



PS340 ITALIAN AND AMERICAN APPROACHES TO MENTAL HEALTH: A COMPARATIVE STUDY OF THE BIO-PSYCHO-SOCIAL MODEL
IES Abroad Milan

DESCRIPTION:

The course will analyze the interaction of biological, psychological, and social determinants of the individual's mental functioning and behavior and different approaches to mental healthcare, emphasis being placed on both the theoretical and practical aspects. The bio-psycho-social-cultural model to diagnosis and care (Mezzich 2008) and its theoretical and therapeutic implications will be brought into discussion, considering the scientific world's most current perspective. We will also undertake a close study of the Italian and American approaches to mental healthcare, drawing comparisons and highlighting the difference in methods and outlook between them.

The course will also focus on the changes that have come about in this field in the last 50 years; they represent the result of a crisis and upheaval in mental health in the western world and the way it was addressed. The resulting reforms (e.g., the closing down of mental asylums following the so-called "Basaglia Law") in Italy and the introduction of new drugs marked the beginning of the deinstitutionalization process and the establishment of psycho-social-rehabilitative services in each territory with more direct contact with the community. Italy has been one of the countries in the forefront of these changes with a unique formula for its mental health reforms, which have been studied as a field leader.

Analysis will be undertaken of mental health issues, such as Personality Disorders, Traumatic Stress and Post Traumatic Stress Disorder, and their social implications and how risk and protective factors can curb or exacerbate current trends in Mental Health.

CREDITS: 3 credits

CONTACT HOURS: 45 hours

LANGUAGE OF INSTRUCTION: English

PREREQUISITES: None

ADDITIONAL COST: None

METHOD OF PRESENTATION:

Lectures and discussions, Field trips, Critical analysis of assigned readings, Lectures with guest speakers.

REQUIRED WORK AND FORM OF ASSESSMENT:

- Course Participation - 20%
- Midterm Exam - 20%
- Home Assignment - 30%
- Final Exam - 30%

Course Participation

Students are expected to keep up with class readings and to complete written assignments on due date. Participation in class discussions is also a crucial element for a positive course evaluation.

Midterm Exam

It will comprise 4 open questions, each accounting for 25 points. The mid-term exam will cover topics presented and discussed in class up until that point. After completion of the exam, students will receive information on their grade breakdown and (on request) can discuss it with their instructor/s.



Home Assignment

Students will be required to prepare a paper on a topic discussed in class or relevant to the course. They are expected to consult materials beyond the bibliography for the course, including research papers, handbooks, online scientific material, and in the IES Abroad and Milan-based university libraries. Final papers should be 3500-5000 words in length.

Final Exam

Like Midterm Exam, it will comprise 4 open questions, each accounting for 25 points. It will cover the material presented and discussed in class in the period from the Midterm Exam to the end of the course.

LEARNING OUTCOMES:

By the end of the course, students will be able to:

- know the foundations of the Italian Healthcare system, focusing on Mental Healthcare. Special emphasis will be given to the process of deinstitutionalization and critical comparative analysis will be drawn with the U.S. Healthcare System. An in-depth study of economic, social and clinical implications of the current American Model of Healthcare will be carried out.
- apply theoretical and newly acquired clinical skills on the bio-psycho-social-cultural model and its applications with special emphasis on the study of Personality Disorders, Traumatic Stress and Post Traumatic Stress Disorder.
- master the key concepts of the Italian Model of Healthcare as well as differences and similarities with the U.S. model. Through the analysis of hands-on clinical cases, students will also develop critical thinking on psychopathology and current approaches to diagnosis and treatment.

ATTENDANCE POLICY:

Students of IES Abroad Milan are expected to be responsible for their own class attendance and to give academic responsibilities priority over other activities. Regular class attendance is mandatory. For physical and mental health reasons, IES Abroad Milano allows a maximum of THREE (3) absences in each Italian language course, TWO (2) absences in each Area Studies course, and ONE (1) absence in each Seminar course. Every absence beyond this allowance will automatically result in a penalty of 2 percentage points off the final grade. SEVEN (7) absences will result in a failing grade in Italian language and Area Studies courses. FOUR (4) absences will result in a failing grade in Seminar courses. Failure to attend a scheduled exam, test, quiz, or presentation will automatically result in an F grade on that assessment.

