



UNIVERSITY OF L'AQUILA



Department of Health, Life and
Environmental Sciences

Profile of
2nd Cycle Degree in
APPLIED, CLINICAL AND HEALTH PSYCHOLOGY

Laurea Magistrale in
PSICOLOGIA APPLICATA, CLINICA E DELLA SALUTE

DEGREE PROFILE OF
Laurea Magistrale in PSICOLOGIA APPLICATA, CLINICA E DELLA SALUTE
Second Cycle Degree in APPLIED, CLINICAL AND HEALTH PSYCHOLOGY

TYPE OF DEGREE & LENGTH	Single degree (120 ECTS credits, 2 years)
INSTITUTION(S)	Università degli Studi dell'Aquila (Italy) <i>University of L'Aquila</i>
ACCREDITATION ORGANISATION(S)	Ministry of Education, University and Research (Italy) Ordine Nazionale degli Psicologi, <i>Italian Register of Psychologists</i> (www.psy.it)
PERIOD OF REFERENCE	MIUR 2013, for 2 years
CYCLE /LEVEL	QF for EHEA: 2 nd cycle; EQF level: 7; Italian NQF: Laurea Magistrale

A	PURPOSE
	<p>The master's degree in Applied Clinical and Health Psychology is designed to prepare candidates for careers in several specialized areas of Psychology, giving them the knowledge and skills for competent professional practice in the regulated professional role of Psychologist. The Programme is developed in accordance with Italian <i>Ministry Decree n.509/1999 (and following integrations)</i>. Through a scientific and professional approach, the Programme provides the students with the knowledge and skills required to analyse and formulate hypotheses on human behaviour and to plan behavioural intervention in order to promote and improve health. It is also focused on theoretically-based research with the aim to increase understanding of the mechanisms underlying the reciprocal relationships linking psychological/behavioral factors to physical health outcomes such as disease, disability, and mortality.</p> <p>The programme meets the requirements of European and National laws and Directives. Degree holders obtain the credentials for National Certification as "Psychologists" and, after one year of tutored practice, can make the national exam required for the enrolment in the National Register of Psychologists, established by the Ministry of Public Health, DL56 / 18.02/1989.</p>

B	CHARACTERISTICS		
1	<table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">DISCIPLINE(S) / SUBJECT AREA(S)</td> <td>Psychology, Neuro-Psychiatry, Biology and other disciplines (70: 20: 10)</td> </tr> </table>	DISCIPLINE(S) / SUBJECT AREA(S)	Psychology, Neuro-Psychiatry, Biology and other disciplines (70: 20: 10)
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2	<table border="1" style="width: 100%;"> <tr> <td style="width: 30%;">GENERAL / SPECIALIST FOCUS</td> <td> <p>Advanced education in theoretical and applied Psychology with special emphasis on methodological competences and evidence based approaches.</p> <p>Specific competences are provided throughout three Tracks:</p> <ul style="list-style-type: none"> ✓ Clinical and Health Psychology, which focuses on the clinical/counseling area of psychology and introduces students to the etiology, treatment and prevention of psychological disorders and maladjustments. ✓ Psychology of Deviant Behavior and Sexology, which provides sociocultural views and scientific theories of normality and deviance. The major psychological, cognitive, and behavioral disorders and their classification are considered, with special focus on the sphere of criminal and sexual behavior. ✓ Cognitive Neurosciences, which focuses on basic mechanisms of brain and cognition, advanced research methods, and lifespan development of brain-cognition plasticity. The program shed light on the major systems underlying memory, attention, problem solving, decision making, language and its development, states of consciousness, alterations in cognitive functions and their neural substrates that occur in early development, aging, brain damage, and psychopathology. </td> </tr> </table>	GENERAL / SPECIALIST FOCUS	<p>Advanced education in theoretical and applied Psychology with special emphasis on methodological competences and evidence based approaches.</p> <p>Specific competences are provided throughout three Tracks:</p> <ul style="list-style-type: none"> ✓ Clinical and Health Psychology, which focuses on the clinical/counseling area of psychology and introduces students to the etiology, treatment and prevention of psychological disorders and maladjustments. ✓ Psychology of Deviant Behavior and Sexology, which provides sociocultural views and scientific theories of normality and deviance. The major psychological, cognitive, and behavioral disorders and their classification are considered, with special focus on the sphere of criminal and sexual behavior. ✓ Cognitive Neurosciences, which focuses on basic mechanisms of brain and cognition, advanced research methods, and lifespan development of brain-cognition plasticity. The program shed light on the major systems underlying memory, attention, problem solving, decision making, language and its development, states of consciousness, alterations in cognitive functions and their neural substrates that occur in early development, aging, brain damage, and psychopathology.
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3	ORIENTATION		
	Different tracks provide specializations envisaging specific employment/career opportunities.		

