



UNIVERSITY OF L'AQUILA



Department of Health, Life and  
Environmental Sciences

**Profile of**  
**1<sup>st</sup> Cycle Degree in**  
**PSYCHIATRIC REHABILITATION TECHNIQUES**

*Laurea in*  
***TECNICA DELLA RIABILITAZIONE PSICHIATRICA***

***President: Professor Rita Roncone***

**DEGREE PROFILE OF**  
**Laurea in TECNICA DELLA RIABILITAZIONE PSICHIATRICA**  
**(First Cycle Degree in PSYCHIATRIC REHABILITATION TECHNIQUES)**

TYPE OF DEGREE & LENGTH	Single Degree (180 ECTS-credits)
INSTITUTION(S)	Università degli Studi dell'Aquila - <i>University of L'Aquila</i> , ITALY
ACCREDITATION ORGANISATION(S)	Italian Ministry of Education and Research, Ministry of Public Health Società Italiana di Psichiatria ( <i>Italian Psychiatric Association</i> <a href="http://www.psichiatria.it">http://www.psichiatria.it</a> ) e Associazione Italiana dei Tecnici della Riabilitazione Psicosociale ( <i>Italian Psychosocial Rehabilitation Technicians</i> <a href="http://www.riabilitazionepsicosociale.it">http://www.riabilitazionepsicosociale.it</a> )
PERIOD OF REFERENCE	Programme validated for 3 years for cohorts starting in October 2012
CYCLE /LEVEL	QF for EHEA: First Cycle; EQF level: 6; NQF for Italy: Laurea

<b>A</b>	<b>PURPOSE</b>
	<p>Graduates in <i>Psychiatric Rehabilitation Techniques</i> are health care professionals and specialists in the field of Rehabilitation as defined in the Italian laws (inter-ministerial <i>D.L. 19/02/2009, Health Ministry's Ministerial Decree of 29 March 2001 and amendments</i>), responsible for the provision of rehabilitative and training services to individuals with psychic disabilities, as part of a therapeutic project drawn up by a multidisciplinary team. They contribute in evaluating the psychic disabilities and resilience capacities of the individual, through a progressive analysis of their needs and evolving requirements, projecting a targeted intervention programme aiming to maximise the recovery answer within the patient's available resources and the family and social environment. The programme meets the requirements of European and National laws and Directives. Degree holders obtain the credentials for National Certification as <i>Psychiatric Rehabilitation Technicians</i>.</p>

<b>B</b>	<b>CHARACTERISTICS</b>		
1	<table border="1"> <tr> <td style="width: 20%;">DISCIPLINE(S) / SUBJECT AREA(S)</td> <td>Strong theoretical basis on Sciences and Medicine, Psychology and Psychiatric Practice (20:30:50)</td> </tr> </table>	DISCIPLINE(S) / SUBJECT AREA(S)	Strong theoretical basis on Sciences and Medicine, Psychology and Psychiatric Practice (20:30:50)
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2	GENERAL / SPECIALIST FOCUS Specialist Psychiatric Rehabilitation		
3	ORIENTATION It is an academic degree with a professional orientation applied to the theory and practice of Psychiatric Rehabilitation Technician professional profile, according to International and National Directives		
4	DISTINCTIVE FEATURES This degree has a strong component of interdisciplinary learning with other Health Care professionals and is developed in a stimulating research environment. Students have a 3/6-months placement in health departments in Italy and/or abroad.		

<b>C</b>	<b>EMPLOYABILITY &amp; FURTHER EDUCATION</b>		
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		residential and semi-residential rehabilitation communities, behavioral disorder services, etc. either as employees or freelance workers.
2	FURTHER STUDIES	The Bachelor Degree in <i>Psychiatric Rehabilitation Techniques</i> normally gives direct access to the corresponding Second Cycle degree programme. It also gives access to some other Second Cycle degree programmes in Health care professionals with further specialization, as well as in leadership and management specialization (in which case extra work may be necessary for admission).

D	EDUCATION STYLE	
1	LEARNING & TEACHING APPROACHES	Lectures, group-work, role-play, individual study and autonomous learning, interprofessional learning, self directed study, work placement. In particular, the professional learning is integrated by a practical activity consisting of clinical stages corresponding to 60 CFU, under the supervision of a tutor, according to the European normative, where requested. Moreover knowledge of a foreign language also is requested.
2	ASSESSMENT METHODS	Assessment is normally conducted by means of an oral or written examination. The final exam consists in a practical exam aimed at demonstrating that the candidate has acquired the essential professional skills and competences related to the professional profile and in the discussion of a written text. Degree holders obtain the credentials for National Certification as Technician in Psychiatric Rehabilitation.

