



**PRAVARA INSTITUTE OF MEDICAL SCIENCES
(DEEMED TO BE UNIVERSITY)**

**Loni, Tal. Rahata, Dist. Ahmednagar 413736
NAAC Re-accredited with 'A' Grade**

SYLLABUS

Fellowship Programme in Psychological Counselling (Dept. of Psychiatry)

**Dr. Balasaheb Vikhe Patil Rural Medical College
(Academic Council Meeting Dated 25th August, 2022)**

Fellowship Programme in Psychological Counselling

Introduction

During MBBS Internship training, there is two-week rotation in Psychiatry, but the exposure to wide variety of cases in psychiatry may not be adequate to have confidence to provide effective psychological counselling independently. This lacuna can be filled by the one-year fellowship in psychological counselling. Different institutes across the globe are having such fellowship programmes.

In our Institute we are having a well-established Postgraduate Department in Psychiatry providing holistic services in psychiatry and psychological counselling covering preventive, promotive, curative and rehabilitative aspects. Department is having well qualified Faculty consisting of Professor, Associate Professors, Assistant Professors, Senior Resident and Postgraduate students in MD Psychiatry. Also posted with a highly experienced Clinical Psychologist. Department provides holistic outpatient and inpatient psychiatric and psychological services to various kinds of diseases like psychosis, substance use disorders, anxiety disorders, mood disorders, geriatric problems, relationship issues, marital counselling etc. All facilities including a 30 bed well equipped inpatient ward, Psychometry lab having all kinds of test materials for projective tests, personality tests, Intelligence tests etc, Biofeedback equipments and Electro convulsive therapy modalities are also available. In addition to the above, department is actively involved in various intradepartmental, interdepartmental research activities, community outreach services in organized medical camps etc. To cater for the large student population of Institution of about 3,000, a Positive Mental Health Clinic also is being run by the department.

With this additional qualification of Fellowship in Psychological counselling, Medical graduates can also position themselves in large set up at metro cities & big cities to take our institutes name to higher level.

Course Structure

The total Duration of the course will be of twelve months, two semesters of six months each.

Curriculum

Curriculum for Fellowship in Psychological Counselling will cover the following:

Semester I -

A) Psychiatry

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

B) 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

Semester II -

A) Psychiatry

1. Delirium, Dementia and Amnestic and other Cognitive disorders
2. Substance related disorders
3. Schizophrenia
4. Other psychotic disorders
5. Mood disorders
6. Anxiety disorders
7. Somatoform disorders
8. Dissociative disorders
9. Human Sexuality

10. Gender Identity disorders
11. Eating disorders
12. Normal Sleep and Sleep disorders
13. Impulse Control disorders
14. Adjustment disorders
15. Personality disorders
16. Psychological factors affecting Medical conditions
17. Alternative Medicine and Psychiatry
18. Relational problems
19. Problems related to Abuse or Neglect
20. Additional conditions that may be a focus of clinical attention
21. Psychiatric Emergencies
22. Pharmacotherapy
23. Electro convulsive therapy

B) Psychotherapy & Counselling

I. The scope, 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

C) Psychological tests and application in Psychiatry

1. Projective Tests
2. Personality Tests
3. Intelligence Tests
4. Various psychometric Scales

There will be formal structured teaching, lecture, seminars, case presentations with respect to the curriculum topics. Candidates will be given hands on training by experienced faculty and PG residents. During the Fellowship, candidates will be expected to participate in one state/national/international conference & present paper, poster. Candidates will be expected to publish one paper during the year. Candidate shall be maintaining a log book for the entire course. At the end of training there will be a written exam consisting of two papers of 100 marks each & practical/viva examination of 100 marks. After successful completion of the course, the candidates will be awarded a "Certificate of Fellowship in Psychological Counselling" at the Annual Convocation Programme / annual Day.

SOP / Regulations for the fellowship programme in "Psychological Counselling"

1) Title of Programme, Programme objective, Year & date of Implementation

Title - Fellowship in "Psychological Counselling"

Objective -

- a) To train the medical graduate students in "Psychological Counselling"
- b) To upgrade the Department of Psychiatry by developing Fellowship programmes.
- c) To highlight the prestige of PIMS (DU) through different fellowships.
- d) To initiate research work in Psychiatry and Psychology.
- e) To avail the facility of such fellowship in rural area & giving the rural psychiatric services as good as in metro cities.
- f) To develop high standard in provision of Mental Health Services which will in turn attract the medical graduates from all over India & contribute towards the progress of the PIMS (DU).

Year & Date of Implementation- The Course will start on 01 Aug and terminate on 31 July of the following year.

2) Eligibility of the programme

- MBBS students who have completed one-year Compulsory Rotating Internship in a NMC recognized Institution.
- Overseas candidates will have to obtain MCI registration of their Medical Graduate degree before joining.
- PIMS (DU) may conduct entrance examination if there are more than five applications, otherwise candidates will be selected by an interview board to be headed by Dean DBVPRMC and Prof & HOD Psychiatry and Prof & HOD Community Medicine as Members.