		<i>Clinical and Health Psychology</i> and <i>Psychology of Deviant Behavior and Sexology</i> are clinically-oriented and contribute, together with the year of supervised practice, to the acquisition of the competences and skills required for professional practice as a psychologist. <i>Cognitive Neurosciences</i> track is primarily research oriented.
4	DISTINCTIVE FEATURES	The course is largely based on the multidisciplinary cooperation among different sub-disciplines of psychology and other related disciplines.

C EMPLOYABILITY & FURTHER EDUCATION		
1	EMPLOYABILITY	Professional psychologist, consultant in companies and institutions, research. After the degree, a period of one year of supervised practice is required for attending the examination to have access to the <i>National Register of Psychologists</i> . The title is protected by law: the registration to the Register is necessary to practise independently, ethically and responsibly as a professional.
2	FURTHER STUDIES	Specialization programs in Psychology (clinical, applied). Doctorate in Psychology and related disciplines. Continuing Professional Development over the period of professional practice.

D EDUCATION STYLE		
1	LEARNING & TEACHING APPROACHES	Lectures, laboratory classes, seminars, small group work, analysis and discussion of 'cases', individual study based on text books and lecture notes, individual consultations with academic staff, preparing Diploma dissertation.
2	ASSESSMENT METHODS	Written exams, oral exams, laboratory reports, oral presentations, continuing assessments, final comprehensive exam, assessment of Diploma dissertation..

E PROGRAMME COMPETENCES		
1	GENERIC	<ul style="list-style-type: none"> — Analysis and synthesis: Capacity for analysis and synthesis using logical arguments and proven facts. — Flexible mind: acquisition of a flexible mind, open to apply basic psychological knowledge and competences in a wide range of job opportunities and in everyday life. — Team-work: capability to perform guided teamwork in a lab setting and related special skills demonstrating capacity for handling the rigor of the discipline and for time management (including meeting deadlines). — Communication skills: Ability to communicate effectively and to present complex information in a concise manner orally and in writing and using ICT and appropriate technical language. — Popularization skills: Ability to communicate with non-experts, including some teaching skills. — Psychological culture: Ability to provide explanations of a wide range of psychological processes and ability to modelise them — Learning ability: ability, through independent study, to enter new fields by using psychological knowledge. — Problem solving: capacity to handle stress and to deal effectively with practical problems.
2	SUBJECT SPECIFIC	<p>Knowledge: have knowledge that is founded upon and extends that of the Bachelor level in psychology, and that provides the basis for developing and applying new ideas within a professional and/or research context, also in order to prepare for future specialization.</p> <p>Comprehension/understanding: apply their knowledge to understanding the behaviour of individuals, groups, systems and society.</p> <p>Application: apply their psychological knowledge and problem solving abilities to real-life questions in order to enhance the well-being and effectiveness of individuals, groups and systems.</p> <p>Analysis: analyse problems and plan interventions, discriminating between different options and comparing different outcomes.</p>

