



INSTITUTE OF PSYCHIATRY

Prospectus 2013- 15

M.Phil. in Psychiatric Social Work

M.Phil in Clinical Psychology

PROSPECTUS

M.Phil in Psychiatric Social Work

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M.Phil in Clinical Psychology

2013 - 2015



INSTITUTE OF PSYCHIATRY

Centre of Excellence under NMHP

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Introduction

Institute of Psychiatry, the third oldest surviving mental hospital of the country, which started its existence 194 years back, has a colourful history in Mental Health of India. In 1817 this was started as a private asylum by an ex-army man- Mr. I. Beardsmore as European Lunatic Asylum, Bhowanipore with an arrangement for 50-60 European patients who were properly looked after. In 1856 during the regime of Lord Dalhousie, this hospital was taken over by the British East India Company administration and in 1922 by the British Bengal Government. In 1924 the name was changed to Mental Observation Ward, Bhowanipore. Dr. Bidhan Chandra Roy, the then Chief Minister of the State of West Bengal, upgraded this Observation Ward to the status of a regular full-scale mental hospital with 30 beds including 10 observation beds in 1950. Prof. Ajita Chakraborty started the first OPD service in the middle of 1963 in the afternoon- thrice a week and in 1989 it was incorporated as the teaching, training and research wing of the Department of Psychiatry of the Institute of Postgraduate Medical Education & Research. In the same year it was identified as the United Nations International Drug Control Programme's Nodal Centre by the Ministry of Health, Govt. of India and in 1991, the name was changed to Institute of Psychiatry. Presently the Institute of Psychiatry is functioning as full-fledged Postgraduate Psychiatric Educational and Service. Recently this Institute has been identified as Center of Excellence for manpower development in Mental Health under National Mental Health Programme by Govt. of India.

Throughout the world a team approach essentially involving a Psychiatrist, Clinical Psychologist, Psychiatric Social Worker, Psychiatric Nursing has been recommended while working with people with mental disorders. World Health Organization has also advocated the same at several occasions. However any organizations offering such multi-disciplinary services/training are very few in our country. In this way IOP, Kolkata will be the pioneer in offering training in the related fields in the eastern part of the country.

The Infrastructure

As a part of a General Public Hospital regarded as a centre of excellence, IOP has sufficient infrastructure to run the course efficiently. Moreover, the constant and massive inflow of different types of patients from all over the state (and outside too), hailing from varied socio-cultural backgrounds, seek treatment from this premier institution. Currently different OPD facilities are available like General Psychiatry, Child Psychiatry, Alcohol and Drug De-addiction Clinic, Sexual Counselling Clinic, Forensic Psychiatry Clinic, OCD Clinic, Mood Disorder Clinic, Geriatric Clinic, Life Skill Education Clinic for Adolescent along with Clinical Psychology, Psychiatric Social Work and Psychiatric Nursing Services. All these opportunities make this place an ideal arena for the development of a holistic and comprehensive mental

health programme. IOP works in liaison with other medical departments of IPGME&R. Inpatient strength give the opportunity to learn inpatient based management of mental illness. Posting in different relevant medical departments is another opportunity to learn.

COURSES:

1. M.Phil in Clinical Psychology (8 seats)
2. M.Phil in Psychiatric Social Work (16 seats)
3. Post Basic Diploma in Psychiatric Nursing (10 seats)
4. MD Psychiatry (4 seats)
5. Diploma in Psychological Medicine (16 seats)

DEPARTMENT OF PSYCHIATRIC SOCIAL WORK

The Department of Psychiatric Social Work is newly formed in 2011 along with other two departments - The Department of Clinical Psychology and The Department of Psychiatric Nursing with the objective of starting psychosocial service to persons in need and higher teaching programs in Psychiatric Social Work (PSW).

Psychiatric Social Work is an integral part in multidisciplinary team in treatment and rehabilitation of persons with mental illness or persons with psychosocial problems. However, professionally qualified psychiatric social workers are very limited in our country. The Government of India has acknowledges the growing need for psychiatric social work and therefore has included in the project for men power development in mental health under National Mental Health Programme (NMHP).

Vision

To promote the psychosocial well-being and to provide psychosocial healing to individuals, families and communities.

Mission

- ❖ To provide psychosocial service to persons in need, family and community.
- ❖ To offer advanced teaching and training in Psychiatric Social Work.
- ❖ To start a wide range of community based care and service programmes which includes prevention, intervention and rehabilitation.
- ❖ To develop cost effective psychosocial rehabilitation services
- ❖ To provide specialized psychosocial services for special population like geriatric, child and addicts
- ❖ To undertake project, research and publication in psychiatric social work, mental health, disability and allied areas.

- ❖ To collaborate with Schools of Social Work/Post Graduate Department of Social Work and other Governmental and Non-governmental organizations related to mental health, health, education, welfare and developmental Institutions.
- ❖ To advocate for formulating appropriate policies involving psychiatric social work ingredients for the promotion of mental health, prevention, treatment and rehabilitation of mental health problems and psychosocial aspects of health and disability, human right issues in these areas.
- ❖ To develop psychosocial service in various settings e.g. schools, special school, juvenile homes, prisons, family courts.

