UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

SYLLABUS DEL CORSO

Psicologia per la Formazione Sanitaria

2627-1-K0103D002-K0103D00201

Aims

At the end of the course, the student will be able to provide a definition of emotional regulation; describe the modal model of emotion regulation and its phases; provide professional examples of the use of different strategies; describe the main features of the basic emotions approach and the conceptual act model; know how to apply the basic concepts of the motivational interview; know how to recognize the phases of the motivational interview in a simulated or real interview; know how to apply the Transtheoretical Model of Change to professional situations.

Contents

Emotions and Emotion Regulation in Professional Practice
• Emotions, emotional processes, and emotion regulation.
• Theoretical models of emotions and their implications for professional practice.
Emotion regulation strategies and their application in healthcare settings.
• Behavior Change: Models and Intervention Principles
• Psychological principles of behavior change.
• Models and intervention strategies to promote health-oriented behaviors.
Motivational Interviewing
• Basic principles and strategies of Motivational Interviewing.
• Application of Motivational Interviewing in the relationship with patients and service users.
The Transtheoretical Model of Change
• Stages of behavioral change.
• Application of the model to the assessment and planning of professional interventions.

Detailed program

1. Emotions and Emotion Regulation in Professional Settings

- Definition of emotion and main functions of emotional processes.
- Definition of emotion regulation.
- The process model (modal model) of emotion regulation.
- The five stages of the model: situation, attention, appraisal, response, and consequences.
- Main emotion regulation strategies and their application at different stages of the emotional process.
- Examples and applications of emotion regulation strategies in professional and healthcare situations.
- The Basic Emotions Model and the Conceptual Act Model: main features, differences, and implications for understanding emotional processes.

2. Behavioural Change: Models and Intervention Principles

- Behavioural change in health promotion and healthcare settings.
- Psychological principles underlying behavioural change.
- Individual, interpersonal, and contextual factors that facilitate or hinder behavioural change.
- Main strategies and techniques for promoting changes in health-related behaviours.
- From problem assessment to the design of a behavioural change intervention.
- Examples and applications to professional situations.

3. Motivational Interviewing

- Definition and characteristics of Motivational Interviewing.
- Fundamental principles of the motivational approach.
- The professional relationship and communication style aimed at facilitating change.
- Basic strategies and techniques of Motivational Interviewing.
- Exploring ambivalence and fostering motivation for change.
- Recognising change talk and sustain talk.
- Application of Motivational Interviewing principles to professional situations.
- Analysis of simulated interviews or professional cases to identify the main strategies and stages of - Motivational Interviewing.

4. The Transtheoretical Model of Change

- Origins and main features of the Transtheoretical Model of Change.
- Stages of change: precontemplation, contemplation, preparation, action, and maintenance.
- Relapse and the dynamic nature of the change process.
- Identifying the individual's stage of change.
- Intervention strategies appropriate to the different stages of change.
- Application of the Transtheoretical Model to professional and healthcare situations.
- Integration of the model with the principles of Motivational Interviewing and the design of health promotion interventions.

Prerequisites

None

Teaching form

3 interactive 4-hour lessons delivered in person and 1 4-hour lesson delivered remotely.

Textbook and teaching resource

Rezzonico G., De Marco I., Lavorare con le emozioni nell'approccio costruttivista, Torino, Bollati Boringhieri (2012)
Gross J. (2015). Emotion regulation: current status and future prospects. Psychological Inquiry, 26, 1-26
Lindquist K.A. (2013). Emotions Emerge from More Basic Psychological Ingredients: A Modern Psychological Constructionist Model. Emotion Review, 5, 4, 356–368
Marla A. Corwin (2018). Motivational Interviewing and HIV: A Guide for Navigators, NMAC
Supplementary materials will be uploaded to the module's e-learning page (including videos, PDF documents, and presentations used in lessons).

Semester

First year, first semester

Assessment method

Oral test on the topics covered in class with deductive and inductive questions and reasoning on professional situations.
The score will contribute to the overall evaluation of the integrated course.

Office hours

By appointment: marco.bani1@unimib.it either online or in person (U38, 5th floor, room 5041)

Sustainable Development Goals

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