3) Duration -

One calendar year with two semesters
40 Credits (20 Credits each semester)

4) Textbooks on Psychological Counselling for reference

- a. Introduction to Psychology by Clifford Morgan & Richard King, 7th Edition.
- b. World Health Organization. (2019). International statistical classification of diseases and related health problems (11th ed.).
- c. Kaplan and Sadock's Synopsis of Psychiatry: Behavioral Sciences/Clinical Psychiatry, 12th edition

Candidates will be expected to publish one research paper & attend one state/national / international conference & present paper or poster.

5) Curriculum Delivery/Transaction

Over the year candidates will have seminar, Case presentation, Journal club, and lectures in the afternoon session twice week. Detailed programme can be prepared for the full academic year.

6) Programme outcome

After completing the fellowship programme, the candidates will be confident in identifying, interviewing and to provide appropriate psychological tests and counselling to patients and their caretakers.

7) Examination & Evaluation Methods

- **Evaluation:-**

Term end examination will be arranged and conducted by Dept. of Psychiatry, Dr. Balasaheb Vikhe Patil Rural Medical College and declare the result.

Examination Scheme

Paper - I: Fellowship in Psychological Counselling-I

Paper - II: Recent advances in Fellowship in Psychological Counselling

Theory Examination:- (2 Paper of 100 marks each)

2 LAQ x 20 Marks = 40 Marks

6 SAQ x 10 Marks = 60 Marks

Practical Examination:-

One Long Case / Long experiments = 50 Marks

Three Short Cases (3 x 30) = 90 Marks

Viva Voce / Oral / OSPE / Spottes = 60 Marks

Minimum Passing:-

- i) Minimum 50% in Theory papers (Each paper minimum is 40%)
- ii) Minimum 50% in Practical /Clinical & Viva Voce
- iii) Overall 50% Theory & Practical/Clinical

Award of class:-

- 50% to 59.5% = IInd class
- 60 to 74.5% = Ist Class
- Above 75% = Ist Class with Distinction

Attempts:-

- A student shall clear the Examination only within three attempts or within 4 years of admission.
- Result / Issue of Mark Sheet - Head of Institute & HOD will jointly issue the Mark Sheet.

Certification:-

- A) Title - Fellowship in Psychological Counselling.
- B) A fellowship is awarded upon successful completion of the prescribed study program, which will state that i) Candidate has completed the prescribed course of Fellowship in Psychological Counselling, ii) Candidate has completed prescribed clinical experience. iii) Candidate has passed the prescribed examination.
- C) Certificate will be issued with the signatures of concern Dean, Dr. Balasaheb Vikhe Patil Rural Medical College & Vice-Chancellor, Pravara Institute of Medical Sciences (Deemed to be University).
- D) Certificates to be prepared by concern College.

9) Place & venue of the academic work of the programme

Dept of Psychiatry, DBVPRMC, PIMS (DU), Loni.

10) Department offering the programme

Department of Psychiatry, DBVPRMC, PIMS (DU), Loni

11) Intake per batch

Two per year can be or as per decision of higher authorities.

12) Academic Calendar

Admission in May / Nov every year.

13) Time table-

To be submitted later

14) Maintenance of attendance

By Biometric Attendance

15) Arrangement & conduction of programme-

Classroom session - In Demonstration room of Dept of Psychiatry.

Practical session- In Psychiatry OPD, Psychiatry Ward and Psychometry Lab of Psychiatry Department, RMC Loni.

16) Liasoning-

HOD/ Faculty of Psychiatry and Clinical Psychologist

17) Evaluation-

HOD/ Faculty of Psychiatry & Clinical Psychologist

18) Documentation-

HOD/ Faculty of Psychiatry & Clinical Psychologist

19) Appointment of Director/Coordinator, Resource Person, Teacher Assistance etc.

Dean, DBVPRMC Loni

20) Approximate Expenditure involved to run one batch per programme.

Administrative expenditure at appx Rs 20,000/- is expected for paperwork, processing of applications, advertisement & conducting interviews etc.

Additional expenditure may be incurred in getting external examination for practical examination, if required.

21) Fees proposed to be charged per course-

Rs 60,000/ per candidate/ Course

22) Financial & administrative expectation from PIMS (DU)/PMT to run the programmes:

PIMS (DU)/RMC/PMT will be expected to provide accommodation to the participants in postgraduate Hostel, provide mess facilities & Library facility with books & journals on Psychiatry & Psychology as per the extant provisions applicable to other candidates doing Fellowship programme in the Institute.

.23) Infrastructure requirements-

No additional requirements are envisaged presently.

24) Yearly Audit of the programme & financial audit process & format

As per the extant norms of PIMS (DU).

25) Annual meta evaluation & up gradation of the content & delivery of the programme.

As per the extant norms of PIMS (DU).

26) Central documents

As per the extant norms of PIMS (DU).

27) Grievance redressal & appeals mechanism

As per the extant norms of PIMS (DU).

28) Any other aspect of the programme not covered above

Provision of leave- Recommended 08 days casual leave per Semester.

Separate provision of stipend not needed as the candidates will be working as SR level (Nonacademic) in the Institute & hence they will be receiving the salary for the same post from the institute.

29) Saving clause whenever difficulty arises:

Powers of the authorities of the University as per PIMS (DU) norms.




Registrar
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