# Specialist Module with Workshop: Leading Psychological Groups with Active Methods

## Prof. Andrea Ceccarelli

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The workshop aims to explore in-depth the stages in the initiation and development of a psychological group together with its internal dynamics and the processing of connected emotions. We will work on gathering useful information so as to arrive at a relational diagnosis and redefinition of the problem. We will focus on both the theory and technique of group psychological management, paying attention also to the relationship between the patients and the psychologist. The workshop includes the integration of theoretical explanations with the analysis of clinical cases, group work and simulations, using particularly active methods.

Intended learning outcomes

Knowledge and understanding

At the end of the specialised module with workshop, beginning with a theoretical study of the concept of the group and some active interventional methods in the psychological field, participants will be given the opportunity to carry out practical experiential exercises in a group setting in order to promote thought on the mental and therapeutic functions involved in such a context.

Ability to apply knowledge and understanding

At the end of the specialist module with workshop, students will be able to recognise the main group dynamics in the psychological field. They will know significant elements of the active methodology used in group settings and their possible applications in the educational, training and therapeutic fields.

Autonomous judging skills

At the end of the specialist module with workshop, students will be able to autonomously deepen their theoretical-experiential knowledge of the active methods used in groups.

COURSE CONTENT

Unit 1 The concept of the group in its social, interpersonal and intrapsychic interpretations

Unit 2 Active methods oriented towards self-work in the group setting within the educational, training and psychotherapeutic field

Unit 3 Elements of the group setting: action, the "here and now", emotions, the plane of fantasy and the plane of reality

Unit 4 Mental functions in active methods: introspective, sensorimotor, the functions of "double", "mirror" and "role reversal"

READING LIST

Yalom ID, Leszcz M. (2009), *Teoria e pratica della psicoterapia di gruppo*,Bollati Boringhieri

De Leonardis P. (2003), *Lo scarto del cavallo. Lo psicodramma come intervento sui piccoli gruppi*, FrancoAngeli

TEACHING METHOD

The workshop consists of twenty-five hours of work, including theoretical explanations, group discussions and experiential practical activities.

ASSESSMENT METHOD AND CRITERIA

The assessment will be based on lecture attendance as well as an oral assessment at the end of the course. There is a single final mark which is expressed as either PASSED or FAILED.

NOTES AND PREREQUISITES

There are no prerequisites for attending the course. Nonetheless, interest and intellectual curiosity in the course topics are assumed, as well as a willingness to "get involved" in the various exercises.

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.