<p>Synthesis: integrate knowledge and handle complexity; formulate judgements even with incomplete or limited information, but reflecting on social and ethical responsibilities linked to the application of their knowledge and judgements.</p> <p>Creativity: have the ability to apply their knowledge and understanding, and problem solving abilities, in new or unfamiliar environments. Create original hypotheses, generate ideas.</p> <p>Evaluation: have the ability to critically evaluate problems and situations, assess and maintain the quality of work produced, judge, criticise, compare, appraise, discriminate.</p> <p>Problem managing: identify problems and formulate strategies to solve them, design and manage projects, also within a research context.</p> <p>Communication: Have the ability to communicate their conclusions, and the knowledge and rationale underpinning these, to specialist and general audiences clearly and unambiguously.</p>
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F	COMPLETE LIST OF PROGRAMME LEARNING OUTCOMES
<p>A newly graduated Master of Applied Clinical and Health Psychology will:</p> <ul style="list-style-type: none"> — be able to demonstrate knowledge and understanding of Psychology as a research-based discipline, in particular in the following areas: advanced personality theory; psychological, psychobiological and psychiatric approaches to personality disorders; language acquisition and development; psychometric theory and test construction; theories of counseling and psychotherapy; clinical and health psychology; cognitive processes; neuropsychology; sleep mechanisms and disorders; research methodology. — be able to apply knowledge and understanding in the above-mentioned areas in assessment and interventions within research/ laboratory settings (e.g. in personality assessment, in test construction, or design of a learning experiment). — be able to apply knowledge and understanding in the above-mentioned areas in assessment and interventions within applied/field settings (e.g. in the assessment of learning disorders, development of a therapeutic plan, psychotherapy). — be able to demonstrate good knowledge and understanding of methodology: Research Design, Basic and advanced multivariate statistics, including ANOVA, Multiple regression analysis, Factor analysis, Qualitative Research Design, including advanced interviewing and use of questionnaire, qualitative data analysis. — be able to prove knowledge of ethical principles and their application to professional practice. — acquire good working habits concerning both working alone (e.g. diploma thesis) and in teams (e.g. lab reports, including team-leading), achieving results within a specified time-frame, with an emphasis on awareness about professional integrity and on how to avoid plagiarism. — be able to demonstrate proficiency in using English language, including specific area terminology, for literature search. <p>Moreover, for the Track “Clinical and Health Psychology”:</p> <ul style="list-style-type: none"> — be able to critically evaluate theories in clinical psychology, showing a deep understanding of the major theories underlying assessment, diagnosis, case formulation, and the treatment of psychopathology across the lifespan. — be able to demonstrate an advanced level of skill in the application of psychological knowledge to a wide range of psychological problems and disorders across the lifespan. — be able to demonstrate an advanced level of skill in diagnostic interviewing and counseling and a high level of competence in the principles and practice of clinical assessment, diagnosis, case formulation, and psychological therapy. — be able to demonstrate an advanced level of skills in psychological testing and test data interpretation and in the writing of psychological reports. — be able to demonstrate advanced knowledge and skills in the interpretation and critical evaluation of psychological and other research relevant to the broad field of clinical psychology practice. — be able to demonstrate advanced knowledge and skills in the application and implementation of appropriate research methodologies to advancing knowledge in both fundamental and applied issues in clinical psychology. — be able to demonstrate understanding of the principles and application of the scientist-practitioner model and evidence-based psychological practice to the field of clinical psychology. — be able to demonstrate knowledge and application of the ethical, professional, and legal frameworks relevant to the practice of clinical psychology. — be able to demonstrate advanced skills in communicating and working with other health professionals and non-professionals including a high level of ability in written communication (e.g., clinical and research reports) and oral communication (e.g., research, case presentations, seminars). — be able to demonstrate awareness, knowledge and skill in interacting and working with clients from diverse cultural settings. <p>for the Track “Psychology of Deviant Behavior and Sexology”:</p> <ul style="list-style-type: none"> — be able to describe major theories of abnormal behavior, emotion and cognition and give examples of current diagnostic systems. — be able to describe the major personality disorders. — be able to describe the major disorders of eating, substance abuse, sexual functioning and gender identity. 	

- acquire knowledge and understanding of the causes and antecedents of criminal behavior and demonstrate an understanding of different categories of offenders.
- be able to understand and appreciate a number of methodological issues related to criminal behaviour analysis and to develop critical thinking skills.
- be able to understand the essentials of normal psychosexual development and to recognize the signs and symptoms of sexual disorders, paraphilias and gender identity disorders.
- be able to use the DSM nosological system for the classification and diagnosis of sexual disorders.
- be able to consider the complex factors that contribute to psychological and behavioral function and dysfunction, including biological, developmental, psychodynamic and sociocultural issues, in relation to sexual behavior.
- be able to recognize effective procedures for the sexological assessment and understand the core principles of sexological intervention.
- be able to describe and apply common CBT interventions and procedures, and explain the rationale for their use.
- be able to formulate a case conceptualization and treatment plan from a CBT perspective.
- be able to evaluate empirical treatment outcome and treatment mechanism literature relevant to CBT
- acquire a basic understanding of Post Traumatic Stress Disorder, the signs and symptoms, and the treatments. — be able to explore the relationship between stress and trauma, and how stressful experiences can develop into PTSD.
- acquire the knowledge of basic concepts of forensic psychiatry including informed consent, confidentiality, competency, privacy, privilege, patient's right to treatment, and patient's right to refuse treatment.
- be able to effectively perform dangerousness evaluations, involuntary commitment petitioning and assessment under close supervision.

for the Track “Cognitive Neurosciences”:

