

## 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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