# Psychology of Rehabilitation and Health Clinics

## Prof. Gianluca Castelnuovo

COURSE AIMS AND INTENDED LEARNING OUTCOMES

The following objectives will be pursued during the course:

- to illustrate the study of psychopathology from the perspective of the DSM (Diagnostic and Statistical Manual of Mental Disorders), the most frequently used system in clinical practice;

- to introduce examples of psychopathological cases to illustrate the diagnostic process.

At the end of the course, students will be able to establish a clinical-psychological diagnosis pathway in the psychopathological field. They will know the main methods for conducting a first diagnostic consultation with the patient.

The course also aims to increase students' awareness of how they relate to individuals with psychological problems, and increase the personal and interpersonal skills needed in their diagnostic role as clinical-psychologists.

Intended learning outcomes

Knowledge and understanding

At the end of the course, students will know the general characteristics of the DSM 5 for conducting an initial clinical-psychological evaluation of patients.

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 initially managing and evaluating the patient 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 psychopathology, 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 possess the ability to convey to their interlocutors, in a clear and complete way, their acquired knowledge on the DSM classification in psychopathology.

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 gain progressive independence from 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

*Introductory Unit:* clinical psychology and diagnostic systems at the time of DSM 5

*Unit 1:* The DSM 5: structure and general principles

*Unit 2:* The DSM 5: the clinical psychologist in the role of psychopathologist

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

The main objective of the course is to enable students to recognise psychopathological phenomena in their most descriptive expression. Clinical case examples in which students will be able to apply themselves will also be used, together with a number of illustrative cases of the most recent clinical interventions in different contexts; students will be offered the opportunity to discuss these clinical cases and go through some of the diagnostic processes with the lecturer, with the presentation of paradigmatic situations.

READING LIST

L-W. Reichenberg*, DSM-5® L'essenziale: Guida ai nuovi criteri diagnostici*, RaffaelloCortina Editore, 2015.

E. Zacchetti-G. Castelnuovo, *La cura della depressione fra illusioni e speranze. Esperienze e interventi in psicologia clinica,* F. Angeli, Milano, 2021.

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

Students will study the texts indicated above together with 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 lectures, classroom frontal tutorials and discussion groups where the different types of psychopathologies 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 most theoretical and applicative part of psychopathology. In particular, the exam will evaluate the students’ ability to argue and debate the various topics covered during the course. The oral exam will assess the student's general knowledge of psychopathological topics, their ability to define the diagnostic criteria of the main psychopathologies in accordance with the DSM-5, and their ability to reprocess their own personal vision of the psychopathological knowledge acquired. 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. There is a single final mark which is expressed out of thirty.

NOTES AND PREREQUISITES

Students must possess a basic knowledge of the concepts of clinical psychology in order to better establish a psychological diagnostic course. Furthermore, a basic knowledge of dynamic psychology will facilitate the understanding of some concepts.

Further information can be found on the lecturer's webpage at [http://docenti.unicatt.it/web/searchByName.do?language=ENG](http://docenti.unicatt.it/web/searchByName.do?language=ENG%22%20%5Ct%20%22_blank), or on the Faculty notice board.