

## Fellowship in Clinical Psychology



### 1. Information Related to Course Content

Name and Address of the constituent college / institute initiating the proposals:

Dr. D.Y. Patil Vidyapeeth (DPU) (Deemed University)

Dr. D.Y. Patil Medical College, Pimpri, Pune – 18.

#### 1. Title of the Programme

CLINICAL ORIENTATION AND COUNSELLING PSYCHOLOGY: A POST MASTERS FELLOWSHIP PROGRAMME.

#### 1. Area / field of knowledge to be covered.

Clinical Orientation in Psychology and Psychiatry

#### 2. Faculty under which the Programme falls Psychology

#### 3. Central Statutory Council Dr. D.Y. Patil Vidyapeeth (Deemed University) Dr. D.Y. Patil Medical College, Pimpri, Pune – 18

#### 4. Level of programme (Certificate / Undergraduate Diploma / Degree Postgraduate / Postgraduate Diploma / Postgraduate Degree) Postgraduate Fellowship

#### 5. Intake Capacity 5 students

#### 6. Programme pattern / Annual System Semester System

#### 7. Duration of internship (if any) Nil

#### 8. Eligibility Criterion For Admission (Entry Qualification)

M.A.(Psychology), M.S.W.(Masters in Social Work)

#### 9. Evaluation Pattern

a. Examination At University Level : Per Semester / Annual University Level Examination at the end of each semester

b. Examination At College / Institutional Level : (State periodicity) No

c. Does evaluation involve practical ? Yes

#### 10. Vision / Mission / Goal / Objectives

The proposed one year fellowship course aims at imparting practical knowledge and skills towards diagnosis, patient management and care. Justification / Need for the programme

At present Clinical Psychology, Social Work and Sociology are being taught at University level and after doing his M.A. a Clinical Psychologist / Social Worker is expected to work independently. They are required to interview psychiatric patients, counsel them and give them psychometric tests. They thus become integral part of the department of Psychiatry in any institution taking part in patient care as well as academic advancement. Unfortunately a Clinical Psychologist / Social Worker has no or very little exposure to patients during his Masters course. A comprehensive knowledge of the theoretical aspects of Clinical Psychology / Social Work / Sociology therefore lacks the practical aspects to patient management, diagnosis and cure.

It is proposed to run a one year fulltime fellowship course in clinical orientation, diagnosis, clinical psychological testing and counseling of active psychiatric patients, so that at the end of the course, a Clinical Psychologist / Social Worker is much better equipped to handle active psychiatric patients and in fulfilling his role in comprehensive mental healthcare.

#### 11. Job opportunities for the pass out

At the end of the course, the students will be in a much better position to be placed as a Clinical Psychologist / Social Worker/ Sociologist in institutions like a medical college.

They will also be much better equipped to start their own practice.

#### 12. Will placements be organized through campus interviews? No

#### 13. Is the programme likely to attract enough number of students ? Yes

#### 14. Required Teaching Staff :

- Dr. Suprakash Chaudhury (Professor & Head of Department)
  - Dr. Archana Javadekar (Professor)
  - Dr. Bhushan Chaudhari (Professor)
  - Dr. Jaideep Patil (Associated Professor)
  - Dr. Parisha Kelkar (Assistant Professor)
  - Dr. Akshay Naik (Assistant Professor)
  - Dr. Madhura Ghate (Assistant Professor)
  - Dr. Sana Dhamija (Assistant Professor)
  - Dr. Tahoor Ali (Senior Resident)
  - Dr. Shalmali Kulkarni (Senior Resident)
  - Dr. Ankit Bhattacharjee (Senior Resident)
  - Maithili Mishra (Clinical Psychologist)
15. Required Non-teaching Staff
- Mohini Mohite (Assistant Psychologist)
  - Vinod Salunkhe (MSW)
16. Required Machinery / Equipment / Computers with Approximate Cost (Tabulated Form) The course will be run with existing facilities available to the department.
17. Required Number of Books and Journals with approximate Cost (Tabulated Form)  
The central and departmental library facilities are adequate for the proposed course.
18. Estimated Expenditure during next three years (Revenue and Capital expenditure)  
N. A.
19. Proposed Fee Structure (with justification)  
Rupees 25,000/- for the entire course
20. How many colleges / institutes in Pune and Pimpri-Chinchwad run the same programme?  
None
21. How many colleges / institutes in the state of Maharashtra (outside Pune and Pimpri-Chinchwad) run this Programme?  
None
22. Has the department ensured that introduction of this programme will not disturb the regular working of the departments  
YES
23. Programme structure (i.e. Year wise course Theory / Practical)

### Training Schedule

Six hours of training on all working days starting from 9.00 am to 4.00 pm with one hour lunch break.

Two lectures, two tutorials, one session of case presentation and one of journal club will be held per week.

9.00 am to 1.00 pm daily will be allotted for ward rounds, clinical works, case taking, clinical psychological testing and counseling under supervision of a teacher.

