

## Degree Course in Physiotherapy

### Integrated Teaching: GENERAL PSYCHOLOGY AND SOCIOLOGY

CFU: 6

SSD: M-PSI/01, M-PSI/06, SPS/08

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#### MODULE: GENERAL PSYCHOLOGY

CFU: 2

SSD: M-PSI/01

Professor: SONDRADOLAMENTI

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#### MODULE: WORK AND ORGANIZATIONAL PSYCHOLOGY

CFU: 2

SSD: M-PSI/06

Professor: SONDRADOLAMENTI

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#### MODULE: SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

CFU: 2

SSD: SPS/08

Professor: SERENELLA STASI

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### PREREQUISITES

No preliminary knowledge is required before the beginning of the lessons

### LEARNING OBJECTIVES

#### GENERAL PSYCHOLOGY

*At the end of the lessons the student will be able to understand the psychological implications related to professional practice and emotional involvement with the patient; knowing how to develop the skills necessary to assist the individuals with health problems knowing the cognitive, adaptive and emotional processes in patients facing rehabilitative pathways.*

#### WORK AND ORGANIZATIONAL PSYCHOLOGY

*At the end of the teaching the student will be able to understand the psychological implications of behaviors, thoughts and feelings of workers about their work, especially in the health care systems. The student will understand the implications of motivational processes, leadership, training in work management and learning and how these issues influence the well-being and effectiveness of healthcare professionals, groups and health care organizations.*

## SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

*Conoscence and comprehension capacity. Introduce the student to the sociological analysis of cultura and cultural processes. To provide the necessary knowledge and skills to orient oneself in the wide theoretical and methodological debate of the discipline.*

### **LEARNING OUTCOMES**

#### **GENERAL PSYCHOLOGY**

*At the end of the lessons, the student will have the following qualifications :*

#### **1) Knowledge and understanding**

- *knowing the psychological aspects in the relationship with the patient, the fundamental aspects and the principles of a therapeutic relationship*
- *having a knowledge of the stages of change in patients with disabilities, with chronic and degene-rative diseases, the cognitive processes involved in the phase of change and the obstacles to be fa-ced*
- *knowing the individual needs, perceptions and expectations of people with acquired disabilities and understanding the importance of alignment with those of physiotherapist in the rehabilitation process*
- *knowing the obstacles of an individual, environmental and social nature in the rehabilitation pro-cesses*
- *understanding the role of psycho-social aspects in the processes of adaptation to acquired disabili-ties and chronic diseases.*
- *learning about adaptive and maladaptive behaviors in chronic diseases and disabilities*
- *knowing and identifying the role of the patient's emotions and motivation in rehabilitation pro-grams*

#### **2) Applying knowledge and understanding**

- *Knowing how to apply the principles of therapeutic communication in the relationship with the pa-tient*
- *Knowing how to implement the best relational strategy to establish a rehabilitation process with the patient*
  
- *Tackling individual, environmental and social obstacles in the rehabilitation process with the pa-tient*
- *Modifying maladaptive behaviors in rehabilitation programs*
- *Managing the emotions involved in the therapeutic relationship with the patient*
- *knowing how to apply their skills to approach the patient in a therapeutically appropriate manner*

#### **3) Making judgments**

- *being able to formulate my own assessment of the possible individual, environmental and social obstacles involved in each rehabilitation process*

- *being able to observe and collect additional information to achieve greater knowledge and aware-ness of the elements to be considered in the relationship with the patient*

#### **4) Communication skills**

- *knowing how to communicate effectively with the patient. Knowing how to choose the right form and means of communication for the patient, in relation to the communication's techniques acquired*
- *knowing how to adequately communicate information to the patient, knowing and recognizing possible obstacles of an individual (e.g. cognitive and emotional), social and environmental nature in the communication process*

#### **5) Learning skills**

- *developing the learning skills necessary for the purpose of constantly updating communication techniques with various types of patients*
- *developing the ability to learn and to observe the relationship and the obstacles that can interve-ne*
- *at the end of the course the student must be able to proceed in complete autonomy in the indivi-dual study of some specific issues*
- *having the ability and competence to draw on bibliographical sources relating to evidence based practice, in order to constantly update and acquire new skills.*

### WORK AND ORGANIZATIONAL PSYCHOLOGY

#### **Knowledge and understanding**

- *- knowing the role of attitudes at work and within a work relationship (job satisfaction, organizational commitment, attitudes and behavior, etc.)*
- *- knowing the different theoretical approaches of role of motivation inside the workplace (goals and self-regulation, self-concept and individual differences in motivation, etc.)*
- *- knowing the role of the training of the worker and his development to enhance the working skills (transfer of learning, evaluation of training, factors that influence performance, etc.)*
- *- knowing the genesis of work stress and the effects of well-being at work (the consequences and the cost of work stress, interventions to promote the well-being of employees, etc.)*
- *- knowing the leadership and the different leadership styles and the most effective in different health care settings*
- *- knowing what determines the quality of health care in the complexity of a changing health care system.*

#### **2) Applying knowledge and understanding**

- *- Knowing how to apply their knowledge both to identify problems related to work organization and to propose solutions*
- *- Knowing how to implement the main training and learning strategies aimed at fostering one's own professional growth*
- *- Managing the emotions involved in the relationship with the leadership, with other colleagues, with patients*

- - *Implement the determinants that favor the quality of health care provided*

### **3) Making judgments**

- - *being able to formulate their own evaluation or judgment on the organizational well-being inside health care organization, based on their specific knowledge in the field of work psychology and on the basis of the interpretation of the information available*
- - *knowing how to observe and collect additional information to achieve greater knowledge and awareness of the elements to be considered in the organizational context*
- - *knowing how to evaluate the type of leadership and the possible outcomes inside an organizational setting*
- - *Knowing how to recognize and evaluate work stress*
- - *Knowing how to evaluate the training programs offered and evaluate the possible positive repercussions on one's own professional growth*
- - *to be able to recognize and evaluate the fundamental determinants of quality in health care.*