E	PROGRAMME COMPETENCES	
1	GENERIC	
	<p>The degree programme meets the competences and quality assurance procedures required by the National Higher Education Quality Assurance Agency (AVA) for degree courses at first level. This includes the Generic Competences expected for the first cycle graduated, as follows:</p> <ul style="list-style-type: none"> <li>— <b>Analysis and synthesis:</b> Knowledge and understanding of the subject area and understanding of the profession and ability to be critical and self-critical</li> <li>— <b>Flexible mind:</b> Ability to make reasoned decisions and to interact with others in a constructive manner, even when dealing with difficult issues,</li> <li>— <b>Leadership, Management and Team-working:</b> Ability to work in a team and to interact constructively with others regardless of background and culture and respecting diversity</li> <li>— <b>Communication skills:</b> Ability to communicate both orally and through the written word in first language</li> <li>— <b>Field culture:</b> Ability to apply knowledge in practical situations and to act on the basis of ethical reasoning</li> <li>— <b>Learning ability:</b> Capacity to learn and stay up-to-date with learning</li> <li>— <b>Problem solving:</b> Ability to identify, pose and resolve problems</li> <li>— <b>Other skills:</b> Ability to plan and manage time and to evaluate and maintain the quality of work produced</li> </ul>	
2	SUBJECT SPECIFIC	
	<p>The Programme meets all the Specific Competences as established and agreed in collaboration with the field stakeholders, clustered within the key overarching competences summarized below:</p> <p><b>Knowledge of :</b></p> <ul style="list-style-type: none"> <li>-cultural assets, including historical and cultural concepts of ICF (International Classification Functioning), and the historical evolution of care, treatment and rehabilitation;</li> <li>- evidence based psychosocial rehabilitation interventions addressed to users and their caregivers;</li> <li>-key areas of biomedical and clinical sciences for the understanding of physiological and pathological processes connected with the state of health and illness of people in various stages of life; neuropsychiatric sciences for the understanding of mental processes and events in different life periods;</li> <li>- Psychiatric rehabilitation theory and methods and the ability to apply this knowledge in professional practice;</li> <li>-healthcare and medical sciences, social science and humanities with a view to incorporating relevant knowledge into professional practice;</li> <li>- scientific theories and methods, including literature and information searches, documentation and quality development and the ability to understand methodological aspects with a view to incorporating them appropriately into professional practice;</li> <li>- legal provisions and ethics applicable to rehabilitation practice and the ability to act accordingly.</li> </ul> <p><b>Comprehension/understanding.</b></p>	

	<ul style="list-style-type: none"> <li>- basic understanding of personal and environmental variables that currently affect health needs of population;</li> <li>- ability to identify fundamental elements of mental functions, of psychopathological phenomena and psychiatric symptomatology;</li> <li>- ability to independently identify the appropriate and targeted psychiatric rehabilitation interventions addressed to users, their family members, their caregivers and resource groups;</li> <li>- Understanding of ethical, legal and sociological understanding of the organizational complexity of the healthcare system, the importance and usefulness to integrate competences and skills.</li> </ul> <p><b>Analysis and Synthesis:</b></p> <ul style="list-style-type: none"> <li>- Ability to analyse, assess and evaluate the personal and social functioning of people affected by mental illness and support the users in identifying their own goals and priorities in their family and social environment;</li> <li>- ability to use functional, resource, and social skills assessments that identify the need for special services.</li> <li>- Capacity to provide reasons for, analyse, interpret and document the chosen actions and solutions on the basis of reasoning, decision-making, documentation and evaluation processes;</li> </ul> <p><b>Application and creativity:</b></p> <ul style="list-style-type: none"> <li>- Ability to plan, carry out and assess the effect of coherent and adequate psychosocial assessment and intervention;</li> <li>- Ability to identify realistic goals for psychosocial intervention in collaboration with the user and in accordance with the patient's life, prerequisites, development potential, wishes and expectations involving their caregivers;</li> <li>- Ability to apply knowledge of the foundations of psychiatric rehabilitation agreements in the area of clinical psychiatry and social concepts of mental health, psychopathology, social functioning, organization of psychiatric services, characteristics of the therapeutic relationship;</li> <li>- Ability to apply basic knowledge of psychology and psychotherapy to psychiatric rehabilitation, with specific reference to the main currents of thought of both psychological and psychotherapeutic schools, the different approaches of individual therapy, group and family;</li> <li>- Ability to guide the assessment process, in such a way that a person with a psychiatric disability determines the need for personal change and sets goals and priorities;</li> </ul> <p><b>Evaluation:</b></p> <ul style="list-style-type: none"> <li>- Ability to assess the user's need for aids and modified behavioural attitudes and on the basis of this academic assessment, recommend and apply for aids;</li> <li>- Ability to assess the patient's social and cultural surroundings and adjust them with a view to supporting and promoting rehabilitation;</li> </ul> <p><b>Problem managing:</b></p> <ul style="list-style-type: none"> <li>- ability to coordinate, administer and manage specific psychosocial rehabilitation services and general healthcare services offered to users with a focus on health promotion, prevention, rehabilitation and recovery;</li> </ul> <p><b>Communication:</b></p> <ul style="list-style-type: none"> <li>- ability to communicate both verbally and in writing with users, relatives, colleagues and other professional groups in multidisciplinary and multiprofessional collaboration.</li> </ul>
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<b>F</b>	<b>COMPLETE LIST OF PROGRAMME LEARNING OUTCOMES</b>
	<p>A newly graduated Bachelor of <i>Psychiatric Rehabilitation Techniques</i> should be able to:</p> <ul style="list-style-type: none"> <li>- independently identify the appropriate and targeted psychiatric rehabilitation interventions addressed to users, their family members, their caregivers and resource groups;</li> <li>- define his/her own professional scope of action;</li> <li>- independently source, critically assess and apply new research in work contexts and participate in development work, implementation and evaluation within the profession;</li> <li>- critically assess his/her own practice and psychiatric rehabilitation practice in general;</li> <li>- adapt to new situations and be innovative when solving problems and making decisions, whether individually or in collaboration with users or partners;</li> <li>- perform strengths-based, multidimensional assessments that assist individuals to identify their personal strengths, and the supports and barriers to successful participation in their living, learning, and working environments of choice. This includes having the knowledge and skill in the use of functional, resource, and symptom assessments that identify the need for special services.</li> <li>- use rehabilitation techniques to help individuals identify personal priorities and establish goals that are consistent with their personal worldviews, values, and lifestyles.</li> <li>- achieve effectiveness in considering the individual's personal preferences, strengths, and interests in order to develop goals that are consistent with his or her aspirations.</li> <li>- use engagement and motivational interviewing techniques, as well as to teach goal setting and problem solving skills;</li> <li>- apply evidence based psychosocial rehabilitation interventions to users and their caregivers and periodically monitor their progresses in the course of the treatment;</li> <li>- collaborate with individuals to help them discover their individual early signs of crises in order to prevent them;</li> </ul>

