

POST P.G. DIPLOMA IN CLINICAL PSYCHOLOGY

(Under Self – financing scheme)

Introduction :

Psychosocial problems associated with a variety of mental/physical illness and disability ranging from mild to severe is continuously on the rise. Owing to several reasons there is acute shortage of manpower to cater to the needs of people suffering from a variety of psychological ailments. Clinical and counselling psychology are emerging as important disciplines in the area of prevention and promotion of health care. Trained counsellors apply knowledge and methods derived from all substantive fields of bio-psycho-social sciences to the promotion and maintenance of mental and physical health of the individuals. Thus, they are considered as indispensable agents of optimizing health care delivery in our country. However, only very few centers in our country methodically train individuals to function effectively assuming a responsible identity in this area.

Aim :

The aims of this course is to prepare the student to function as a professional clinical counsellor in the areas of mental health by offering assessment, counselling and rehabilitation services.

Objectives :

The course is organized as a one-year program with extensive theoretical inputs and supervised clinical experience. On completion of the course the student is expected to :

- (a) Maintain a feeling of responsibility for the client and sensitivity to the counsellor-client relationship.
- (b) Work with the psychosocial dimensions of mental and physical diseases and formulate/undertake well-targeted psychosocial counselling.
- (c) Integrate the course contents with the clinical viewpoint in a service setting.
- (d) Introduce the interdisciplinary approach to clinical problems and learn to cooperate with colleagues of other disciplines.

- (e) Communicate by writing case reports for clinical use.
- (f) Teach about the nature and meaning of clinical services.
- (g) Apply professional ethics.

REGULATIONS OF THE COURSE :

Intake :

Since this is a supervised clinical training course, the number of students taken in an academic year depends on the qualified clinical psychologists working in the parent department on permanent status, and access to clinical facilities. In order to make the training effective, therefore, the intake of students in an academic year shall not exceed the following ratio and is limited to 10 in any case.

Entry Requirement :

Minimum educational requirement for admission to this course shall be full time, regular M.A. degree with psychology. A minimum of 45% marks in aggregate is required to apply for the course.

Admission:

A selection committee that includes a clinical psychology faculty shall make admissions on the basis of an interview.

Duration :

This is a full time course with extensive clinical training and apprenticeship experiences for one academic year.

Attendance :

Course of study must, unless special exemption is obtained, continuously be pursued. Any interruption in a student's attendance during the course of the study, due to illness or other extraordinary circumstances, must be notified to the concerned university authority and permission should be obtained.

A minimum attendance of 75% (in the academic term) shall be necessary for taking the respective examination.

CONTENT OF THE COURSE

Each of the theory paper shall be taught for 6 hrs per week. The practicum experience shall be for 12 hrs per week under the supervision of a clinical psychology faculty.

Theory :

Paper – I : Perspective on Human Behaviour and its measurement.

Papter – II : Psychopathology

Paper – III : Clinical Counselling

Paper – IV : Psychology of Normal Adaptation and Behaviour modification.

Practical : (i) Interviewing skills, Menal Status Examination, Assessing Primary Mental Functions clinically.
(ii) Detailed case work up (formulating the clinical problem and diagnosis)
(iii) Psycho-diagnostic including viva voce.
(iv) Case work up (formulating the clinical problem and targeted psychosocial interventions) including viva voce.
(v) Assessment of the quality of overall clinical work (includes clinical interviews detailed work ups. Psycho-diagnostics and counselling)

Minimum Prescribed Clinical Work :

(1) Clinical Interviews	10
(2) Detailed case studies	10
(3) Psychological testing	20
(4) Counselling	10

Different diagnostic categories of clients shall be taken for counselling.

Submission :

One month prior to the annual examination every candidate should submit the clinical assignments (types and bound) as prescribed in the syllabus, in duplicate.

Internal Assessment :

In each subject (theory, submission practical) end of the session 20% marks shall be allotted for internal assessment. In case of “clinical work”, the allocated marks will be determined internally, bases on the competence and responsibility the candidate has shown in fulfilling the clinical requirement. The detailed guidelines for allotting the internal marks may be prepared y the institution concerned.

Examination :

The theory and practical examinations will be held at the end of the session.

The prescribed tuition/examination fee as laid down from time to time of college authority shall be paid by the students.

