# Clinical Psychology

## Prof. Gianluca Castelnuovo; Prof. Giada Pietrabissa

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

Clinical psychology may be seen as the study of the theories, methods and tools that enable the psychologist to understand the difficulties and problems of the person coming to him or her for help. From this perspective, the practice of clinical psychology may be considered as a ‘place’ for ‘thinking about beliefs, emotions and relationships’.

The course sets out to provide a basic grounding in the psychology and psychopathology of human behaviour, the tools for assessing it and techniques of intervention, as well as the interpersonal dynamics between the psychologist and his/her patients.

Further aims of the course are the possibility of developing one’s awareness of how one interacts with and relates to people with psychological problems, and improving the personal and interpersonal skills needed to carry out psychological counselling.

The course aims, therefore, to provide students with a general understanding of the clinical component of psychology both on a practical and theoretical level.

Intended learning outcomes

Knowledge and understanding

At the end of the course, students will know the main theories and methods for a first clinical-psychological evaluation of a patient.

Ability to apply knowledge and understanding

At the end of the course, students will be able to set up a diagnostic evaluation in the clinical-psychological field. They will know the main methods for an initial patient clinical-psychological management from a bio-psychosocial perspective.

Autonomous judging skills

At the end of the course, students will be able to autonomously study in depth what they have learned in the field of clinical psychology, thus being able to achieve further results characterised by an ever-greater maturity and an ever-wider 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 knowledge of psychological-clinical theories and methods.

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 via 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 CONTENT***

MODULE 1 *- General Aspects of Clinical Psychology -* Prof. Giada Pietrabissa

*Introductory unit:* clinical psychology within the panorama of psychology

*Unit 1:* Elements of the history of clinical psychology

*Unit 2:* Methodology of a clinical psychological intervention

*Unit 3:* Analysis of the application in a request for help

MODULE 2 *- Nosographic-Descriptive Aspects of Clinical Psychology -* Prof. Gianluca Castelnuovo

*Introductory unit:* Clinical psychology and diagnostic systems

*Unit 1:* The various versions of the DSM (Diagnostic and Statistical Manual of Mental Disorders)

*Unit 2:* DSM 5: structure and general principles

*Unit 3:* DSM 5: some specific chapters relating to the most widespread psychopathologies

A number of representative cases from more recent clinical practice in various contexts will also be presented: students will have the opportunity to discuss clinical cases and observe the consultation process through the presentation of typical clinical situations.

***READING LIST***

The 3 volumes indicated below:

E. Sanavio-C. Cornoldi, *Psicologia clinica,* Il Mulino, Bologna, 2017.

E. Molinari-A. Labella, *Psicologia clinica: Dialoghi e confronti,* Springer, Milano, 2006 (exceptchap. 14, 19, 22 e 25).

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

A more specialised book to be agreed with the lecturer or selected from the following list:

A.E. Kazdin, *Metodologie della ricerca in psicologia clinica. Ediz. Mylab. Con Contenuto digitale per download e accesso on line* (edited by S. Molgora, F. Pagnini), Pearson, 2018.

F. Del Corno-P. Rizzi,*La ricerca qualitativa in psicologia clinica. Teoria, pratica, vincoli metodologici.*Cortina, Milano, 2010.

J.M. Reisman, *Storia della Psicologia clinica,* Cortina, Milano, 1999.

M. Selvini Palazzoli, *L'anoressia mentale. Dalla terapia individuale alla terapia familiare,* Cortina, Milano, 2006.

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

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

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

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

A. Salvini-M. Dondoni, *Psicologia clinica dell'interazione e psicoterapia,* Giunti Editore, 2011.

Students will prepare by studying the texts indicated above (4 texts in all), the lecture notes and supplementary materials. In addition, all the lecture slides and contents uploaded to Blackboard (including any forums) will be considered integral to the reading list.

***TEACHING METHOD***

The course includes frontal lectures in which the various theoretical topics and some empirical research on topics of interest will be presented. In addition, short guided practical exercises 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.

***ASSESSMENT METHOD AND CRITERIA***

An oral exam involving an interview on the more theoretical and applicative part of clinical psychology. This oral exam will focus on assessing students' general knowledge of clinical psychology, as well as their ability to reprocess their acquired clinical-psychological knowledge from their own perspective. Students will be assessed on their in-depth knowledge of the course contents, their acquisition of the discipline's specific language, and their ability to critically reflect on the various contents and personally rework and connect the various course topics covered, discussing their applicability to the planning of appropriate interventions in specific contexts.

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 links and open questions.

The final single mark is based 60% on the assessment of the more general clinical part (Module 1) and 40% on the more nosographic-descriptive part (Module 2).

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***NOTES AND PREREQUISITES***

Students should have basic knowledge of the concepts related to general, social and developmental psychology. Furthermore, a basic knowledge of dynamic psychology will facilitate the understanding of some concepts.

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.