# Community Psychology

## Prof. Elena Marta; Prof. Daniela Marzana

[The first part of the course held by Prof. Elena Marta is borrowed from the Faculty of Political and Social Sciences with the name: *Psychology of interventions in communities*]

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

To give an in-depth understanding of the theoretical knowledge and research and intervention methods specific to Community Psychology, namely theory and practice that take into account the interface between individual and social spheres and integration of the social perspective and clinical aspect when facing the human problems present in community life. The main thread of the course will be analysis of the social bond, where it can create malaise and by what means prevention or reparative interventions targeted at improving the quality of life of individuals and community development can be initiated.

Intended learning outcomes

Knowledge and understanding

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

- Know the theoretical approaches and constructs underlying working with communities;

- Know the tools for interpreting community contexts;

- Know the approaches for designing and socially evaluating community interventions.

Ability to apply knowledge and understanding

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

* Apply methods and tools and conduct an appropriate demand analysis;
* Design and carry out an intervention research study as well as compile tenders;
* Apply the logic of the community approach to working with locally present services and networks.

Autonomous judging skills

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

- Manage the complexity in analysing family, group and community situations, and formulate critical judgments in the reading and interpretation of the relevant scientific literature;

- Formulate autonomous and critical judgments on the basis of observational or instrumental data on interventions with families and communities, also taking into account the principles of professional ethics formulated by the Order of Psychologists.

Communication skills

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

*-* Communicate effectively with: clients, people, stakeholders, organisations and associations from and in the community;

- Possess the skills and communication abilities for communicating effectively with colleagues from other disciplines.

*Learning skills*

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

- Know how to continuously update their knowledge, independently learning the most recent developments and contributions of national and international scientific research in the field of community psychology;

- Learn from daily experience and from collaboration with more mature colleagues and professionals from other disciplines as well.

***COURSE CONTENT***

The course will cover the definition of the discipline with special reference to the meaning of community, sense of community, participation/collaboration, community development and solidarity bonds. Special emphasis will be placed on the research intervention and the specific tools for community interventions, such as, for example, social recognition, community profiles and the focus group. In addition, we will study the theme of the design and evaluation of the interventions.

The course will constantly present interventions related to prevention and care for families and groups in difficulty, especially young people, families and marginalized people.

In detail, three major topics will be addressed:

- **defining and interpreting the community**: the guiding principles of community psychology, theoretical approaches, action research, and the tools for getting to know the community (e.g. social recognition, profiles, focus groups)

Unit 1: Origins and theoretical framework

- History and development of community psychology

- The guiding principles of community psychology

- The psycho-social approach and the ecological metaphor

Unit 2: The basic constructs/processes

- Sense of community

- Community empowerment

- Participation

- Health promotion

Unit 3: Methods and tools

- Participatory action research with communities

- Getting to know the community: Social recognition, profiles and photo voices

- Tools for working with communities (focus groups, world café, multidimensional organizational analysis ...)

- **planning and evaluating** community interventions:

Unit 4: Social planning

- The critical issues of planning

- Approaches to social planning: planning, problem-solving, dialogue-participation

- Approaches to social evaluation: planning, problem-solving, dialogue-participation

- Evaluation research

- **developing clinical-social interventions** aimed at local territories: specifically, and including an ecological perspective, the areas of community crisis (personal, interpersonal and social level) will be analysed in light of the Covid-19 pandemic experiences.

Unit 5: Interventions in crisis areas and health promotion

- Examples of interventions

- Local level intervention planning development

***READING LIST***

Manuals

C. Arcidiacono-N. De Piccoli-T. Mannarini-E. Marta (a cura di). *Psicologia di comunità: Volume I. Prospettive e concetti chiave*, Franco Angeli, Milano 2021.

C. Arcidiacono-N. De Piccoli-T. Mannarini-E. Marta, *Psicologia di comunità: Volume II. Metodologia, ricerca e intervento.* Franco Angeli, Milano 2021.

