Specialist Module with Workshop: Adolescent and Emerging Adult Psychopathology

## Prof. Davide Margola

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The module has two learning objectives:

- to introduce students to the methodology and techniques of the clinical-diagnostic approach in the case of adolescents and young adults;

- to clarify the relationship between the clinical consultation phase, the case conceptualization, and the intake of a patient at a young age.

At the end of the module, students will be familiar with these diagnosis and treatment processes, having in mind both the importance of a solid way of reasoning (the clinical one).

COURSE CONTENT

The module programme will take into account:

* the necessary diagnostic caution when dealing with a short life history, still evolving developmental processes, and largely fluid and changing behaviours;
* the fact that adolescents and young adults are particularly prone to family and environmental distress;
* the main classifications of personality (bearing in mind that adolescence and young adulthood represent specific and highly vulnerable turning points in the onset and progress of mental suffering).

Specifically, the module is divided into the following four teaching units.

1. The clinical reasoning on a triangular basis (clinical disorders, personality disorders, mental-developmental-defensive functioning).
2. The range of personality organisations as they are traceable in these specific stages of the life cycle:
* typical organisations (e.g. avoidant-restrained, suspicious-distrustful, and closeness- and intimacy-fearful personalities);
* recurrent organisations (e.g. somatising, self-harming or self-punishing, impulsive-explosive personalities).
1. From basic reasoning to basic theory (the “developmental breakdown”).
2. Overall connection and gaining of an articulated view through the presentation of clinical cases and materials.

READING LIST

Laufer, M., Laufer, M.E.(1991). *Adolescenza e breakdown evolutivo*, Bollati Boringhieri, Turin.

A recommended reading list - more comprehensive and supporting the lectures - will be available in the Notices section of the Blackboard platform.

TEACHING METHOD

Frontal lectures, group discussions, presentation of audio-video materials.

ASSESSMENT METHOD AND CRITERIA

The final assessment will be based on the production of a written paper.The student’s critical learning and argumentative summary will be assessed on an ongoing basis, together with their skills in presenting the various topics addressed during the module (including clinical cases).

NOTES AND PREREQUISITES

The workshop experience requires in-depth knowledge of the underlying notions of developmental, clinical, and dynamic psychology. In this sense, specific suggestions will be provided regarding readings that will help consolidate this preliminary knowledge.

In case the current Covid-19 health emergency does not allow frontal teaching, remote teaching will be carried out following procedures that will be promptly notified to students.

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.