# Clinical Psychology

## Prof. Giancarlo Tamanza; Prof. Ilaria Montanari

***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to introduce students to the thematic areas of Clinical Psychology, with particular reference to the theoretical and applicative aspects of professionally managing a clinical intervention. To this end, the main theoretical and methodological paradigms of clinical psychology will be presented and discussed, with particular reference to the historical evolution of the debate on the concepts of psychological evaluation and treatment. The course aims to teach students theoretical knowledge and basic tools for developing the professional skills needed to effectively manage the relationship between operator and user, both in the aspects related to analysing needs and demands, as well as in the design and implementation of a clinically oriented psychological intervention.

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

1. Knowledge and understanding:

* know the fundamental concepts of the main theories of psychic functioning;
* understand the essential elements of clinical diagnostics.

1. Ability to apply knowledge and understanding:

* analyse an individual clinical problem, establishing a diagnostic-evaluation path and formulating interpretative hypotheses;
* apply the fundamental criteria of nosographic diagnostics (DSM);
* apply the fundamental criteria of psychodynamic diagnostics (PDM).

1. Communication skills:

* describe a clinical situation with appropriate vocabulary;
* draw up a summary relational diagnostic report in an appropriate and clinically argued form.

***COURSE CONTENT***

During the course, elements of the history of clinical psychology will be presented, with particular reference to the methodologies of clinical intervention and to issues relating to the diagnostic process.

**MODULE 1 - Historical evolution of Clinical Psychology, from shamanic medicine to the different contemporary paradigms** *(Prof. Ilaria Montanari)*

Unit 1: The origins of dynamic psychotherapy

Unit 2: Definitions and precursors of the different paradigms

Unit 3: Psychodynamic paradigm

Unit 4: Behaviourist paradigm

Unit 5: Cognitivist paradigm

Unit 6: Genetic paradigm

Unit 7: Neuroscience paradigm

**MODULE 2 - The diagnostic process** *(Prof. Giancarlo Tamanza)*

Unit 1: Clinical psychology and psychological clinical care: operational aspects

Unit 2: Clinical-diagnostic reasoning: the production and logical processing of relevant information

Unit 3: The nosographic diagnostic model: the DSM. Conceptual principles and application

Unit 4: The psychodynamic diagnostic model: the PDM. Conceptual principles and application

***READING LIST***

* G.P. Lombardo, *Storia e critica della psicologia clinica,* Edizioni Kappa, Roma, 2005 (only chap. 7, pp. 167-184).
* H.F. Ellenberger, *La scoperta dell’inconscio. Storia della psichiatria dinamica,* Volume I, Bollati Boringhieri, Torino, 1993 (only chapter1, pp. 1-60).
* APA, *Manuale Statistico e Diagnostico dei Disturbi Mentali – DSM-5,* Raffaello Cortina, Milano, 2014, (Section I, pp. 5-34; Appendix, pp. 937-972).
* V. Lingiardi, N. McWilliams, (edited by), *Manuale Diagnostico Psicodinamico – PDM-2,* Raffaello Cortina, Milano, 2018, (Introduction, pp. 1-14; Section VI, pp. 941-1005).
* N. McWilliams, *La diagnosi psicoanalitica,* Edizioni Astrolabio, Roma,1999.

One text among the following:

* I.D. Yalom, M. Leszcz, *Teoria e pratica della psicoterapia di gruppo,* Bollati Boringhieri, Turin, 2009
* L. Boscolo, P. Bentrando, *Terapia Sistemica Individuale*, Raffaello Cortina, Milan, 1996
* G.O. Gabbard, *Introduzione alla psicoterapia psicodinamica*, Raffaello Cortina, Milan 2011
* S.A. Mitchell, *Gli orientamenti relazionali in psicoanalisi*, Bollati Boringhieri, Turin
* J.S. Beck, *La terapia cognitivo-comportamentale*, Astrolabio Ubaldini, Roma 2013.

***TEACHING METHOD***

The course includes lectures, practical classes, and the presentation and discussion of clinical cases.

***ASSESSMENT METHOD AND CRITERIA***

The exam consists in an oral interview in which the student's knowledge of the indicated reading list will be assessed.

The assessment will ascertain: the student's ability to put forward a critical, and not purely mnemonic, formulation of the contents; the relevance and completeness of their answers; their appropriate use of specific terminology; the reasoned and coherent structuring of their speech; their ability to identify conceptual links and open questions.

***NOTES AND PREREQUISITES***

Further reading and study materials will be presented during lectures and made available on the Blackboard platform.

As it is introductory in nature, there are no prerequisites for attending the course. However, knowledge of the contents of the fundamental psychological teachings provided in the two previous years of the course (General Psychology, Social Psychology, Developmental Psychology and Dynamic Psychology) is assumed.

Further information can be found on the lecturer's webpage at http://docenti.unicatt.it/web/searchByName.do?language=ENG, or on the Faculty notice board.