- be able to present and discuss findings and discoveries within the fields of cognitive psychology and neuroscience concerning human brain structure and brain function in relation to mental or higher cognitive processes like attention, perception, memory, decision-making, as well as in relation to emotional states.
- be able to present and discuss the historical and theoretical backgrounds of cognitive psychology and neuroscience and their relationship and relevance to other fields (e.g. biology, medicine) or subfields (e.g. clinical psychology)
- be able to describe state-of-the-art research methods and experimental designs within the field of cognitive psychology and neuroscience.
- be able to apply knowledge into practice by designing studies and develop, manage, different types of research projects to test particular research questions, as well analyze quantitative data according to a variety of statistical and analysis methods.
- be able to analyse relevant general issues in neuroscience including field specific theorems and ethical issues, including how to decide on animal and human research, general insight in ways to diminish research that causes suffering to humans and animals.
- be able to apply knowledge and capabilities to carry out complex experiments in neuroscience.
- be able to apply their knowledge to new domains within neuroscience, to search for relevant data on scientific questions, and to critically assess published data within the theoretical framework chosen for a particular project.
- be able to carry out research independently and to formulate and express results and interpretations of the research outcomes.
- be able to contribute to the generation of new idea/concepts/technical approaches to experimental research questions and to summarize, document, report, and reflect on the resulting findings.

**Comprehensive Scheme of the 2nd Cycle Degree in
APPLIED, CLINICAL AND HEALTH PSYCHOLOGY**

Track "CLINICAL AND HEALTH PSYCHOLOGY"

YEAR	CODE	COURSE	Credits (ECTS)	Semester
I	P0020	Individual and group psychotherapy	12	1-2
	P2P005	Psychology and psychopathology of Sexual Behaviour	5	1
	P2P013	Health psychology	5	1
	P0104	Psychoanalytic therapy	6	1
	P0129	Neuropsychology and language development	11	1-2
	P0101	Methods and instruments for diagnostic evaluation	6	2
	P0102	Cognitive Behavioural Therapy and Techniques of Clinical Interviewing	12	1-2
		<i>Optional courses</i>	3	1 or 2
II	P1P040	Psychotropic drugs	4	1
	P0005	Psychiatry and Child Neuropsychiatry	10	1
	P0134	Psychology of Trauma and Addictions	6	2
		<i>Optional courses</i>	5	1 and/or 2
		<i>Other activities (seminars, congresses, lectures etc)</i>	4	1 and/or 2
		<i>Practicum</i>	5	2
	<i>Thesis</i>	20	2	

Track "PSYCHOLOGY OF DEVIANT BEHAVIOR AND SEXOLOGY"

I	P0106	Sexual Reproductive Biology	5	1
	P0109	Psychology of Criminal Behaviour	5	1
	P0112	Psychopathology of Sexual Behaviour and Psychoneuroendocrinology	8	1
	P0131	Psychology and psychopathology of language and development	9	2
	P0101	Methods and Instruments for Diagnostic Evaluation	6	2
	P0102	Cognitive Behavioural Therapy and Techniques of Clinical Interviewing	12	1-2
	P0113	Introduction to Forensic Psychology	5	2
		<i>Optional courses</i>	8	1 and/or 2
	<i>Other activities (seminars, congresses, lectures etc)</i>	8	1 and/or 2	
II	P0134	Psychology of Trauma and Addictions	12	1
	P0130	Clinical of Paraphilia and Psychodynamic of Sexuality	11	1-2
	P0132	Anthropology and Criminology	5	2
	P2P057	Forensic Psychiatry	4	2
		<i>Other activities (seminars, congresses, lectures etc)</i>	2	1 and/or 2
		<i>Practicum</i>	6	1 and/or 2
	<i>Thesis</i>	27	2	

Track "COGNITIVE NEUROSCIENCES"

I	P0123	Research Techniques in Neurosciences	10	1
	P0056	Research Methodology and Data Analysis	6	1
	P0037	Neuropsychology and Cognitive Processes	11	1-2
	P0127	Biochemistry, Neurochemistry and Genetics of Behaviour	9	1-2
	P0119	Central Nervous System Development and Neural Plasticity	4	2
	P2L003	Developmental Psychopathology	4	2
	P0048	Psycholinguistic	5	2
		<i>Optional courses</i>	10	1 and/or 2
II	P0133	Psychoneuroendocrinology and Psychopharmacology	7	1
	P0128	Psychobiology of Motivational Processes, Learning and Action	11	1-2
	P0046	Sleep Psychophysiology	5	2
	P0059	Evaluation and Treatment of Pathological Cognitive Processes	11	1-2
		<i>Other activities (seminars, congresses, lectures etc)</i>	5	1 and/or 2
		<i>Practicum</i>	2	1 and/or 2
	<i>Thesis</i>	20	2	