



**UNIVERSITA' DEGLI STUDI DI MILANO**  
**PROGRAMME DESCRIPTION - ACADEMIC YEAR 2024/25**  
**BACHELOR**  
**PSYCHOLOGICAL SCIENCES FOR PREVENTION AND**  
**TREATMENT (Classe L-24 R)**  
**Enrolled from academic year 2024/25**

### **HEADING**

<b>Degree classification - Denomination and code:</b>	L-24 R
<b>Degree title:</b>	Dottore
<b>Length of course:</b>	3 years
<b>Total number of credits required to complete programme:</b>	180
<b>Years of course currently available:</b>	1st
<b>Access procedures:</b>	Cap on student, student selection based on entrance test
<b>Course code:</b>	D1X

### **PERSONS/ROLES**

#### **Head of Study Programme**

Da eleggere

#### **Tutors - Faculty**

Tutor per l'orientamento:  
Dott.ssa Barbara Poletti

Tutor per i piani di studio:  
Dott.ssa Marianna Masiero

Tutor per stage e tirocini:  
Dott.ssa Barbara Poletti

Tutor per laboratori e altre attività:  
Dott.ssa Emilia Salvadori

Tutor per tesi di laurea:  
Prof. Davide Mazzoni

Tutor per riconoscimento crediti:  
Dott.ssa Emilia Salvadori

#### **Degree Course website**

<https://scienze-psicologiche.cdl.unimi.it>

### **CHARACTERISTICS OF DEGREE PROGRAMME**

#### **General and specific learning objectives**

The Bachelor's degree in Psychological Sciences for Prevention and Treatment will provide students with baseline knowledge of the various branches of psychology, as well as of the methods and procedures of scientific enquiry. Additionally, the degree programme will enable students to acquire some technical and practical skills (e.g. conducting interviews, performing psychometric analyses, collecting and processing data), which are essential for working in the area of support services directed to individuals, groups and communities. Students will also hone their soft skills and pre-professional skills while learning about the different working contexts of psychologists, with a view to designing their own professional development pathway.

More specifically, the Bachelor's degree in Psychological Sciences for Prevention and Treatment aims to provide students with the following:

- strong knowledge of the fundamentals of the different branches of psychology (general, developmental, social, clinical and dynamic psychology);
- sound understanding of the main psychological theories and methods, acquired through an interdisciplinary training

programme that encompasses biological, neuropsychological, pedagogical and sociological aspects;

- scientific method skills for analysing and processing research data, as taught during classes and workshops;
- the ability to carry out psychometric, psychosocial and developmental assessments, and to manage human resources of different age groups;
- operational knowledge and skills applicable to community services, social and organisational contexts, functional rehabilitation, family assistance, the promotion of individual and group well-being, and interventions on behaviours that may jeopardise social integration and participation;
- the ability to take medical histories and to make clinical, psychological and neuropsychological diagnoses by means of tests;
- knowledge of the fundamentals of medicine with regard to chronic, rare, degenerative, oncological and genetic diseases, chronic pain and gender medicine, which focuses on how gender influences health;
- tools and skills to manage communications and interactions with health professionals, patients and caregivers;
- an understanding of the ethical implications of the profession;
- intermediate proficiency in English (both oral and written) applied to psychology.

### **Expected learning outcomes**

#### **Knowledge and understanding**

Graduates in Psychological Sciences for Prevention and Treatment will acquire a deep and systematic knowledge of the biological, psychological and social determinants of health and illness, and a solid grounding in all the branches of psychology. The study programme also includes non-psychological subjects, such as biology, pedagogy and medicine (with a focus on their interconnection with psychological sciences), as well as English and Computer Science courses, to provide students with up-to-date tools for a better understanding of the disciplines taught. The theoretical knowledge and methodological and statistical skills provided by the programme will enable students to read the latest scientific articles, understand international debates and study on advanced textbooks. The three-year programme, which consists mostly of lectures, is designed to give students a solid evidence-based knowledge of integrated care models. Additionally, in view of technological changes and the growing complexity of data management systems used in the healthcare sector, graduates will acquire specific skills in the use of new technologies applied to health.