Genesis of Psychiatric Social Work: The history of social work in India goes back to 1936 when Tata Institute of Social Sciences (TISS) the first School of Social Work was stabilised in Mumbai. The training program on Medical and Psychiatric Social Work was started in 1952 again by the TISS in order to equip social workers to work in the field of mental health. Now extending to every part of the country with its specialized branches, Psychiatric Social Workers has an important role especially when the field of psychiatry started a biopsychosocial approach, the concept of George L. Engel in the treatment of people with mental illness. Psychiatric social workers with its humanitarian approach help in relieving the stress of the person with mental illness. Psychiatric Social Work as a profession not only pays attention to the persons with mental illness but also takes care of their family members and the community where they live in. After the third revolution in psychiatry/mental health i.e. community psychiatry/community mental health, the role and scope of Psychiatric Social Work has widen, for it has to take care of the mental health of the community in general. The psychiatric social work helps to look at the mental health from a wider perspective which includes the environmental factors, family factors and psychological factors in the development of mental illness. Mental health problems are continuously on the rise owing to change in life style, habits and mounting stress in personal/occupational/ social domains across various sections of the society. With this present scenario of the society, the psychiatric social worker has a responsible role in the eradication of the mental health problems through its methods of social case work, social group work, community organization, social work admiration, social action and social work research.

Services of Department of Psychiatric Social Work

The Department offer a wide range of clinical services through outpatient clinics and inpatient services. The general outpatient service runs 6 days a week between 9.00 am and 4pm from Monday to Friday and from 9 am to 2 pm on Saturday, both assessment and psychosocial management and follow ups to individuals and their family are being provided along with inpatient services.

Our current services offered:

- ❖ **Assessment:** Psychosocial and Clinical assessment of individuals and family.

❖ **Psychosocial Intervention:**

- For individuals: Social Case Work, Individual Counselling and various therapies. Social skills training for mentally challenge children and persons with schizophrenia.
- For group of people with special needs: Social Group Work and Group Therapies for - mentally challenge children and their caregivers, children with ADHD and their parents, children with conduct disorder and their parents, persons with OCD and their care givers, persons with substance abuse and behavioural problems and their families. Various group inversions will be started soon e.g. for Dementia care giver's and Life skill Education for Adolescents etc. (group therapy is done along with Department of Clinical Psychology).
- For families in need: Marital and Family Therapy, Crisis Management, Psychoeducation and Family Guidance.

❖ **Rehabilitation:**

- Department has started to undertake home based psychosocial rehabilitation, rehabilitation counselling and referral services. Department has plan to initiate a wide range of rehabilitation services in collaboration with other departments and community based organizations.

❖ **Community Services:**

- Department has plan to undertake various community based care and service programmes e.g. home/work place/school visits, community outreach services, awareness programs on mental health, initiation of self-help groups. Active liaising with other Government organizations, NGOs and agencies. We are developing information, educational and communication (IEC) materials for community sensitization and education.

❖ **Training and Men Power Development:**

- Department started Master of Philosophy in Psychiatric Social Work (M. Phil PSW) a 2 years full time course in 2011 and two batches are running successfully. Apart from this, department will offer short term training to students and trainees of various courses such as MSW, rehabilitation and nursing professionals etc. We will be organizing various academic programmes time to time.

❖ **Research:**

Priority area of research of the Department of Psychiatric Social Work is:

- Psychosocial aspect of mental health
- Psychosocial intervention of various mental illness
- Psychiatric social work intervention models
- Psychosocial aspect of psychiatric disability
- Psychosocial rehabilitation
- Family psychopathology

- Family interventions
- Psychosocial aspect of substance abuse
- Psychosocial aspect of HIV/AIDS
- Psychosocial aspect of health
- Psychiatric disability
- Community mental health
- Community based rehabilitation and intervention
- Psychosocial aspect of neurological disorders
- Social work interventions
- Sociology of mental health

The Course of M.Phil in Psychiatric Social Work

Department of Psychiatric Social Work is running a professional course; M.Phil in Psychiatric Social Work. It is 2 years full time course based of hands on skills training. Each student selected for the course shall be posted for training to various units for learning skills related to Mental Health and allied disciplines – psychiatry, psychology, child and adolescent mental health, psychiatric and neurological rehabilitation, family therapy, community mental health, de-addiction and various psychosocial interventions. Each student will be assigned to a consultant under whom the student is expected to carry on Psychiatric Social Work interventions during both the years of training programme. They have to submit of case reports and a dissertation under supervision and guidelines of a supervisor and it will be evaluated by external and internal examiners. The course is affiliated with West-Bengal University of Health Sciences.

The syllabus and curriculum are truly comprehensive and widely accepted across the country for successful implementation of the courses.

