# Specialist Module with Workshop: Psychological Consultation between Content and Relationship

## Prof. Manuela Genchi

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The workshop aims to explore in more depth the phases of the psychological consultation in three different formats: the individual, the couple and the family. The different contexts within which it is possible to carry out a psychological consultation will be studied in-depth and we will work on the information and tools needed to reach a relational diagnosis and redefinition of the problem. We will focus on both the theory and technique of psychological consultation, also paying attention to the relationship between patient and psychologist. The workshop foresees the integration of theoretical explanations with analysis of clinical cases, group work and simulations.

Intended learning outcomes

Knowledge and understanding

At the end of the specialist module with workshop, students will know the different fields of application, and the tools and phases of psychological consultation.

Ability to apply knowledge and understanding

At the end of the specialist module with workshop, students will be able to set up an individual, couple and family psychological consultation. They will possess the skills to reach a first redefinition of the problem and a relational diagnosis.

Autonomous judging skills

At the end of the specialist module with workshop, students will be able to autonomously study in depth what they have learned in the field of psychological consultation, thus being able to achieve further results characterised by an ever greater maturity and an ever wider autonomy of judgment.

COURSE CONTENT

Unit 1 Psychological consultation in different contexts

Unit 2 The main formats of psychological consultation: individual, couple and family, and their specificities

Unit 3 What information to collect and how. Practical tools

Unit 4 The objectives of the psychological consultation: from redefining the problem to the relational diagnosis

READING LIST

Lecture notes.

TEACHING METHOD

The workshop foresees 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.