# Clinical Psychology

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***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 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 behavior, 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 counseling.

Intended learning outcomes

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

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 characterized 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, clearly and completely, 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***

1. Abnormal Psychology: Overview and Research Approaches

2. Historical and Contemporary Views of Abnormal Behavior

3. Causal Factors and Viewpoints

4. Clinical Assessment and Diagnosis

5. Stress and Physical and Mental Health

6. Panic, Anxiety, Obsessions, and Their Disorders

7. Mood Disorders and Suicide

8. Somatic Symptom and Dissociative Disorders

9. Eating Disorders and Obesity

10. Personality Disorders

11. Substance-Related Disorders

12. Sexual Variants, Abuse, and Dysfunctions

13. Schizophrenia and Other Psychotic Disorders

14. Neurocognitive Disorders

15. Disorders of Childhood and Adolescence (Neurodevelopmental Disorders)

16. Psychological Treatment

17. Contemporary and Legal Issues in Abnormal Psychology

Several 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.

***BIBLIOGRAPHY[[1]](#footnote-1)***

Hooley, Nock, & Butcher (2020). Abnormal Psychology, 18th Edition. Pearson, Essex (UK).

*Two books* from a reading list that will be presented during the course.

Students will prepare by studying the texts indicated above (2 texts in total), the lecture notes, and supplementary materials. In addition, all the lecture slides and contents uploaded to Blackboard (including any forums) will be considered exam material.

***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 additional topics will be also 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 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.

***NOTES AND PREREQUISITES***

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

1. I testi indicati nella bibliografia sono acquistabili presso le librerie di Ateneo; è possibile acquistarli anche presso altri rivenditori. [↑](#footnote-ref-1)