UNIVERSITA' DEGLI STUDI DI MILANO
PROGRAMME DESCRIPTION - ACADEMIC YEAR 2024/25
MASTER DEGREE
PSYCHOLOGY IN HEALTHCARE (Classe LM-51)
Enrolled from academic year 2023-24

HEADING

Degree classification - Denomination and code:	LM-51
Degree title:	Dottore Magistrale
Length of course:	2 years
Credits required for admission:	180
Total number of credits required to complete programme:	120
Years of course currently available:	1st , 2nd
Access procedures:	Cap on student, student selection based on entrance test
Course code:	D1Y

PERSONS/ROLES

Head of Study Programme

Prof.ssa Ketti Mazzocco

Tutors - Faculty

Per i piani di studio, riconoscimento crediti e trasferimenti
prof.ssa Marianna Masiero

Per Laboratori, stage e tirocini:
prof.ssa Virginia Sanchini

Per l'orientamento e la tesi di laurea:
prof.ssa Davide Mazzoni

Degree Course website

https://psicologia-sanita.cdl.unimi.it

Email: psicologia.sanita@unimi.it

CHARACTERISTICS OF DEGREE PROGRAMME

General and specific learning objectives

The Master's degree programme in Psychology in Healthcare (degree class LM-51 Psychology) has a two-year duration.

In line with the goals envisaged by its degree class, this Master's degree aims to provide graduates with advanced knowledge and practical experience in the different psychological disciplines related to health maintenance and the prevention and treatment of chronic, degenerative and terminal organic diseases during the various stages of life. This programme intends to train future psychologists in the main fields of applications of psycho-neuro-endocrino-immunology (PNEI), health psychology, clinical psychology and community psychology. Graduates will be able to work in public and private healthcare settings, in the third sector and, more generally, in all those situations where the inclusion of psychologists in a multi-professional healthcare team can help improve treatment efficiency and effectiveness, as well as the perceived quality of healthcare. The study plan includes a set of core activities that cover the basics of psychology, plus other courses focusing on more specific aspects, such as the mechanisms underlying health maintenance and the contributing factors of mental illness and organic diseases (with particular reference to oncological, cardiovascular, metabolic, neurodegenerative and ageing-related chronic diseases). Moreover, the programme explores intervention methods and tools to reduce disease risks, promote health and facilitate recovery from illness during the various stages of life.

Expected learning outcomes

Knowledge and understanding

Graduates in Psychology in Healthcare will acquire a deep and systematic knowledge of the biological, psychological and social determinants of health and illness. To this end, the two-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. Students? knowledge and understanding will be

assessed during classes, exams, the practical evaluation internship (Tirocinio Pratico Valutativo, TPV), the practical evaluation test (Prova Pratica Valutativa, PPV) and the final thesis defence.

Applying knowledge and understanding
Graduates in Psychology in Healthcare will be able to identify the determinants of health and illness during the various stages of life, and to design psychological-clinical interventions targeted on the needs of individual patients, groups or communities, in line with an integrated patient care model. More specifically, they will be able to devise prevention and support interventions based on the specific needs identified, and to conduct psychological evaluations by adopting the most suitable diagnostic methods and tools in clinical psychology. Their interventions may be directed not only to individual patients, but also to couples, families and/or groups. The ability to apply knowledge and understanding will be enhanced and assessed during workshops and the internship.

Making judgements
Graduates of the Master?s degree programme in Psychology in Healthcare will develop the ability to make independent judgements through interactive learning, workshops, collective discussions on innovative topics related to 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. Students will 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.
The study plan includes courses on clinical judgement and decision making in healthcare, value-based medicine and the use of clinical data. These courses are aimed to improve students? decision making and critical reasoning skills, which will be assessed throughout the whole study programme and during the thesis project.

Communication skills
Students of the Bachelor?s degree programme in Psychology in Healthcare will acquire general and specific communication skills by taking part in frontal classes, academic 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 settings.
Communication skills will be assessed during classes, exams, workshops, the TPV, the PPV and the thesis defence.

