# Clinical Psychology of Rehabilitation

## Prof. Enrico Molinari; Prof. Eleonora Volpato

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

The course aims to provide students with a general understanding of the origins and evolution of clinical psychology of rehabilitation to its current definition.

The course aims to provide students with the knowledge and understanding to differentiate the concepts of *functioning,* *impairment, disability and health* according to the most recent international classifications*.*

Finally, the course aims to provide students with a general understanding of the characteristics of multidisciplinary work in rehabilitation according to the bio-psycho-social model, as a perspective for the treatment of disability and clinical disorders.

Course aims and intended learning outcomes

- Knowledge and understanding

At the end of the course, students will be able to know the theories, main methods and factors behind the implementation of rehabilitation programmes and psychological intervention techniques that enable the disabled person to adapt to his context.

- Ability to apply knowledge and understanding

At the end of the course, students will be able to set up a rehabilitation-psychological pathway in the health sector. They will know and be able to identify the main methods for an initial evaluation of a clinical-psychological pathway carried out by a patient.

- Autonomous judging skills

At the end of the course, students will be able to autonomously deepen what they have learned in the field of clinical psychology of rehabilitation, so achieving greater autonomy of judgment.

- Communication skills

At the end of the course, students will be able to convey to their interlocutors, in a clear and complete way, their acquired knowledge of the main theoretical concepts and treatment perspectives of disabilities and clinical disorders. Specifically, students will have learned ways to establish an optimal relationship with disabled people, clinical disorders, and/or chronic diseases.

- Learning ability

While bearing in mind that attendance at lectures constitutes a relevant teaching aid, at the end of the course, students will be able to become progressively less dependent on the lecturer, acquiring the ability to improve their knowledge and skills through a training pathway that can be shared with other students, but also more autonomous and original in the areas of study relevant to the course.

***COURSE CONTENTS***

To provide the cognitive factors concerning psychological problems connected to rehabilitation from a scientific and applicational perspective. The training objective is to give analysis and intervention tools for planning educational, rehabilitative and care activities, integrating the theoretical knowledge and practical skills of this sector.

The course will be divided into two modules:

MODULE I [Prof. Molinari Enrico] - semester 1

*Unit 1.* Introduction to the course

Unit 2. Introduction and distinction with respect to Clinical Psychology / Health Psychology / Hospital Psychology

*Unit 3*. Psychological rehabilitation in mental disorders

*Unit 4*. Pain and Chronic/Pain

MODULE II [Dr. Volpato Eleonora] semester 2

*Unit 1.* Adaptation to a chronic disease and disability: theoretical perspectives, empirical results, and unresolved issues

*Unit 2.* Psychological rehabilitation in cardiology

*Unit 3.* Psychological rehabilitation in pneumology

*Unit 4.* Psychological rehabilitation in neurodegenerative diseases

*Unit 5.* Psychological rehabilitation in chronic inflammatory bowel diseases

*Unit 6.* Stress and health

***READING LIST***

E. Molinari-A. Taverna, *La riabilitazione psicologica nel disturbo mentale,* CSE, Turin, 2000.

E. Zacchetti-G. Castelnuovo, *Psicologia clinica della depressione,* F. Angeli, Milan, 2010.

E. Zacchetti-G. Castelnuovo, *La cura della depressione fra illusioni e speranze. Esperienze e interventi in psicologia clinica,* F. Angeli, Milan, 2021.

E. Zacchetti-G. Castelnuovo, *Clinica psicologica in psicosomatica. Medicina e psicologia clinica tra corpo e mente,* F. Angeli, Milan, 2014.

E. Molinari, *Clinica psicologica in sindromi rare,* Bollati Boringhieri, Turin, 2002.

E. Molinari-G. Castelnuovo, *Clinica psicologica dell’obesità,* Springer, Milan, 2011.

E. Molinari-A. Compare-G. Parati, *Mente e cuore. Clinica psicologica della malattia cardiaca,* Springer, Milan, 2006.

E. Molinari-G. Castelnuovo, *Psicologia clinica del dolore,* Springer, Milan, 2010.

E. Molinari-P.A. Cavaleri, *Il dono nel tempo della crisi. Per una psicologia del riconoscimento,* Raffaello Cortina Editore, Milan, 2015.

***TEACHING METHOD***

Lectures in the lecture room, individual and group practical lessons and in-depth seminars.

In addition, short guided practical exercises (e.g. group discussions, role-playing) will be offered to students, aimed at encouraging active learning, while a number of field experiences will also be presented through interventions by external professionals working in this sector.

Class attendance is strongly recommended, since it promotes considerably the individual and critical study of the subject.

***ASSESSMENT METHOD AND CRITERIA***

An oral exam involving an interview on the more theoretical and applicative part of clinical psychology of rehabilitation. This oral exam will focus on assessing students' general knowledge of psychological rehabilitation and their ability to reprocess the knowledge learned. There will be an oral examination on the material chosen by the student. Assessment will be on students’ ability to connect theories, methods and tools for rehabilitation psychology from the perspective of application. The student will be given the opportunity to present individually or in group a thorough examination on one of the areas indicated in the program. The assessment will focus on the relevance of the student's answers, their appropriate use of the specific terminology, the reasoned and coherent structuring of their discourse, and their ability to identify conceptual and applicative links. It will also be considered the ability to rework a vision on the clinical-psychological knowledge acquired. Exam preparation requires the study of four of the volumes indicated.

The final mark will consider students' participation in lectures and their ability to connect and personally reprocess the topics studied.

***NOTES AND PREREQUISITES***

Students should have basic knowledge of concepts of clinical psychology so as to be able to better understand the specific nature of psychological-clinical applications within a rehabilitation setting.

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.