UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratorio: Gestione del Conflitto nelle Relazioni Affettive - Turno A

2627-2-F5111P022-A

Learning area

Models and Techniques for Intervention and Rehabilitation

Learning objectives

Knowledge and Understanding

The laboratory aims to provide students with in-depth knowledge of conflict processes in affective relationships, with particular attention to their understanding within complex relational systems. Students will acquire knowledge and understanding of:

- the main systemic-relational theoretical models applied to the analysis of conflict processes;
- functional and dysfunctional communicative and relational patterns involved in conflict management;
- emotional regulation and co-regulation processes during conflictual interactions;
- conflict configurations across different stages of the couple and family life cycle;
- negotiation and mediation modalities in affective relational contexts.

Ability to Apply Knowledge and Understanding

At the end of the laboratory, students will be able to:

- analyse and interpret conflict dynamics in affective relationships using the main systemic-relational models;
- identify functional and dysfunctional communicative and relational patterns involved in conflicts;
- apply assessment tools and emotional regulation and co-regulation techniques in conflictual interactions;
- recognise conflict configurations in relation to different stages of the couple and family life cycle;

- design negotiation and mediation interventions consistent with the characteristics of the relational system under consideration.

Applying Knowledge and Understanding

At the end of the laboratory, students will be able to:

- analyse and interpret conflict dynamics in affective relationships using the main systemic-relational models;
- identify functional and dysfunctional communicative and relational patterns involved in conflicts;
- apply assessment tools and emotional regulation and co-regulation techniques in conflictual interactions;
- recognise conflict configurations in relation to different stages of the couple and family life cycle;
- design negotiation and mediation interventions consistent with the characteristics of the relational system under consideration.

Making Judgements

Students will develop the ability to:

- critically evaluate conflict dynamics and intervention strategies in complex relational contexts;
- compare and integrate different theoretical approaches in order to formulate interpretative hypotheses and appropriate interventions;
- reflect on the implications of theoretical models and assessment and intervention tools in affective relationships.

Communication Skills

Students will be able to:

- communicate observations and analyses of conflict dynamics in a clear and structured manner;
- use appropriate theoretical and clinical language in academic and professional contexts;
- adapt communication to facilitate understanding of relational processes and conflicts in different affective systems.

Contents

Detailed program

Prerequisites

Teaching methods

Assessment methods

Textbooks and Reading Materials

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING