# Specialist Module with Workshop: Discussion of Clinical Cases: from Symptom to Personal History

## Prof. Vittorio Conti

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The workshop aims to introduce students to an understanding of neurotic symptoms in light of the personal history. Students will be initiated into a concept that, by not equating the symptom with the malfunctioning of a system (intrapsychic, social, biological, etc.), they will be able to understand the treatment in terms of reopening degrees of freedom.

Intended learning outcomes

Since it is not a question of learning techniques deduced from diagnostic categorisations, at the end of the workshop students will be able to recognise - in its fundamental elements - a rigorous method that allows the psychologist to follow the individual writing of their patients' stories: from their being absorbed within the repetitive circularity of the symptom, towards a past background within which the symptom took shape, through to the reopening of new possibilities of existence.

COURSE CONTENT

The programme includes:

(1) a phenomenologically oriented understanding of personal experience in its historical and embodied being;

(2) the story of oneself as a way to appropriate one's own experience;

(3) a presentation of some forms of neurotic symptomatology (obsessive, hysterical/hypochondriacal, phobic, etc.) beginning with the human emotion;

(4) an introduction to a method that can help understand the symptom, beginning with the patient's personal history.

READING LIST

G. Arciero-G. Bondolfi, *Sé, identità e stili di personalità*. Bollati Boringhieri, 2012.

G. Arciero-G. Bondolfi-V. Mazzola, *Fondamenti di psicoterapia fenomenologica* (V. Conti, Trans.). Bollati Boringhieri, 2019.

V. Conti- G. Arciero, *Percorsi di cura. Psicoterapia fenomenologica e psicoanalisi l’impraticabile incontro*. Vita e Pensiero, 2021.

TEACHING METHOD

In addition to a presentation of the topic in question, each lecture includes the viewing of a first clinical interview and a discussion between the participants.

ASSESSMENT METHOD AND CRITERIA

An oral exam held during the last lecture, involving a group discussion on the fundamental contents discussed during the workshop.

There is one final mark which is expressed as either PASSED or FAILED.

NOTES AND PREREQUISITES

It is useful to have a basic understanding of the fundamental concepts of clinical psychology.

Should the current Covid-19 health emergency not allow face-to-face teaching, remote teaching will be carried out following procedures that will be communicated in good time 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.