#### **Applying knowledge and understanding**

Graduates in Psychological Sciences for Prevention and Treatment should be able to apply their theoretical knowledge of the different fields of psychology to the working contexts of psychologists registered under section B of the Italian Board of Psychologists (so-called Dottori in tecniche psicologiche). This ability will be acquired during classes (with instructors illustrating possible applications in specific professional settings), as well as during seminars, exercises and the internship. Graduates are expected to acquire practical skills enabling them to provide different types of psychological intervention and propose solutions to practical problems of psychological significance. They will also be able to conduct psychological evaluations, by adopting the most suitable diagnostic methods and tools in clinical psychology.

#### **Making judgements**

Graduates of the Bachelor's degree programme in Psychological Sciences for Prevention and Treatment will acquire baseline knowledge of psychology, enabling them to make independent judgements. This ability will be fostered through interactive learning, workshops, collective discussions on innovative topics within integrated care and student presentations in the class. Additionally, students will enhance their judgement skills during the internship, and while designing and carrying out a research project or intervention research project for their final thesis. They will also be encouraged to use additional learning materials to complement textbooks, notably to read articles on international journals with a critical eye and exercising independent judgement. Throughout this learning pathway, students will have the opportunity to develop their critical thinking skills under the guidance of experienced tutors.

#### **Communication skills**

Students of the Bachelor's degree programme in Psychological Sciences for Prevention and Treatment will acquire general and specific communication skills by taking part in frontal classes, seminars and workshops. This will equip them with appropriate knowledge and tools to interact with other psychologists and healthcare professionals, as well as with patients and caregivers, in complex communication contexts.

#### **Learning skills**

The acquisition of learning skills is assessed in the frame of the practical internship, and by examining how students have worked on their final thesis under the guidance of their supervisor. Students develop and strengthen their learning skills throughout the whole study programme, thanks to feedback they receive during exams, debates in the class, workshops and the practical internship.

### **Professional profile and employment opportunities**

This programme provides the knowledge base necessary to access the corresponding Master's degree (degree class LM-51), as well as the practical skills needed to work in various areas of psychology: counselling, guidance, support services, etc.

Graduates in Psychological Sciences for Prevention and Treatment will be able to take on psychology-related activities for public or private entities, educational institutions, companies and third-sector organisations, in the frame of support services for individuals, groups, organisations and communities, as well as within assistance and health promotion services. Possible areas of intervention include: the prevention of psychosocial distress; the analysis of behaviour, cognitive processes, social

interactions, psychological fitness and communication processes; quality of life enhancement; people engagement.

Graduates can apply for registration with the National Board of Italian Psychologists, section B, in order to exercise the profession of Dottore in Tecniche Psicologiche per i servizi alla persona e alla comunità (junior psychologist working in community services).

Professional skills and activities inherent to this profile include:

- ability to keep up to date with the latest developments in psychology, using appropriate resources and tools;
- ability to read scientific literature;
- knowledge of data analysis techniques used in psychology;
- ability to use and interpret the main diagnostic tests and basic psychometric tools;
- behavioural observation and analysis;
- ability to design, adjust and standardise tools for psychological assessment;
- ability to conduct interviews and use quantitative and qualitative analysis tools to observe behaviour;
- collection, statistical processing and management of psychological data, also in the form of big data, for psychological research purposes;
- planning and assessment of interventions for prevention and rehabilitation.

Moreover, graduates will acquire soft skills, such as the ability to work in a multidisciplinary and/or international team, problem solving, adaptability, continuous professional development, independent decision making and communication skills.