CONTENT:

Session	Content	Resources and Reading Materials
Session 1	Introduction to the course • Scope and objectives of the course • Overview of the program and of the different topics, presentation of the Guest Lectures and of the Course-related Trip	
Session 2	The Italian Healthcare System • History of Italian Healthcare System • Present Functioning of the Italian Healthcare System	Italian Ministry of Health Website - Overview of the Italian Healthcare System (last update 28-10-2019)
Session 3	The Italian and US Mental Healthcare System: the Past • The History: Living in a Mental Asylum • The Anti-Psychiatry Movement • The Deinstitutionalization in Italy and in the US	What was like living in a mental asylum in the 1900's: https://www.youtube.com/watch?v=j1hkwWi1YxM

Session	Content	Resources and Reading Materials
Session 4	The Italian and US. Mental Healthcare System: the Present - The Basaglia's Reform and the Law 180/78 - The Organisation of the Mental Healthcare System in Italy today - The Management of the Involuntary Treatments	- Forti, A, "Mental Health Analysis Profiles (MhAPs): Italy", 2014, OECD Health Working Papers, No 71. OECD Publishing. - Carta, M. et al., "Compulsory Admissions and Involuntary Treatments in Italy" – 2002, From the Legislation and Practice in EU-Member States – Final Report
Session 5	The current Healthcare in the US Organizational and Economic Aspects of the HS in the US.	Guest Lecturer: Dr. Charles Zaiontz Dr. Charles Zaiontz's PPT
Session 6	The current Healthcare in the US The business of getting sick in the US (part 1)	Guest Lecturer: Dr. Charles Zaiontz Dr. Charles Zaiontz's PPT
Session 7	The current Healthcare in the US The business of getting sick in the US (part 2)	Guest Lecturer: Dr. Charles Zaiontz Dr. Charles Zaiontz's PPT
Session 8	The current paradigm in the diagnosis and care of mental disorders - The Bio-Psycho-Social Model of care - Current applications of the BPS Model	Borrell-Carrió F, Suchman AL, Epstein RM. "The biopsychosocial model 25 years later: principles, practice, and scientific inquiry". <i>Ann Fam Med</i>. 2004 Nov-Dec;2(6):576-82. doi: 10.1370/afm.245. PMID: 15576544; PMCID: PMC1466742.
Session 9	Clinical case study - Presentation of the Patient's History - Presentation of the clinical case - In-class discussion - Diagnosis and Treatment Options	Instructor's clinical material Trigger warnings will be given prior to the presentation of the clinical case
Session 10	Review Lesson in preparation of the Midterm Exam Review of the material covered during the first part of the course	
Session 11	Midterm Exam - It will comprise 4 open questions, each accounting for 25 points. - The Correction of the Exam will take place at the beginning of the next lesson	

Session	Content	Resources and Reading Materials
Session 12	Introduction to Psychopathology - What is Psychopathology? - The Diagnostic and Statistical Manual of Mental Disorders (DSM5)	“Diagnostic and Statistical Manual of Mental Disorders, DSM 5” (2013) <i>American Psychiatric Association</i> (selected Chapters) - Clark, L. A., Cuthbert, B., Lewis-Fernández, R., Narrow, W. E., & Reed, G. M. (2017). “Three Approaches to Understanding and Classifying Mental Disorder: ICD-11, DSM-5, and the National Institute of Mental Health’s Research Domain Criteria (RDoC)”. <i>Psychological Science in the Public Interest</i>, 18(2), 72–145. https://doi.org/10.1177/1529100617727266
Session 13	Introduction to Personality Disorders - Personality, Character and Temperament - DSM’s Classification of Personality Disorders - Key Characteristics of the 3 clusters of PD	“Diagnostic and Statistical Manual of Mental Disorders, DSM 5” (2013) <i>American Psychiatric Association</i> (selected Chapters) - Ekselius L. “Personality disorder: a disease in disguise”. <i>Ups J Med Sci</i>. 2018 Dec;123(4):194-204. doi: 10.1080/03009734.2018.1526235. Epub 2018 Dec 12. PMID: 30539674; PMCID: PMC6327594. - Penders KAP, Peeters IGP, Metsemakers JFM, van Alphen SPJ. “Personality Disorders in Older Adults: a Review of Epidemiology, Assessment, and Treatment”. <i>Curr Psychiatry Rep</i>. 2020 Feb 6;22(3):14. doi: 10.1007/s11920-020-1133-x. PMID: 32025914; PMCID: PMC7002365.
Session 14	Insight into a Personality Disorder Borderline Personality Disorder	Lieb K, Zanarini MC, Schmahl C, Linehan MM, Bohus M. Borderline personality disorder. <i>Lancet</i>. 2004 Jul 31-Aug 6;364(9432):453-61. doi: 10.1016/S0140-6736(04)16770-6. PMID: 15288745.

