## **Psychology (with Modules)**

## Prof. Giovanni Giulio Valtolina; Prof. Chiara D’Angelo; Prof.Amalia De Leo, Prof. Laura Ferrari

# Module:Psychology of migration and Inter-Ethnic cohabitation

## Prof. Giovanni Giulio Valtolina

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

The course aims to present a framework of the psychosocial processes characterising the experience of migration and of inter-ethnic cohabitation, providing conceptual and operational tools which are useful for the activation of aimed at the integration of migrants.

*Intended learning outcomes*

At the end of the course, students will be facilitated in:

* the acquisition of a perspective respectful of cultural diversity;
* the development of critical skills for the understanding of psychosocial processes inherent in the phenomenon of migration, which will enable them to implement projects aimed at peaceful cohabitation, capable of valuing diversity;
* the interpretation of issues which have emerged as a result of the increasingly multi-ethnic transformation of contemporary society caused by migration

***COURSE CONTENT***

The course will be structured into three macro-areas, each of which will analyse a specific dimension of the phenomenon of migration: migration decision-making and the role of the migrant’s cultural tradition; acculturation and identification processes; family migration (family reunification, second generations, Unaccompanied Minors).

***READING LIST[[1]](#footnote-1)***

G. Mantovani, *L’elefante invisibile. Alla scoperta delle diversità culturali*, Giunti, Milan, 2005.

N. Pavesi – G.G. Valtolina, *Buone pratiche per l’accoglienza dei minori non accompagnati. Sistemi di inclusione e fattori di resilienza*, FrancoAngeli, Milan, 2020.

M.I. Gennari – S. Di Nuovo (curated by), *L'incontro con l'altro: migrazioni e culture familiari*, Franco Angeli, Milan, 2011.

G.G. Valtolina, “Interculturalismo e processi migratori”, in *Dizionario di dottrina sociale della Chiesa*, 4, October-December, 2021, [https://www.dizionariodottrinasociale.it/Voci/Intercultura lismo\_e\_processi\_migratori.html], [DOI 10.26350/dizdott\_000072](about:blank)DOI 10.26350/dizdott\_000072.

***TEACHING METHOD***

The course consists in theoretical lectures and, whenever possible, exercises. The lectures will give a general overview of topics: students will have to study them more in depth with the aid of the texts specified during lectures. Exercises will be focused on the in-depth study of some topics. Videos will be shown during lessons and specialist guest speakers will present specific psychosocial work methods, used with persons belonging to different cultural traditions.

***ASSESSMENT METHOD AND CRITERIA***

Students will take a written exam which will consist in a series of questions on topics covered during lessons and on the texts specified in the reading list. Particular attention will be paid to the topics presented in the classroom, to students’ acquisition of concepts and their perspective taking skills with respect to their own cultural categories.

***NOTES AND PREREQUISITES***

There are no prerequisites for students to attend the course,

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

Module:**Occupational Psychology**

ProF. Chiara D’Angelo; ProF. Amalia De Leo

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

The course has the following objectives for the benefit of students;

* To acquire theoretical-conceptual maps for the understanding of some of the most significant phenomena linked to the labour market and its organisations.
* To develop the ability to interpret different organisational contexts, with a special focus on those services where social workers operate.
* To promote an initial contact with methodological tools, useful for professional work with persons and groups in the workplace.

At the end of the course, students will have acquired a detailed knowledge of the evolution of the discipline and the development of the most recent issues. Students will have increased their knowledge of the main psychological constructs in order to understand the relationship between individuals and their work. Moreover, students will have consolidated their knowledge of the most important psychological phenomena influencing organisations. This basic knowledge will enable students to identify and understand the main psychological phenomena influencing work and organisations.

***COURSE CONTENT***

The course retraces the evolution of the models and concepts elaborated to describe and interpret occupational and organisational reality. In this context, there will be an in-depth analysis of the characteristics of different organisational realities and of the demands made of the professional figures who work for them, with particular reference to the different roles of social workers. It will thereby be possible to focus on the psychological dimension characterising the complex relationship between the individual, work and the organisation; and thus to identify some operational and intervention areas which open up, in relation to emerging needs and demands which the social worker can respond to.

In terms of content, following an overview of the historical development of the discipline, there will be an in-depth focus on issues such as:

* Organisational culture, organisational climate and organisational communication;
* Leadership and management;
* Work motivation and psychological contract;
* The work group;
* Conflict and negotiation.
* Risks and deviations within an organisation (stress, burnout, mobbing).

