# Clinical Psychology

## Prof. Fabio Sbattella

1. ***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

The course aims to provide students with the theoretical knowledge they need to identify, prevent, and face children’s and adults’ existential distress and psychic suffering at primary school.

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

– distinguish the different diagnostic categories that define mental suffering;

– identify the most appropriate professional resources to develop educational interventions integrated with other mental health professionals.

***COURSE CONTENT***

The course will begin by looking at the history of how various cultures have attempted to give a name to psychological anguish and discomfort, to then discuss both the clinical approach and social responses to behavioural diversity.

The concepts of mental disorder and existential anguish will then be discussed mainly focusing on the issue of personal experiences, emotions and social maladjustment.

Lastly, a framework of professional resources and useful strategies will be provided for handling and reducing clinical suffering.

***READING LIST***

F. Sbattella - G. Scaduto*,* *Promuovere e difendere i diritti dell’infanzia e dell’adolescenza: il contributo della psicologia*, Franco Angeli, Milan, 2018.

J.M.Hooley-J.N. Butcher-M.K.Nock-S. Mineka, *Psicopatologia e psicologia clinica,* Pearson Ed., Milan, 2017 (chapters 1-2-6-14 and paragraph 3.5, 3.6, 5.7).

***TEACHING METHOD***

Frontal lectures.

***ASSESSMENT METHOD AND CRITERIA***

Written test that may be followed by an oral exam (only if requested by the lecturers). The aim is to assess the achievement of the intended learning outcomes mentioned above. Assessment criteria: accuracy of answers, knowledge and understanding of the subject, and use of appropriate terminology.

***NOTES AND PREREQUISITES***

Basic knowledge of Psychology, acquired through general psychology, developmental psychology or social psychology courses, is required.

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.