COURSE DETAIL

WELLBEING INTERVENTIONS IN CLINICAL PSYCHOLOGY
Country Italy
Host Institution University of Bologna
Program(s) University of Bologna
UCEAP Course Level Upper Division
UCEAP Subject Area(s) Psychology
UCEAP Course Number 155
UCEAP Course Suffix
UCEAP Official Title WELLBEING INTERVENTIONS IN CLINICAL PSYCHOLOGY
UCEAP Transcript Title INTRVNTNS CLNCL PSY
UCEAP Quarter Units 6.00
UCEAP Semester Units 4.00

Course Description

This course is part of the Laurea Magistrale degree program and is intended for advanced level students. Enrollment is by permission of the instructor. The course content includes:

1) Introduction to the use of clinical interviewing for well-being interventions.

2) Attending and listening skills for clinical interviewing.

3) The use of questions during clinical interviewing.

4) Well-being interventions based on person-centered approaches: theoretical principles and methodological recommendations.

5) Conceptual and methodological principles of Rational Emotive Behavior Therapy (REBT).

6) Conceptual and methodological principles of Cognitive-Behavior Therapy (CBT).

7) The Well-Being Therapy (WBT): the conceptual background, the methodological framework, and its main clinical applications.

8) An introduction to the Schema Therapy.

9) The clinician and the soul: an introduction to Logotherapy.

10) The inferiority feeling and striving for superiority: an introduction to Individual Psychology and Adlerian Psychotherapy.

By the end of the course, students: know evidence-based interventions aimed at improving well-being, their mechanisms of action, potential beneficial and adverse effects; are able to evaluate the efficacy of well-being interventions and plan research and intervention projects to reduce risk in populations with unhealthy lifestyle and promote adaptation and self-management in patients with chronic and progressive diseases.

Language(s) of Instruction
English

Host Institution Course Number
B3025

Host Institution Course Title
WELLBEING INTERVENTIONS IN CLINICAL PSYCHOLOGY

Host Institution Course Details
https://www.unibo.it/en/study/phd-professional-masters-specialisation-schools-a...

Host Institution Campus
BOLOGNA

Host Institution Faculty

Host Institution Degree
LM in PSYCHOLOGY OF WELLBEING AND SOCIAL INCLUSIVITY

Host Institution Department
PSYCHOLOGY

Course Last Reviewed
2024-2025

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