# Clinical Psychology

## Prof. Fabio Sbattella

1. ***COURSE AIMS AND INTENDED LEARNING OUTCOMES***

***Course aims***

The course aims to provide students with the theoretical knowledge they need to identify, prevent, and face children’s and adults’ existential distress and psychic suffering at primary school.

***Intended learning outcomes***

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

– distinguish the different diagnostic categories that define mental suffering;

– identify the most appropriate professional resources to develop educational interventions integrated with other mental health professionals.

***COURSE CONTENT***

The course will begin by looking at the history of how various cultures have attempted to give a name to psychological anguish and discomfort, to then discuss both the clinical approach and social responses to behavioural diversity.

The concepts of mental disorder, existential anguish, and mental disorder will then be discussed mainly focusing on the issue of personal experiences, emotions and social maladjustment.

Lastly, a framework of professional resources and useful strategies will be provided for handling and reducing clinical suffering.

***READING LIST***

#### L. Occhini, Psicologia clinica per insegnare, Zanichelli, Bologna,2023.

***TEACHING METHOD***

The course includes theoretical in-depth lectures in the classroom, discussions on specific topics, guided practical work with video analysis and case histories, testimonials, and interventions by experts.

***ASSESSMENT METHOD AND CRITERIA***

***Assessment method***

The exam is a written test, with a possible additional oral interview, only if the Examination Commission thinks it is necessary to verify the reliability of the test carried out by the student. The test consists of three open-ended questions with equal weight.

***Assessment criteria***

Through the written test, students will have to demonstrate their knowledge of information, differences, and key concepts of the subject dealt with in the general part of the course. They will also have to show their ability to navigate the themes and basic issues discussed during lectures. In this context, emphasis will be placed on the scheduled readings, to be carried out in a timely and complete manner, supplemented by the set of materials proposed and the course lectures.

The assessment will be based on the relevance, completeness and correctness of the students’ answers; their understanding of concepts, the appropriate use of specific terminology, the reasoned and consistent structuring of speech, the ability to identify conceptual links and open issues.

***NOTES AND PREREQUISITES***

***Note***

Course attendance, although not compulsory, is strongly recommended.

Reading list and specific additional study materials, useful for achieving the training objectives, will be provided during lectures and made available online on the Blackboard platform.

The students who wish to acquire a few ECTS credits (European Credit Transfer System), due to the recognition of their previous degree, have to define the course programme in advance with the lecturer. Also for them, the learning assessment will take place on the same dates and in the same way as for the other students.

***Prerequisites***

Basic knowledge of Psychology, acquired through general psychology, developmental psychology or social psychology courses, is required.

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.