Session	Content	Resources and Reading Materials
Session 15	Insight into a Personality Disorder Narcissistic Personality Disorder	- Schalkwijk F, Luyten P, Ingenhoven T, Dekker, “Narcissistic Personality Disorder: Are Psychodynamic Theories and the Alternative DSM-5 Model for Personality Disorders Finally Going to Meet?, <i>Frontiers in Psychology</i>, 2021, vol. 12 DOI=10.3389/fpsyg.2021.676733 - Day, N.J.S., Townsend, M.L. & Grenyer, B.F.S. Living with pathological narcissism: a qualitative study. <i>border personal disord emot dysregul</i> 7, 19 (2020). https://doi.org/10.1186/s40479-020-00132-8 - Grapsas, S., Brummelman, E., Back, M. D., & Denissen, J. J. A. (2020). The “Why” and “How” of Narcissism: A Process Model of Narcissistic Status Pursuit. <i>Perspectives on Psychological Science</i>, 15(1), 150–172. https://doi.org/10.1177/1745691619873350
Session 16	Stress and Stress-related disorders Introduction to Post Traumatic Stress Disorder	Y. Auxéméry, “Posttraumatic stress disorder (PTSD) as a consequence of the interaction between an individual genetic susceptibility, a traumatogenic event and a social context”, <i>L'Encéphale</i>, Volume 38, Issue 5, 2012, https://pubmed.ncbi.nlm.nih.gov/23062450/
Session 17	Post Traumatic Stress Disorder - What is PTSD? - Introduction to Trauma-informed care	Guest Lecturer: Dr. Vittoria Ardino Ardino, V. “Trauma-informed care: Is cultural competence a viable solution for efficient policy strategies?”, 2014, <i>Clinical Neuropsychiatry: Journal of Treatment Evaluation</i>, 11(1), 45–51
Session 18	Clinical case study - Presentation of the Patient’s History - Presentation of the clinical case - In-class discussion - Diagnosis and Treatment Options	Instructor’s clinical material Trigger warnings will be given prior to the presentation of the clinical case
Session 19	Course-related trip San Vittore’s Jail - Milan	To be confirmed Mastrobuoni, G., & Terlizzese, D. (2014). Rehabilitating Rehabilitation - Prison Conditions and Recidivism. <i>Law, Psychology</i>

Session	Content	Resources and Reading Materials
Session 20	Risk and Protective Factors in Criminal behavior Personality Disorders, PTSD and addiction disorders as predictors of criminal behavior	- Ardino, V. et al. (2013) "PTSD and re-offending risk: the mediating role of worry and a negative perception of other people's support", <i>European Journal of Psychotraumatology</i> - Flórez G, Ferrer V, García LS, Crespo MR, Pérez M, Saiz PA. Personality disorders, addictions and psychopathy as predictors of criminal behavior in a prison sample. <i>Rev Esp Sanid Penit.</i> 2019;21(2):62-79. PMID: 31642857; PMCID: PMC6813663. - Di Lorito, C, Castelletti L, et al, "The closing of forensic psychiatric hospitals in Italy: Determinants, current status and future perspectives. A scoping review", <i>International Journal of Law and Psychiatry</i>, Volume 55, 2017, Pages 54-63, https://doi.org/10.1016/j.ijlp.2017.10.004.
Session 21	Clinical case study - Presentation of the Patient's History - Presentation of the clinical case - In-class discussion - Diagnosis and Treatment Options	Instructor's clinical material Trigger warnings will be given prior to the presentation of the clinical case
Session 22	Review Lesson in preparation of the Final Exam Review of the material covered during the first part of the course	

COURSE-RELATED TRIPS:

- Visit of San Vittore's Jail in Milan. To be confirmed

REQUIRED READINGS:

