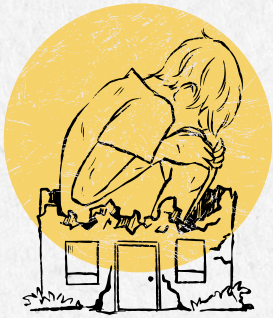


Principles of psychotherapy

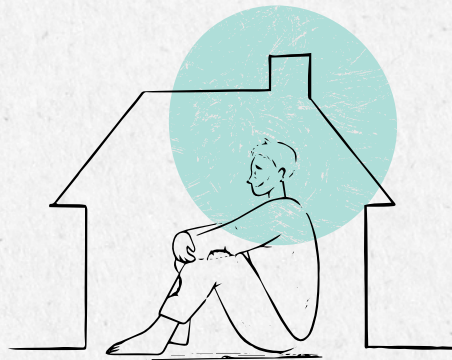
Optional course



Structure and assessment.

Classic structure: course + practical work. **7 hours of lectures and 7 hours of practical work**, each lasting one hour.

Assessment: colloquium and portfolio.



Course topics.

- Introduction to psychotherapy. Historic. Currents. Psychotherapy vs somatotherapy
- Cognitive-behavioral psychotherapy
- Psychotherapeutic interventions in oncology.
- Psychological intervention in trauma
- Psychotherapeutic and psychosocial interventions in stress management



Practical work topics.

- Psychoeducation and prevention.
- Psychological counseling.
- Personal development and self-knowledge.
- Relaxation techniques.
- Child and Adolescent Psychotherapy
- The role and the benefits of social support
- Individual and group interventions in addictions

Discipline coordinated by the Department of Psychology, UMFT