Graduates in Psychological Sciences for Prevention and Treatment who are registered with the National Board of Italian Psychologists (section B) may work for public or private entities, educational institutions, companies and third-sector organisations, providing technical and practical support in the following areas: psychosocial interventions; evaluation and diagnosis; habilitation and rehabilitation; human resource management; assistance and education; health promotion.

## **EXPERIENCE OF STUDY ABROAD AS PART OF THE TRAINING PROGRAM**

The University of Milan supports international mobility by providing its students with the opportunity to spend study and internship periods abroad. It is a unique chance to enrich your educational path in a new exciting environment.

The agreements entered into by the University with over 300 universities from the 27 EU member countries under the European Erasmus+ programme allow regularly enrolled students to carry out part of their studies at one of the partner universities or to undertake internships at companies, training and research centres and other organizations.

Similar international mobility opportunities are provided outside Europe, through agreements with a number of prestigious institutions.

### **How to participate in Erasmus mobility programs**

How to participate in Erasmus+ mobility programmes

The students of the University of Milan can participate in mobility programmes, through a public selection procedure.

Ad hoc commissions will evaluate:

- Academic career
- the candidate's proposed study programme abroad
- his/her foreign language proficiency
- the reasons behind his/her application

Call for applications and informative meetings

The public selection for Erasmus+ mobility for study generally begins around February each year with the publication of a call for applications specifying destinations and requirements. Regarding the Erasmus+ Mobility for Traineeship, the University of Milan usually publishes two calls a year enabling students to choose a destination defined by an inter-institutional agreement or to find a traineeship position on their own.

The University organizes informative meetings to illustrate mobility opportunities and rules for participation.

Erasmus+ scholarship

The European Union grants the winners of the Erasmus+ programme selection a scholarship to contribute to their mobility costs, which may be supplemented by the University funding for disadvantaged students.

Language courses

Students who pass the selections for mobility programmes can benefit from intensive foreign language courses offered each year by the University Language Centre (SLAM).

<https://www.unimi.it/en/node/8/>

Learn more at <https://www.unimi.it/en/node/274/>

For assistance, please contact:  
 International Mobility Office  
 Via Santa Sofia 9 (second floor)  
 Tel. 02 503 13501-12589-13495-13502  
 Contacts: InformaStudenti; mobility.out@unimi.it  
 Student Desk booking through InformaStudenti

<b>1st COURSE YEAR Core/compulsory courses/activities common</b>		
Learning activity	Ects	Sector
	7	M-PSI/08
	6	M-PSI/01
	2	M-PSI/08
	3	MED/25
	6	M-PED/01
	8	M-PSI/04
	8	BIO/09
	2	M-PSI/08
	2	INF/01
	7	M-PSI/01
English assessment B1 (3 ECTS)	3	ND
Neuroscience of cognitive processes	6	M-PSI/02
Total compulsory credits	60	
<b>2nd COURSE YEAR (available as of academic year 2025/26) Core/compulsory courses/activities common</b>		
Learning activity	Ects	Sector
	6	M-PSI/01
	7	M-PSI/08
	4	ND
	7	M-PSI/05
	6	MED/26
	7	M-PSI/03
	1	MED/47
	2	MED/09
	1	MED/42
	2	MED/01
	1	M-PSI/01
	6	MED/39
	6	M-PSI/02
Total compulsory credits	56	
<b>Elective courses</b>		
<b>3rd COURSE YEAR (available as of academic year 2026/27) Core/compulsory courses/activities common</b>		
Learning activity	Ects	Sector
	6	M-PSI/01
	6	M-PSI/02
	2	M-PSI/08
	2	M-PSI/06
	1	MED/45
	3	M-PSI/05
	1	MED/06
	6	MED/43
	6	M-PSI/07
	6	M-PSI/08
	1	MED/48
	6	ND
	1	INF/01
Total compulsory credits	47	
<b>Elective courses</b>		
<b>End of course requirements</b>		
	3	ND
Total compulsory credits	3	