- Lieb K, Zanarini MC, Schmahl C, Linehan MM, Bohus M. Borderline personality disorder. *Lancet.* 2004 Jul 31-Aug 6;364(9432):453-61. doi: 10.1016/S0140-6736(04)16770-6. PMID: 15288745.
- Penders KAP, Peeters IGP, Metsemakers JFM, van Alphen SPJ. "Personality Disorders in Older Adults: a Review of Epidemiology, Assessment, and Treatment". *Curr Psychiatry Rep.* 2020 Feb 6;22(3):14. doi: 10.1007/s11920-020-1133-x. PMID: 32025914; PMCID: PMC7002365
- Ekselius L. "Personality disorder: a disease in disguise". *Ups J Med Sci.* 2018 Dec;123(4):194-204. doi: 10.1080/03009734.2018.1526235. Epub 2018 Dec 12. PMID: 30539674; PMCID: PMC6327594.
- "Diagnostic and Statistical Manual of Mental Disorders, DSM 5" (2013) American Psychiatric Association (selected Chapters)
- Clark, L. A., Cuthbert, B., Lewis-Fernández, R., Narrow, W. E., & Reed, G. M. (2017). "Three Approaches to Understanding and Classifying Mental Disorder: ICD-11, DSM-5, and the National Institute of Mental Health's Research Domain Criteria (RDoC)". *Psychological Science in the Public Interest*, 18(2), 72–145. <https://doi.org/10.1177/>
- Borrell-Carrió F, Suchman AL, Epstein RM. "The biopsychosocial model 25 years later: principles, practice, and scientific inquiry". *Ann Fam Med.* 2004 Nov-Dec;2(6):576-82. doi: 10.1370/afm.245. PMID: 15576544; PMCID: PMC1466742.

- Schalkwijk F, Luyten P, Ingenhoven T, Dekker, “Narcissistic Personality Disorder: Are Psychodynamic Theories and the Alternative DSM-5 Model for Personality Disorders Finally Going to Meet?”, *Frontiers in Psychology*, 2021, vol. 12 DOI=10.3389/fpsyg.2021.67673
- Y. Auxéméry, “Posttraumatic stress disorder (PTSD) as a consequence of the interaction between an individual genetic susceptibility, a traumatogenic event and a social context”, *L'Encéphale*, Volume 38, Issue 5, 2012, <https://pubmed.ncbi.nlm.nih.gov/23062450/> open access
- Vitopoulos, Nina & Peterson-Badali, Michele & Brown, Shelley & Skilling, Tracey. (2019). The Relationship Between Trauma, Recidivism Risk, and Reoffending in Male and Female Juvenile Offenders. *Journal of Child & Adolescent Trauma*. 12. 10.1007/s40653-018-0238-4.
- Ardino, V. (2014). Trauma-informed care: Is cultural competence a viable solution for efficient policy strategies? *Clinical Neuropsychiatry: Journal of Treatment Evaluation*, 11(1), 45–51.
- Day, N.J.S., Townsend, M.L. & Grenyer, B.F.S. Living with pathological narcissism: a qualitative study. *border personal disord emot dysregul* 7, 19 (2020). <https://doi.org/10.1186/s40479-020-00132-8>
- Grapsas, S., Brummelman, E., Back, M. D., & Denissen, J. J. A. (2020). The “Why” and “How” of Narcissism: A Process Model of Narcissistic Status Pursuit. *Perspectives on Psychological Science*, 15(1), 150–172. <https://doi.org/10.1177/>
- Ardino, V. et al. (2013) “PTSD and re-offending risk: the mediating role of worry and a negative perception of other people’s support”, *European Journal of Psychotraumatology*
- Flórez G, Ferrer V, García LS, Crespo MR, Pérez M, Saiz PA. Personality disorders, addictions and psychopathy as predictors of criminal behaviour in a prison sample. *Rev Esp Sanid Penit*. 2019;21(2):62-79
- Di Lorito, C, Castelletti L, et al, The closing of forensic psychiatric hospitals in Italy: Determinants, current status and future perspectives. A scoping review, *International Journal of Law and Psychiatry*, Volume 55, 2017, Pages 54-63, <https://doi.org/10.1016/j.ijlp.2017.10.004>.
- Mastrobuoni, G., & Terlizze, D. (2014). Rehabilitating Rehabilitation - Prison Conditions and Recidivism. *Law, Psychology*