# Psychodynamics

# Prof. Francesco Pagnini; Prof. Filippo Aschieri

***COURSE AIMS AND EXPECTED LEARNING OUTCOMES***

The course aims to provide basic knowledge on psychodynamics and on its models of mental functioning. The course will explore the psychological forces underling human behavior, feelings, and emotions, and how the interrelation of the unconscious and conscious mental aspects determines personality and motivation.

At the end of the course, the student will be informed about the main psychodynamic models to interpret human behaviors, beliefs, and emotions.

***COURSE CONTENT***

The course will present the multifaceted aspects of psychodynamics, with a particular attention toward psychological concepts such as motivation, conflict, mind, but also some psychodynamic constructs, such as signs and symptoms, defense mechanisms, and normality vs pathology. The course will be organized around two main modules:

# Module 1

Unit 1.1 History of psychodynamics and the discovery of the unconscious

Unit 1.2 Jung and the analytical psychology

Unit 1.3 Clinical applications of psychodynamic theories

# Module 2

Unit 2.1 The classic psychoanalytic model

Unit 2.2 Freud’s associates (e.g., Abraham, Ferenczi, and Rank); Reich, Groddeck and the post-freudian psychoanalysis

Unit 2.3 Case studies from the classic psychoanalytic literature

***READING LIST***

H.F. Ellenberger, (1970). The discovery of the unconscious: The history and evolution of dynamic psychiatry. New York: Basic Books (only selected chapters)

A detailed article reading list will be provided to the students at the beginning of the course

***TEACHING METHOD***

The course includes lectures presenting the main models of the psychodynamic traditions, together with highly interactive sessions where students will be engaged in discussion, analyses, and role-playing. Audio-visual materials and clinical vignettes will be used to stimulate the discussion. The course includes 10 hours of practical activities designed to complement the traditional lecture format. These activities may include group work, case studies, and simulations, and are intended to deepen students' understanding of the course material and foster active engagement with the subject matter.

***ASSESSMENT METHOD AND CRITERIA***

An oral exam involving an interview on the more theoretical and applicative part of psychodynamics. This oral exam will focus on assessing students' general knowledge on the subject, as well as their ability to reflect on this knowledge. 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. The assessment will focus on the relevance of the student's answers, their appropriate use of the specific terminology, the reasoned and consistent structuring of their discourse, and their ability to identify conceptual links and open questions.

The outcomes of the practical activities will be evaluated and factored into the final grade. The assessment criteria and methods will be explained in detail during class.

***NOTES AND PREREQUISITES***

No prerequisites are required for this course in terms of content knowledge. However, students are expected to have a genuine interest and intellectual curiosity in the topics covered in the course

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.

*Students’ reception*

Prof. Francesco Pagnini receives students by appointment via e-mail: *francesco.pagnini@unicatt.it*.

Prof. Filippo Aschieri receives students by appointment via e-mail: *filippo.aschieri@unicatt.it*.