A choice of one from the following list:

*Family area:*

C. Arcidiacono-G. Ferrari Bravo, *Legami resistenti. La clinica familiare nel contesto istituzionale,* F. Angeli, Milano, 2008.

G. Mazzoli-N. Spadoni, *Piccole imprese globali. Una comunità locale costruisce servizi per le famiglie,* F. Angeli, Milano, 2009.

*Volunteering area:*

E. Coppola -C. Giordano-A. Giorgi –G. Lo Verso-F. Siringo, *Trame di sviluppo. Il volontariato e la ricerca psicologica per il cambiamento dei territori difficili,* Franco Angeli, Milano, 2011.

E. Marta-M. Santinello (ed. by), *Il Mentoring. una lettura in ottica di psicologia di comunità,* Unicopli, Milano, 2010.

D. Marzana, *Volontari si diventa,* Vita e Pensiero, Milano, 2011.

D. Marzana *–* S. Alfieri,  *Mi impegno in tutte le lingue del mondo.L'attivismo dei giovani immigrati come promotore di benessere e integrazione,* Rubettino, Roma 2015.

C. Arcidiacono, *Psicologia di comunità per le città,* Liguori, Napoli, 2017.

*Researchand Intervention in the local community area:*

C. Arcidiacono-E. Marta(ed. by), *La Ricerca Intervento. Psicologia di comunità. Gruppi, ricerca-azione e modelli formativi,* F. Angeli, Milano, 2008, number 2-Vol. IV.

A. Giorgi, *Mai più nell'ombra. Vittime di mafia: dalla conoscenza all'intervento psicologico,* F. Angeli, Milano, 20019.

A. Giorgi-S. Giunta-E. Coppola-G. Lo Verso, *Territori in controluce. Ricerche psicologiche sul fenomeno mafioso,* F. Angeli, Milano, 2009.

 *Area tools and methods:*

P. Mastrilli-R. Nicosia-M. Santinello, *Photovoice. Dallo scatto fotografico all’azione sociale*, Milano, Franco Angeli, 2013.

T. Tuozzi, *Profilo di comunità. Risorse e potenzialità di Carinola,* Edizioni Melagrana, Napoli, 2013.

 *Area Sense of community:*

T. Mannarini (edited by), *Senso di comunità. Come e perché i legami contano*. Milano: McGraw Hill-Education, 2016.

The text chosen may be replaced by group work involving the application of a tool included in the programme. Details will be provided in class.

Lecture notes and the contribution made by external professionals will also be exam material.

The examination material will be available on BlackBoard.

***TEACHING METHOD***

Lectures in the lecture room with multimedia presentations and analysis of texts and audiovisualmaterial. Lectures will alternate with practical lessons with direct student participation; personal experiences and cases studies will be used to connect theory with reality. The presentation of case studies, research and interventions of special relevance and interest by professional workers in the field is also planned.

***ASSESSMENT METHOD AND CRITERIA***

An oral exam.

Students will be assessed through an oral interview comprising questions on: a) their knowledge of the theoretical notions of the models presented, b) their understanding of concepts, methods and tools; and c) their ability to personally rework the course contents (for example through critical judgments on the studied contents, links between topics, application to concrete cases, and ability to recall the theory behind reading and analysing concrete cases).

The exam consists of two sections: an assessment of theoretical knowledge and an assessment of the skill at applying and personal reworking the contents. The mark will be determined as follows:

from 18 to 23: theoretical knowledge adequate but limited to texts (poor applicative skills and personal reworking of knowledge);

from 24 to 26: good theoretical knowledge and sufficient applicative competence and personal reworking (connecting contents and subjects) of knowledge;

from 27 to 30 cum laude: excellent theoretical knowledge and good/excellent applicative and reworking skill.

For ERASMUS students the exam will be just oral and will be focus on the whole program.

For Politica and Social Sciences Faculty students the exam will be just oral and will be focuse on the course program.

***NOTES AND PREREQUISITES***

There are no prerequisites for attending the course However, students should be familiar with Social Psychology, Psychology of Work and Organisations, Dynamic Psychology and the workings of groups.

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.