- help the user to increase the use of effective coping mechanisms by using appropriate techniques, assessing individual coping styles;
- help the users and their caregivers to apply the structured problem-solving method and the social skill training to allow them to achieve the identified goals;
- establish a therapeutic relationship with the user based on existing ethical guidelines and identify and handle ethical dilemmas arising in connection with psychiatric rehabilitation practice;
- collaborate with users, relatives, caregivers, colleagues and other relevant parties regardless of ethnic, cultural, religious and social background;
- coordinate, administer and manage specific psychiatric rehabilitation services and general healthcare services offered to users with a focus on health promotion, prevention, rehabilitation and mental wellbeing;
- further develop his/her own knowledge, skills and competences as part of life-long learning, including identifying his/ her own learning requirements and assessing the learning outcomes;
- be innovative and apply existing knowledge in new contexts as well as follow, apply and participate in development work in the psychiatric rehabilitation field;
- continue theoretical and further education at a Master's or PhD degree level upon completion of the Bachelor's degree as well as participate in professional specialisation within a narrow professional field.

<b>Comprehensive Scheme of the 1<sup>st</sup> Cycle Degree in PSYCHIATRIC REHABILITATION TECHNIQUES</b>				
<b>YEAR</b>	<b>CODE</b>	<b>COURSE</b>	<b>Credits (ECTS)</b>	<b>Semester</b>
<b>I</b>	D0253	Anatomy and Physiology	6	1
	D0314	Psychological assessment and introduction to clinical psychology	12	1
	D0301	General and social psychology	6	2
	D4164	Principles of psychiatric rehabilitation and psychiatry	6	2
	D0357	Adult and developmental psychopathology	6	2
	<i>English</i>		3	1 or 2
	<i>Work Placement I</i>		18	1 and 2
<b>II</b>	D4170	Team work and health and social integration	6	1
	D4166	Organic diseases in mental disorders	6	1
	D4168	Prevention and health services	6	1
	D4171	Psychodrug and psychosocial interventions in evidence-based integrated treatments	6	1
	D2860	Techniques of first aid":	6	2
	D4173	Disability and Rehabilitation in Neurology and Child Neuropsychiatry	6	2
	D4174	Techniques of Body Expression	6	2
	<i>Work Placement II</i>		20	1 and 2
<b>III</b>	D2866	Principles of health management and Forensic Medicine	6	1
	D4176	Assessment of psychiatric rehabilitation interventions outcomes	6	1
	D2882	Scientific methodology and psychosocial research	6	2
	<i>Work Placement III</i>		22	1 and 2
	<i>Free choice Courses / Activities</i>		6	1 and 2
	<i>Other activities</i>		9	1 and 2
	<i>Thesis</i>		6	2