## SYLLABUS FOR CLINICAL PSYCHOLOGY POST MASTERS FELLOWSHIP COURSE

### SEMESTER I –

#### A) PSYCHOLOGY

1. Biology of Behavior
2. Sensory Process & Perception
3. Principles of Learning
4. Memory

5. Thinking & Language
6. Motivation
7. Emotion & Stress
8. Social Perceptions, Influences & Relationships
9. Attitudes
10. Development during Infancy & Childhood
11. Development during Adolescence, Adulthood and Old Age
12. Personality

## B) PSYCHIATRY

1. Clinical examination of the psychiatric patient
2. Typical signs and symptoms of Psychiatric illness defined
3. Classification in Psychiatry

## SEMESTER II -

### A) PSYCHIATRY

1. Delirium, Dementia and Amnestic and other Cognitive disorders
2. Neuropsychiatry aspects of HIV and AIDS
3. Substance related disorders
4. Schizophrenia
5. Other psychotic disorders
6. Mood disorders
7. Anxiety disorders
8. Somatoform disorders
9. Neurasthenia and Chronic Fatigue syndrome
10. Factitious disorders
11. Dissociative disorders
12. Human Sexuality
13. Gender Identity disorders
14. Eating disorders
15. Normal Sleep and Sleep disorders
16. Impulse Control disorders not elsewhere classified
17. Adjustment disorders
18. Personality disorders
19. Psychological factors affecting Medical conditions
20. Alternative Medicine and Psychiatry
21. Relational problems
22. Problems related to Abuse or Neglect
23. Additional conditions that may be a focus of clinical attention
24. Psychiatric Emergencies

### B) PSYCHOTHERAPY

- i. The scopes types and general principles of psychotherapy
1. What is Psychotherapy?
2. Varieties of Psychotherapy
3. Significant variables that influence Psychotherapy
4. Basic ingredients of Psychotherapy
5. Supportive therapy
6. Re-educative therapy
7. Similarities and differences among the various therapies

## 8. Selection of best kind of psychotherapy

### **ii.** The Initial Interview

1. First contact with patient
2. Case history
3. Collecting data and making diagnosis
4. Evaluating the problem and prognosis
5. Practical arrangements
6. Essential consultations
7. Important “Don’ts”
8. Dealing with inadequate motivation
9. Establishing a working relationship
10. Selecting a therapeutic focus

### **iii.** The Middle Phase of Treatment

1. Identifying important Trends and Patterns
2. The use of Therapeutic Interviewing
3. Exploring Trends and Patterns
4. The uncovering of Unconscious Material
5. Inculcating Insight through interpretation
6. Handling of Resistance to Cure
7. Management of Untoward Attitudes in the Therapist
8. The “Working Through” process
9. Techniques in Behaviour Therapy
10. Techniques in Group Marital and Family Therapy
11. Homework Assignments

### **iv.** The Terminal Phase of Treatment

1. Goals in Terminating treatment
2. Technical problems in Termination

### **v.** Special aspects

1. Adjunctive aids in Psychotherapy
2. Short-term Psychotherapy
3. Handling emergencies in Psychotherapy
4. Stress and its Management
5. Psychotherapy in special conditions
6. Supervision of the Psychotherapeutic process
7. Psychotherapy during Childhood, Adolescence and Old Age
8. Failure in Psychotherapy
9. The Psychotherapist in Community Mental Health

## 2. Duration : 1 Year

### 3. Training Facilities

The fellows undergoes rigorous training in clinical knowledge in various psychiatric disorders by giving them exposure to actual psychiatric patient material in well equipped psychiatry OPD and IPD set up in tertiary care hospital. The OPD set up consists of General psychiatry OPD as well as Specialty psychiatry OPDs catering for thousands of psychiatry patients. IPD set up consists of 70 bedded well equipped male and female psychiatry wards. They are trained by qualified teachers and trainers. For training in counseling and psychotherapy various manuals and teaching materials are used. For psychological testing

training 6 IQ tests, 6 projective tests, 6 personality tests and 6 neuropsychological tests available.



#### 4. Teaching Faculty Details

1. Name: - Dr. Suprakash Chaudhury, Professor & Head of Department  
Qualifications: – MD, Registration No. – 38690
2. Name: - Dr. Archana Javadekar, Professor  
Qualifications: – MD, Registration No. – 75921
3. Name: - Dr. Bhushan Chaudhari, Professor  
Qualifications: – MD, Registration No. – 2007051569
4. Name: - Dr. Jaideep Patil, Associated Professor  
Qualifications: – MD, Registration No. – 2008062393
5. Name: - Dr. Parisha Kelkar, Assistant Professor  
Qualifications: – MD, Registration No. – 2015073891
6. Name: - Dr. Akshay Naik, Assistant Professor  
Qualifications: – MD, Registration No. – 2023096212
7. Name: - Dr. Madhura Ghate, Assistant Professor  
Qualifications: – MD, Registration No. – 2017062810
8. Name: - Dr. Sana Dhamija, Assistant Professor  
Qualifications: – MD, Registration No. – 2019042743
9. Name: - Dr. Tahoor Ali, Senior Resident  
Qualifications: – MD, Registration No. – 2023020450
10. Name: - Dr. Shalmali Kulkarni, Senior Resident  
Qualifications: – MD, Registration No. – 2018084432
11. Name: - Dr. Ankit Bhattacharjee, Senior Resident  
Qualifications: – MD, Registration No. – WBMC70723

#### 5. Infrastructure Facilities

##### OPD:

1. Well established department with cabins for faculties, residents, paramedical staff, clerical staff, departmental library etc.
2. OPD with 4 well-equipped examination rooms, demonstration room, separate space for a psychologist, occupational therapist, psychiatric social worker.
3. Separate wards for males and females equipped with nursing station, side room for doctors, pantry and clinical demonstration room

##### Library:

1. Well equipped departmental library for staff and students
2. All necessary text books as well as reference books available
3. Various National and International journals available for reference

4. Number of Books = 256
5. Total Indian Journals available = 2
6. Total Foreign Journals available = 1

**Seminar Room:**

1. Well equipped and spacious seminar room for PG classes, seminars, tutorials
2. Equipped with LCD projector and other audiovisual aids.

**Equipment:**

1. Psychological tests.
2. Alcohol breath analyzer
3. Biofeedback machines
4. Rating scales
5. Questionnaire

6. Fees: Rs. 25,000/- (Rupees Twenty-five Thousand Only)