UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Clinical Psychology

2627-1-I0104D006-I0104D00602

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

Semester

1 Year - 2 Semester

Assessment method

Written test: 4 open questions on topics presented at lesson.
The score will contribute to the overall evaluation of the integrated course

Office hours

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Sustainable Development Goals

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