# Clinical Psychology

## Prof. Fabio Sbattella

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

***Course aims***

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.

***Intended learning outcomes***

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, existential anguish and mental disorder 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***

#### L. Occhini Psicologia clinica per insegnare, Zanichelli, Bologna,2023.

***TEACHING METHOD***

The course includes in-depth theoretical lessons in the classroom, discussions on specific topics, guided practical work with video analysis and case histories; interventions by experts and experienced speakers.

***ASSESSMENT METHOD AND CRITERIA***

***Assessment method***

The assessment consists of a written test, with a possible subsequent oral interview, only in cases in which the examination commission deems it necessary to verify the reliability of the test carried out. The test consists of three open-ended questions with equal weight.

***Assessment criteria***

Through the written test, students will have to demonstrate their knowledge of the information, distinguishing characteristics, and key concepts of the discipline, that have been covered in the general part of the course. They will also have to demonstrate their ability to navigate the underlying themes and issues discussed during lectures. In this context, special focus will be placed on the scheduled readings to be carried out in an accurate and complete manner and supplemented by the set of materials proposed and the course lessons.

The assessment will be based on the relevance, completeness, and correctness of the answers; the understanding of concepts, the appropriate use of specific terminology, the reasoned and consistent structuring of the discourse, and the ability to identify conceptual links and open questions.

***NOTES AND PREREQUISITES***

***Notes***

Course attendance, although not mandatory, is strongly recommended.

Reading list and specific in-depth materials, useful for achieving the training objectives, will be provided during lectures and made available online on the Blackboard platform.

Students who wish to acquire only some ECTS (European Credit Transfer and Accumulation System) due to the recognition of their previous degree, must agree on the programme in advance with the teacher. For them too, the learning assessment will take place on the same dates and in the same way as the other students.

***Prerequisites***

Students are required to have preliminary knowledge of some basics of psychology, which can be acquired through courses in general psychology, developmental psychology, or social psychology.

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.