Specialist Module with Workshop: Clinical Psychology in Healthcare Settings

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

This specialised module with workshop has the following aims:

- illustrate the areas of care and promotion of well-being for people who access social and health services, clinics, hospital settings;

- highlight the relational dimension of care with reference to both the work team and the need for integration between the various professional skills, and the patient's links with his family and community context;

- underline the organisational aspects of care work with particular attention to the analysis of needs, the planning of services, the enhancement of human resources, and the evaluation of clinical outcomes;

- introduce the applicative possibilities of new technologies (mobile health, remote assistance and remote monitoring) in clinical contexts.

At the end of the specialist module with workshop, students will be able to set up a psychological consultation pathway in the health sector, knowing the main methods for an initial evaluation.

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 and support role as clinical-psychologists, with particular attention to the health context.

Intended learning outcomes

Knowledge and understanding

At the end of the specialist module with workshop, students will know the general characteristics of a psychological consultation interview for diagnostic and rehabilitative purposes in the health sector.

Ability to apply knowledge and understanding

At the end of the specialist module with workshop, students will be able to set up a diagnostic evaluation and an initial supportive interview 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 specialist module with workshop, students will be able to autonomously study in depth what they have learned in the field of clinical health psychology, 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 specialist module with workshop, students will possess the ability to convey to their interlocutors, in a clear and complete way, their acquired knowledge in clinical health psychology.

Learning ability

While bearing in mind that attendance at lectures constitutes a relevant teaching aid, at the end of the specialist module with workshop, 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 specialist module with workshop.

COURSE CONTENT

*Introductory unit:* clinical psychology and healthcare contexts

*Unit 1:* the clinical psychologist and the initial diagnostic interview

*Unit 2:* the clinical psychologist and the rehabilitation interview

*Unit 3:* the clinical psychologist, group interventions and team meetings

The main objective of the specialist module with workshop is to enable students to set up a clinical interview in the health sector. 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 phases of psychological support with the lecturer, with the presentation of paradigmatic situations.

***READING LIST***

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

Students will prepare themselves by studying the text indicated above, 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 specialised module with workshop includes lectures, frontal classroom tutorials and discussion groups in which the different types of psychopathology 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 clinical health psychology. In particular, the exam will assess the student's ability to argue and debate the various topics covered in the specialist module with workshop. The oral exam will assess the student's general knowledge of clinical health psychology topics, their ability to define intervention hypotheses based on 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 and clinical-rehabilitative 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 one final mark which is expressed as either PASSED or FAILED.

NOTES AND PREREQUISITES

Students must possess a basic knowledge of the concepts of clinical psychology in order to better establish a psychological diagnostic and supportive pathway. 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 or on the Faculty notice board.