***READING LIST***

- Gabassi, P.G., & Garzitto, M.L. (2016). *Persone, lavoro, organizzazione. Una lettura psicologica dalla vita organizzativa.* Franco Angeli.

***TEACHING METHOD***

The frontal lectures will be complemented by presenting case studies and tools which are normally used by occupational psychologists. Thus stimulated, students will be requested to actively participate in the classroom in subgroups.

In addition to the above, students will have the opportunity to listen to presentations by 2/3 external specialist speakers, so as to integrate the training offer with elements which are useful for professional orientation.

All the material will be made available on the Blackboard platform.

***ASSESSMENT METHOD AND CRITERIA***

Students will have to take an oral exam and will be assessed on their knowledge of three areas.

* The first consists in the critical analysis of a topic chosen by students during the course (if students attend the exercise sessions, the question will be replaced by a discussion on the paper prepared at the end of the exercises)
* The second is the subject area of occupational Psychology; that is the psychological dimensions which characterise the complex relationship between the individual, work and the organisation
* The third is the subject area of Organisational Psychology that is the characteristics of organisational realities and the demands they make.

Assessment criteria are based on the following aspects:

* Knowledge of theoretical and conceptual paradigms (60 % of the mark)
* Critical analysis of theories (20% of the mark)
* Trasfer and application of conceptual schemes to the context (20% of the mark).

***NOTES AND PREREQUISITES***

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Module: **Psychology of Ageing and of Longevity**

Prof. Laura Ferrari

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

The aim of the course is to provide students with the theoretical fundamentals of the Psychology of ageing so that they may acquire conceptual categories useful for understanding this phenomenon. Specifically, there will be an in-depth presentation of the key aspects of the psychology of the family from a relational perspective enabling the interpretation of invariant elements and the varied complexity of families which are facing the transition to old age and the related tasks. In addition, the course intends to promote the knowledge of psychosocial interventions for old people and caregivers.

At the end of the course, students will have studied in depth the conditions of the elderly from a psychosocial perspective and will have acquired the conceptual categories which are useful for the interpretation and understanding of the family and social relationships of the aged. Furthermore, they will have acquired useful elements for the design of accompaniment actions and interventions for the promotion of family and social ties in old age.

***COURSE CONTENT***

The first part of the course will provide a theoretical framework on the phenomenon of ageing, examining in-depth the condition of the aged in the current social context from a psychosocial perspective, the attitudes, beliefs and prejudice regarding old age. From a relational perspective based on the idea of old age as being a joint venture between different generations, there will be an in-depth analysis of the role of the family and of social networks in promoting active ageing.

The second part of the course will cover the analysis of psychosocial interventions and of useful related tools from a relational and family perspective aimed at accompanying families with aged members in finding useful resources to cope with the numerous development tasks required by this phase of the life cycle. More specifically, examples will be given of some programmes and intervention techniques used with the aged and their caregivers, which are based on the use of group methods, focusing on some core elements and on the conducting techniques used in the different stages of life of a group.

***READING LIST***

1. F. Morganti, G. Castelnuovo (curated by) *Psicologia dell’invecchiamento. Ambiti, prospettive, interventi* (2023).
2. D. Bramanti. Vivere la transizione alla fragilità: tra resilienza e rassegnazione. Per una nuova comunità amica degli anziani, EDUCatt, Milan 2022.
3. Couse slides available on the Blackboard platform.

***TEACHING METHOD***

The work methodology consists in frontal lessons which will present different theoretical topics and some empirical research on subjects of interest, which will subsequently be studied more in depth by students with the aid of texts specified during lectures. Furthermore, in order to facilitate active learning, students will have the opportunity to carry out some exercises in subgroups. In addition, there will be the participation of external professionals which work in the sector of interest and who will present some field experience useful for students’ professionalisation. All the material will be made available on the Blackboard platform.

***ASSESSMENT METHOD AND CRITERIA***

Students will be assessed by means of an oral exam. Assessment criteria will include the assessment of the knowledge of course topics, acquisition of the specific lexicon of the discipline, of the reasoned and coherent structuring of arguments and the ability to critically rework course contents as well as to apply them in different areas of social life.

***NOTES AND PREREQUISITES***

There are no knowledge prerequisites for students to attend the course.

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

1. The texts specified in the reading list can be purchased at the University bookshops; they may also be purchased from other booksellers. [↑](#footnote-ref-1)