psychological Distress and Counselling for Adolescents and Young Adults

2627-1-F5113P029

Learning area

Atypical Developmental Processes

Learning objectives

Knowledge and Understanding
Developmental tasks and conflicts of adolescents and young adults
New forms of distress in adolescence
New forms of distress in young adulthood
Consultation methods with adolescents, parents, and young adults
Ethical aspects and limits of intervention in consultation with adolescents, parents, and young adults
Applying Knowledge and Understanding
Formulation of the developmental assessment and understanding psychological distress in adolescents and young adults
Knowledge of the main forms of distress in adolescents and young adults (eating disorders, attacks on the body and suicidality, school and university dropout/blockage, depression, deviance, social withdrawal, internet addiction)
Psychological consultation with parents and support for maternal and paternal roles
Analysis and redefinition of the referral question, formulation of the therapeutic plan, and construction of a support network
Management of referrals to community services
Independent Judgment

Development of autonomous and critical judgment in evaluating individual and group situations, as well as intervention plans, taking into account the ethical principles established by the Italian Psychologists' Association.

Communication Skills
Development of communication skills enabling effective interaction with individuals, groups, and institutions involved in professional interventions
Enhancement of communication skills for working effectively with parents, teachers, children, and adolescents during support and consultation activities
Promotion of communication skills for conducting training activities and leading meetings with groups of parents, educators, and teachers

Learning Skills

Promotion of the ability to update one's knowledge autonomously and critically, incorporating new findings from national and international scientific research, as well as learning from the experience of practitioners, teachers, and specialists.

Contents

New forms of normality and distress among contemporary adolescents and young adults in the context of the post-narcissistic era
Main expressions of distress in adolescence and young adulthood and criteria for understanding them from a developmental perspective
The consultation model with adolescents and young adults: from referral analysis and developmental assessment to referral and network intervention
Main forms of parental dysfunction and the model of support for maternal and paternal roles
Ethical aspects and limits of intervention in consultation with adolescents, parents, and young adults

Detailed program

The new post-narcissistic context and its impact on the psychological well-being of adolescents and young adults
Developmental tasks and new forms of distress in adolescence
Developmental tasks and new forms of distress in young adulthood
Consultation with adolescents, parents, and young adults
Practical exercises and role-playing: writing the developmental assessment of adolescents and young adults
Practical exercises and role-playing: the first interview with parents and feedback on the developmental assessment
Ethical aspects and limits of intervention in consultation with adolescents, parents, and young adults

Prerequisites

Basic knowledge of developmental psychology

Teaching methods

In addition to classroom lectures, teaching activities include case presentations, discussions, and practical

exercises. Approximately:

70% lectures
30% interactive teaching activities

The laboratory is delivered in Italian and is conducted entirely in person.

Assessment methods

Students must attend at least 70% of the total laboratory hours.

The final assessment consists of a written examination with three open-ended questions covering the laboratory content. The questions assess both theoretical knowledge and the ability to apply it to real situations

Textbooks and Reading Materials

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING