**Psychology of Emotional Development**

## Prof. Teresa Rinaldi

***COURSE CONTENT AND INTENDED LEARNING OUTCOMES***

The course aims to:

* provide the main theoretical foundations of affective development with particular attention to early childhood both in relation to the individual and to their developmental context;
* investigate the main evolutionary stages of the development of affective competence from the point of view of the attachment theory and of the development of emotions;
* analyse contexts and situations where this competence is expressed to help students read the educational contexts of early childhood in which they will operate;
* enhance students' ability to apply their skills through case analysis, to identify strengths and criticalities of the various aspects examined from a theoretical point of view.

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

* recognise the main developmental stages in relation to the topics covered, in particular with regard to children aged 0 to 3 years;
* know and understand the specific issues of the psychology of affective development and master tools and intervention methods aimed at facilitating its evolution;
* read the context and situations and be able to underline their strengths and criticalities in relation to the topics covered.

***COURSE CONTENT***

The course aims to deal with the issue of affective development in relation to the main development theories and stages with particular attention to the 0 to 3 year age group due to the importance of the formation of main emotional bonds and because the fundamental elements of emotional competence are developed in this stage of life.

The course will address the issue of the formation of emotional relationships from the perspective of Developmental Psychology and will specifically analyse the case of the attachment theory and the development of emotions.

For each topic, the course will consider main theoretical paradigms, development stages and reference authors with particular attention to the function performed by reference adults with whom the child interacts and who can favour their development.

***READING LIST***

-Scarzello, Donatella (2011) *Lo sviluppo della competenza emotiva nella prima infanzia. Il ruolo della comunicazione affettiva e delle pratiche educative*. Unicopli, Milan. Parts 1 and 2

- Jeremy Holmes (2017). *La teoria dell’attaccamento.* Raffaello Cortina Editore, Milan

***TEACHING METHOD***

Classroom lectures, guided practical exercises and activities.

***ASSESSMENT METHOD AND CRITERIA***

The exam consists of an oral interview focussed on all the topics covered in the compulsory textbooks.

The exam will have the following assessment objectives:

* acquisition of notions related to the topics covered;
* ability to apply the reference theories to different educational contexts and to identify the development stages to recognise them in professional and family contexts;
* ability to critically reflect on what has been learnt, by making connections with similar issues, applying theoretical notions to concrete phenomena, and reflecting on the practical exercises performed during the course.

***NOTES AND PREREQUISITES***

There are no content-related prerequisites for attending the course.

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.