# Specialist module with workshop: Parenting support

## Prof. Annella Bartolomeo

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

Teach students basic and specialised knowledge of the main theory models and most significant areas of research within the field of psychological practices of parenting support.

At the end of the course, students will be able to:

– understand the latest, shared theories regarding course topics;

– understand the characteristics of models of intervention for parenting support;

– understand the tools which enable the creation of models of intervention for parenting support;

– design and build parenting support intervention with special focus on childhood, the different stages of development, the characteristics of parenting and on the contexts of reference of psychological practices.

At the end of the course, students will be able to:

– refer to the reference reading regarding the definition of parenting support intervention;

– understand the models of parenting support intervention from both a practical and operative standpoint;

– navigate the different models of parenting support in terms of demand analysis and design of specific psychological pathways.

***COURSE CONTENT***

The first group of lectures is designed to provide information regarding the models of parenting support intervention, with reference to the possible modalities of intervention and the instruments used. The second group of lectures is designed to illustrate the specific conditions in which it is possible to operate by implementing the various models of intervention. Then, the third group of lectures focuses on the possibility of parenting support intervention with reference to childhood and adolescence and different contexts.

Specifically, the course consists of the following units and sub-units:

Unit 1: Definitions

# Parenting support intervention: the main models.

Unit 2:

Psychological factors within parenting support: education and communication styles within parenting couples and within families.

Unit 3:

# Psychological tools and techniques for the creation of parenting support intervention: interviews with parents, long-term and short-term counselling, mediation, parent groups, training and parenting school.

Unit 4:

# Parenting support during the different stages of development of children: from birth to adolescence.

Unit 5:

# Support for parents in specific difficult situations (illness, psychopathology, frailty, etc.).

# Unit 6:

# Parenting support within different education contexts

***READING LIST***

Lecture slides

F. Lambruschi-F. Leonetti, La genitorialità. Strumenti di valutazione e interventi di sostegno, [Carocci](https://www.ibs.it/libri/editori/Carocci), Rome, 2015 (pages 290).

O. Greco-R. Maniglio, Genitorialità. Profili psicologici, aspetti patologici e criteri di valutazione, [Franco Angeli](https://www.ibs.it/libri/editori/Franco%20Angeli), Milan, 2016 (pages 336).

Di Norcia-L. Di Giunta, Essere genitori efficaci. Programmi di sostegno alle competenze genitoriali, [Il Mulino](https://www.ibs.it/libri/editori/Il%20Mulino), Bologna, 2016 (pages 227).

L. Benedetto-M. Ingrassia, Parenting. Psicologia dei legami genitoriali, [Carocci](https://www.ibs.it/libri/editori/Carocci), Rome, 2010 (pages 203).

L. Volpini, Valutare le competenze genitoriali. Teorie e tecniche, [Carocci](https://www.ibs.it/libri/editori/Carocci), Rome, 2017 (pages 210).

***TEACHING METHOD***

The course includes lectures as well as exercises, group discussion, film commentary and case studies.

***ASSESSMENT METHOD AND CRITERIA***

Students will be required to write a paper on the course topics, this will then be presented and discussed during the examination.

The paper may refer to the whole programme and also on specific topics.

1. With reference to knowledge and the ability to understand, students will be asked to illustrate the theoretical framework of reference in the paper, the models of intervention, the instruments and techniques as well as define the most effective models of intervention.

2. With reference to the ability to apply knowledge and understanding, students will be asked to provide applicative examples with models of parenting support intervention.

The exam will be a written test with the possibility, at the request of the Examination Committee and/or the student, of an in-depth and integrative oral test to be carried out according to the modalities defined by the Committee.

*Assessment criteria*

Assessment considers the completeness, relevance and accuracy of the preparation, presentation and discussion of the paper as well as the appropriateness of students’ language.

***NOTES AND PREREQUISITES***

Regular attendance of lectures is recommended to be able to learn the basic concepts of the models, instruments and techniques illustrated.

Students should have basic knowledge of the characteristics of how parenting couples function.

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.