Learning skills
Students will develop and strengthen their learning skills throughout the whole study programme, thanks to the feedback received during exams, class debates and interactions, workshops and the practical internship. Learning skills will be assessed during exams, the TPV, the PPV and by examining the student?s final thesis.

Professional profile and employment opportunities
Psychologist in healthcare
Job function
Graduates in Psychology in Healthcare will be equipped to work as experts in the following areas:
- promotion and maintenance of mental and organ health, illness prevention and rehabilitation;
- prevention of maladaptive and disease-prone behaviours within social, local and healthcare settings;
- promotion of psycho-emotional well-being and prevention of distress in healthcare professionals who have to witness chronic pain and death in the workplace;
- promotion of communication and decision-making strategies applicable to interactions between healthcare professionals and patients; optimisation of healthcare efficiency and public spending.

Professional skills
Psychologists in healthcare can plan interventions aimed at:
- promoting lifelong health maintenance, recovery from illness and the prevention of maladaptive behaviours within social, local and health settings;
- promoting an integrated treatment of mental and organic diseases;
- improving communication between healthcare professionals and patients;
- supporting decision-making in healthcare settings at different levels (e.g. in terms of the organisation and management of processes, within multidisciplinary teams, in doctor-patient relations, as well as decision-making in individual patients);
- fostering adherence to treatment and promoting healthy behaviours, also in the presence of illness or risk factors.

Employment opportunities
Psychologists in healthcare can work:
- for public/affiliated healthcare facilities (e.g. primary care units, multidisciplinary health centres) and private healthcare facilities (e.g. cooperatives, non-profit health organisations, patients and/or families associations) where holding a Master?s degree is a sufficient condition for being hired;
- in community services (case di comunità);
- for local health authorities;

- as freelance professionals;
- for schools and training institutions;
- in human resource management.

Graduates will acquire the knowledge and skills needed to pursue higher studies, like PhD programmes, second-level vocational masters or postgraduate schools.

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

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

1st COURSE YEAR Core/compulsory courses/activities common

Learning activity	Ects	Sector
Cognitive and personality factors in health-related behaviours	6	M-PSI/01
Judgement and decision making in healthcare	6	M-PSI/01
Personal well-being, social connections and new technologies	6	M-PSI/05
Psychological mechanisms and processes underlying health and illness	6	M-PSI/08
Psychoneuroendocrinoimmunology and integrated care	6	M-PSI/01
Psychopathology and clinical evaluation tools	6	M-PSI/08
Seminar: history, development and methodology of psychoneuroendocrinoimmunology	1	ND
Workshop: patient and family rights	1	ND
Workshop: professional liability and the organisation of healthcare	2	ND

Workshop: value-based medicine, biological and existential damage, bioethics		2	ND
	Total compulsory credits	42	

2nd COURSE YEAR Core/compulsory courses/activities common

Learning activity		Ects	Sector
Clinical pharmacology and psychopharmacology in complex patients		6	MED/25, BIO/14
Fundamentals of clinical PNEI and use of data		8	MED/08, MED/06
Integrated care models and neuropsychological interv. tech. applied to neurol. disorders and ageing-related diseases		8	M-PSI/02
Integrated care models and neuropsychological intervention tech. applied to cardiovascular diseases and metabolic synd.		8	M-PSI/08
Integrated care models and neuropsychological intervention techniques applied to oncological diseases		8	M-PSI/08
Integrated care workshop I - cardiovascular diseases and metabolic syndrome		2	ND
Integrated care workshop II - Oncological diseases		2	ND
Integrated care workshop III- Neurological disorder and ageing-related diseases		2	ND
	Total compulsory credits	44	

Further elective courses

End of course requirements

Final examination		6	ND
Practical evaluation internship		20	ND
	Total compulsory credits	26	