### **4) Communication skills**

- - *knowing how to effectively communicate information and ideas with colleagues and leaders, discuss problems and propose solutions.*

### **5) Learning skills**

- - *developing the learning skills necessary for constant updating in one's profession*
- - *having the ability and competence to draw on bibliographical sources relating to evidence based practice, to constantly update and acquire new skills*
- - *being able and having the learning skills necessary to undertake subsequent courses*

## SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

*Use critically the theoretical approaches and the categories studied for the analysis of cultural processes in contemporary society and in their profession.*

## **COURSE SYLLABUS**

### **GENERAL PSYCHOLOGY**

*The contents of the lessons will be divided into the following teaching units:*

- *psychology applied to the profession of physiotherapist, general aspects, cognitive processes in the different clinical conditions, the relationship with the patient, the principles of therapeutic communication*
- *the transition to change: alignment of individual needs, perceptions and expectations with the perceptions, expectations and goals of healthcare professionals*
- *Role of psycho-social aspects in the processes of adaptation to acquired disabilities and chronic diseases.*
- *Overview of individual, environmental and social obstacles in rehabilitation processes*
- *The stages of change and transition in patients with chronic diseases: the cognitive processes involved and the obstacles to be faced*
- *Adaptive behaviors and the modification of maladaptive behaviors in rehabilitative contexts and the learning processes related to it*
- *role of the emotions and motivation of the patient in rehabilitation programs: obstacles and resources.*

### WORK AND ORGANIZATIONAL PSYCHOLOGY

*The contents of the program will be divided into the following teaching units, equal to a total of 20 hours of classroom lessons:*

- attitudes at work and work relationship (job satisfaction, organizational commitment, attitudes and behavior, etc.)*
- approaches to motivation in the workplace (goals and self-regulation, self-concept and differences in motivation, etc.)*
- training and development (transfer of learning, assessment of training, factors that influence performance, etc.)*
- stress and well-being at work (the consequences and the cost of work stress, interventions to promote employees' well-being, etc.)*
- leadership*
- quality of health care in the complexity of a changing health care system.*

### OCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

*Critically use theoretical approaches and categories studied for the analysis of cultural processes in contemporary society and their profession.*

## **COURSE STRUCTURE**

### GENERAL PSYCHOLOGY

*The method of conducting the lessons is mainly frontal, amounting to a total of 20 hours of classroom lessons, in modules of 2 or 4 hours, depending on academic calendar. The teaching includes the active participation of the student in the critical discussion of the topics covered. The use of case studies and exercises and simulations carried out during the course of the lesson is foreseen. The educational objective will also be achieved through reflective or self-directed learning and through the preparation of papers to be carried out at the end of the lesson, based on teacher's decision, which will then be discussed and analyzed in the classroom. In the preparation of the exam, the student is recommended to integrate the textbook with the teaching material provided during the lesson*

*The teaching is entirely in English.*

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## SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

10 hours frontal lessons and seminars

### **COURSE GRADE DETERMINATION**

#### **GENERAL PSYCHOLOGY**

*In order to take the exam, it is mandatory that the student is up to date with the obligation to attend classes.*

*The exam is written with 31 questions with multiple choice answers; each question is worth 1 point. Wrong answers are not calculated for the purpose of scoring. The evaluation is expressed in thirtieths, up to a maximum score of 30 cum laude/30. Wrong answers are not calculated. The following option will be communicated at the end of the lessons. The score is done by the arithmetic mean. At the discretion of the teacher there may be an opened question. The following option will be communicated at the end of the lessons. The exam lasts 1 hour. The exams will take place at the end of the teaching semester and the dates will be promptly communicated in the classroom and via portal Gomp.*

*It is necessary, to pass the exam, not to obtain a grade lower than 18/30. During the examination, the learning outcomes, according to the descriptors 3, 4 and 5 will be also evaluated taking into account the autonomy of judgment, the communication skills and the use of an appropriate language, and the learning ability.*

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#### **SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES**

*The verification of the learning will take place through an oral examination aimed at verifying: - the levels of knowledge and learning of concepts and theoretical and methodological perspectives proposed during the lessons and in the reference texts;- the ability to observe, describe and interpret the cultural processes typical of contemporary society;*

### **OPTIONAL ACTIVITIES**

### GENERAL PSYCHOLOGY

*There are no optional activities during the lessons*

### WORK AND ORGANIZATIONAL PSYCHOLOGY

*There are no optional activities during the lessons.*

### SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

Seminars and workshops

## **READING MATERIALS**

### GENERAL PSYCHOLOGY

**D.W. Clifton. Physical rehabilitation's. Role in disability management : Unique perspective for success. Elsevier Saunders Inc., Saint Louis, 2005 ed.**

*For the preparation of the exam, the student is recommended to integrate with the teaching material provided during the lesson.*

### WORK AND ORGANIZATIONAL PSYCHOLOGY

John Arnold John & Ray Randall et al. **Work psychology. Understanding human behaviour in the workplace.** Pearson editions, 6<sup>th</sup> Ed.

For the preparation of the exam, the student is recommended to integrate with the teaching material provided during the lesson.

### SOCIOLOGY OF CULTURAL AND COMMUNICATIVE PROCESSES

- Elements of general sociology (Slide)

Elementi generali di sociologia

- Wendy Griswold (1994) *Cultures and Societies in Changing World*, Thousand Oakes ,Calif., Pine Forge Press

trad. Wendy Griswold W. Griswold, *Sociologia della cultura*, Bologna, Il Mulino, 2005