SCHEME OF EXAMINATION

Papers	Title	Duration	Examination (Maximum)	Marks Internal Assessment (Maximum)	Total
Paper I	On	3 hrs.	80	20	100
Paper II	Of	3 hrs.	80	20	100
Paper III		3hrs.	80	20	100
Paper IV		3 hrs.	80	20	100
Practical and Viva voce			80	20	100
Total					500

Examinations :

The Chairman of the board of examiners shall be clinical psychologist. Two examiners, one internal and one external clinical psychology faculty shall conduct clinical and viva voce examinations, and evaluate each of the submissions. Other examiners appointed for this purpose shall evaluate the theory papers.

Minimum Marks for Passing :

1. No candidate shall be declared to have passed in any of the semester exams unless he/she obtains not less than 48% of the marks in :
 - (i) Each of the theory papers
 - (ii) Each of the clinical and viva-voce examinations
 - (iii) Each of the submissions

PAPER – I
PERSPECTIVE ON HUMAN BEHAVIOUR AND ITS
MEASUREMENT

- UNIT- I** Introduction : Understanding Psychology, Goals and areas of Psychology, Psychology in our day to day life. Perspectives on Behaviour, Structuralism and Functionalism, psychoanalytic, Gestalt, Behaviouristic, Humanistic, Cognitive, Psychobiology, Cultural and Evolutionary view points.
- UNIT-II** Development Aspects : Physical, language, social-emotional, cognitive, moral and personality development, Influences of the family and early experience, Adjustment in old age, Attitudes toward death and dying, death anxiety.
- UNIT-III** Nature of Psychological Test : Nature and definition, Settings and purpose of test, Characteristics of examinee, Effects of examiner, Standardization, Reliability, Validity, Types of tests, Administering, Types of scoring. Individual versus Group Test, verbal and non-verbal.
- UNIT-IV** Personality Assessment : Materials, Administration and scoring, Interpretation, evaluation of frequently used personality inventories/questionnaires, and projective tests such as Inkblot tests, TAT and CAT, Draw-a-person test, Sentence completion test etc. Tests for infants, motor and speech handicaps, learning disability, mental sub-normality, visual and hearing handicapped.
- UNIT-V** for recognition : Nature and types of Diagnostic Intelligence tests, Attention/concentration tests, Memory Test, Text for infants, motor speech handicaps, learning disabilities, mental sub-normality, visual & hearing handicapped.

PAPER – II
PSYCHOPATHOLOGY

- UNIT-I** Introduction to Psychopathology : Etiology of mental disorders and mental health Psychosocial models. Medical model, Moral model. Behavioural model, Dynamic model, clinical model, community model, social model.
- UNIT-II** Psychopathology of Neurotic, Stress-related and Somatoform Disorders : Anxiety disorders, Dissociative (conversion) disorders, Obsessive and compulsive disorder, Phobic anxiety disorders, Somatoform disorders, adjustment disorders and behavioural syndromes associated with psycho-physiological disturbances. Psychopathology of Psychotic Disorders : Schizophrenia, Delusional disorders, mood (affective) disorders, and other psychotic disorders.
- UNIT-III** Psychopathology of Personality and Behaviour Disorders : Specific personality disorders, Habit and impulse disorders, Mental and behavioural disorders due to psychoactive substance use, Sexual dysfunction and disorders, psychoactive substance use disorders. Psychopathology of Childhood and Adolescence Disorders Psychopathology of emotional, behavioural and developmental disorders of childhood and adolescence.
- UNIT-IV** Psychotherapy-Introduction : Definitions, objective, training, professional and ethical issues, planning and recording of therapy. Human-Existential Therapies : Historical context and philosophical basis, principles and types of therapy, current status.
- UNIT-V** Cognitive Therapies : Basic principles and assumptions, therapy techniques, application issues. Supportive Psychotherapy : Goal, Indications, techniques and application issues. Therapy with Special Conditions : Such as therapies with children, family therapy, marital therapy and sex therapy.

PAPER – III
CLINICAL COUNSELLING

UNIT-I Clinical Counselling : Definition, nature, goals and types of counselling, group vs. individual counselling, types of clients, nature of analysis, methods of securing client information confidentiality, ethics and professional issues in counselling, counsellor and client characteristics.

Concept and Process : Casual and regulatory processes, therapeutic ingredients of counselling behaviour change through counselling, process and procedures for counselling, behavioural, cognitive and humanistic approaches.

UNIT-II Disability and Rehabilitation – Definition, nature, types, characteristics, incidence, prevalence, causes (biological) bases and social correlates) of various disabilities (Mental retardation, learning disabilities, visual disability, hearing disability, speech disabilities, autism, chronic mental illness, orthopaedic and neuromuscular disability and multiple disabilities) concepts of impairment, disability, handicap habilitation, rehabilitation, integration.

UNIT-III Application of clinical counselling : Problems Identification, definition and analysis of the problems, specification of change goals, relationship establishment, implementing techniques/procedures for change, recording, termination, evaluation of counselling outcomes, counsellor Responses that help exploration, understanding and problems solving.

UNIT-IV Assessment : Basic principles of assessment and evaluation : types (norm based, criterion based, function based), the role of psychological testing, the use of psychological tests in screening, diagnosis and assessment of behavioural characteristics of people with disabilities; ethical issues in psychological assessments, limitations of psychological tests.

UNIT-V Critical Issues in Clinical Counselling : With reference to elderly patients with chronic medical illness, terminally ill, patients with HIV/AIDS, school drop-outs, children with learning disabilities, children with behavioural and emotional/conduct problems, mentally subnormal group individuals, with motor's sensory disabilities, people with chronic mental disorders, people having marital discord, sexual dysfunction and disorders, problems of adolescence, people with alcohol/substance abuse disorders.

PAPER – IV

PSYCHOLOGY OF NORMAL ADAPTATION AND BEHAVIOUR MODIFICATION

- UNIT- I** Normality : Concept of normality, Medical, Statistical, Utopian. Subjective, Social, Ideal and Process perspective, Features of normal adaptation, Normal adjustment changes with age. Normal Personality Styles : What is personality style ? Classifying personality, Measurement of personality, Description of historical and contemporary personality styles.
- UNIT-II** Stress and Adaptation to Stress : Nature of stress : Types of Stress. Sources of stress, Effects of stress on psychological functioning, Effects of stress on physical health, Responding to Stress, Measurement of Stress. Theories of stress emotion, Types of adaptive responses (Self-protective, Direct Control, Direct Action responses to stress) Factors moderating the impact of stress, Examples of overload (stressful) condition, features of overload condition, helping others and ourselves in this state, practical approaches to overcome stress.
- UNIT-III** Life Cycle : Stages of the life cycle, Models of life cycle development, periods of stability and instability, differences in the life cycle of men and women. Improving Adaptation : Balance of work, love and play, maintaining resources, managing stress, other guidelines for maintaining effectiveness through life cycle.
- UNIT-IV** Behaviour Modification : Learning, biological and cognitive foundations, behavioural assessment, analysis and formulations. Techniques : Operant procedures, counter-conditioning procedures, aversive conditioning procedures, self-control procedures and cognitive procedures.
- UNIT-V** Application of Behavioural Modifications : Clinical applications in the management of stress-related disorders, anxiety disorders, speech and psychomotor disorders, sexual dysfunction and deviation, childhood disorders and psychotic disorders.

P.G. DIPLOMA PRACTICALS

I. List of Psychological Tests (any 15)

1. Stanford Binet
2. W.A.I.S. – Ramalingaswami
3. W.I.S.C. – Mallen
4. Bhatia's Battery of Performance Tests
5. Standard Progressive Matrices
6. Senguin Goddard Form Board
7. Vineland Social Maturity Scale
8. Knox Cube limitation Test
9. Draw a Person Test
10. Roschach Ink Blot Test
11. Thematic Apperception Test (TAT)
12. Children's Apperception Test (CAT)
13. Word Association Test (WAT)
14. Sentence Completion Test (SCT)
15. 16 P.G. /HSPQ
16. MMPI
17. Adjustment Inventory
18. Stress Scale
19. Depression Scale
20. KNPI
21. Differential Aptitude Test
22. Chatterjee's Non-language Preference
23. Self concept Scale _ Mukta Rani Rastogi
24. Bender Gestalt Test
25. Clinical Analysis Questionnaire – Kapoor
26. Emotional Maturity Scale
27. Memory Test – PGI
28. Memory Test – PGI
29. Brain Damage Test

II. Case Study : Do any 5 normal and any 5 clinical

III. Visit to mental hospitals

IV. Psychological Intervention in abnormal cases

V. Counselling interview

VI. Report writing.