Scope of Psychiatric Social Worker

Trained Psychiatric Social Workers have a wide scope to get employed in Post Graduate and undergraduate teaching and training institutions of Social Work. Social Workers with M. Phil in Psychiatric Social Work have an added advantage while working in Mental Health Institutions and Psychiatry Departments in medical college settings. Employment scope for Professional Psychiatric Social Workers is expanding rapidly both in India and abroad. They can get employed in various settings scope both in Government and NGOs (international and national) sectors too:

- Mental Health /Psychiatric Services institutions
- Psychiatric Department of General hospital or medical college
- Pvt. Psychiatric Hospitals/Nursing home
- Mental Health Services run by NGOs
- De-Addiction Counselling and Rehabilitation Centeres
- HIV Counselling Centers
- Schools- as Counsellors

- Child Guidance Clinic / Child & Adolescent Mental Health Services
- Geriatric Mental Health Services and Care Centers
- Research projects Govt. or Pvt. sector
- Rehabilitation centres e.g. Half Way Home, Day Care Centre, Long Stay Home
- CBR programmes
- Family Courts as Counsellors
- Corporate/Industries in HR or CSR depts.

Above all, well qualified Psychiatric Social Worker may initiate NGO with innovative and need based services in mental health of allied fields.

The Core-Faculty of the Department of Psychiatric Social Work

1. Ms. Mittu Muthu Varghese, Head & Assistant Prof. in PSW
2. Mr. Kamlesh Kumar Sahu, Assistant Prof. in PSW

Psychiatric Social Workers

1. Ms. Jhila Bandyopadhyay, PSW
2. Ms. Rupa Chakraborty, PSW

Eligibility of the candidate for M. Phil PSW

The applicants for the course of M. Phil in Psychiatric Social Work – require to have attained MSW or M.A/M.Sc in Social Work/Sociology/ Psychology/ Psychosocial Rehabilitation (preferably with special paper in Psychiatric Social Work/Medical Social Work/Sociology of Health/Medical Sociology/ Abnormal Psychology/ Psychosocial Rehabilitation/Counselling) or any equivalent qualification from a university recognized by the UGC with a minimum of 50% marks in aggregate (For SC/ST category, minimum of 45% marks in aggregate is essential). Preference will be given to master degree in Social Work as 2 years full time regular course.

Students appearing for their final year can apply but they have to obtain the minimum required marks and fulfilling other eligibility criteria of the course at the time of admission.

Syllabus of the entrance examination for M. Phil in Psychiatric Social Work

The Syllabus of the entrance examination will be master degree level. The entrance examination will cover of questions from social work, sociology, psychology and research methodology plus general aptitude test. The cut off marks will be decided accordingly.

DEPARTMENT OF CLINICAL PSYCHOLOGY

Beyond its implication in the field of '*Mental Illness*', the field of Mental Health is currently seen as an integral part of the entire health system. "Clinical psychology" is one of the core disciplines in the area of mental health/illness. Department of Clinical Psychology consists of well trained and qualified faculties formed under a project under National Mental Health Programme (NMHP).

A. Services:

Clinical work in the department is through Outpatient clinics and Inpatient services. The general outpatient runs 6 days a week with both evaluation and management and follow ups. Services offered in terms of:

- IQ assessment,
- Psychological Assessment for Diagnostic Clarification
- Personality Assessment
- Forensic Psychological Assessment
- Neuropsychological assessment and cognitive retraining,
- Psychotherapy and counselling (individual, family & group)

Group therapy sessions are available (along with Psychiatric Social Work Department) for the following groups:

- ADHD Group (for children),
- ADHD Group (for parents),
- Conduct Disorder Group (for children),
- Conduct Disorder Group (for parents),
- OCD Group,
- Substance Abuse Management Group,
- Life skill Education for Adolescents

B. Training:

Department of Clinical Psychology has opened a training programme of M.Phil in Clinical Psychology as a full time 2 year long course.

The Core-Faculty for the Department of Clinical Psychology:

1. Dr. Bidita Bhattacharya

Area of Interest: Neuropsychology, Child Psychology, Specific Learning Disability, Cognitive Behaviour Therapy, Hypnotherapy

2. Mr. Prasanta Kumar Roy

Area of Interest: Cognitive Behaviour Therapy, Behaviour Therapy, Disaster and Trauma Management, Interpersonal Therapy, Hypnotherapy, Personality Assessment, Rorschach Inkblot Method, Childhood Psychopathology

Clinical Psychologists

1. Ms. Amrita Mitra

Area of Interest: Health Psychology, Behavioural Medicine, Cognitive Rehabilitation

3. Ms. Rudrani Chatterjee

Area of Interest: Positive Psychology, Childhood Disorder, Family Therapy

The Course of M.Phil in Clinical Psychology

The Government of India acknowledges the growing need for Clinical Psychologists and therefore has undertaken the project under National Mental Health Programme (NMHP) to start a course on M.Phil in Clinical Psychology from the Institute of Psychiatry, Kolkata. The Institute of Psychiatry, as already mentioned, is a centre of excellence and is affiliated to West-Bengal University of Health Sciences.

The syllabus and guidelines provided by the Rehabilitation Council of India (RCI) are truly comprehensive and widely accepted across the country for successful implementation of the course. Therefore the West-Bengal University of Health Sciences accepts the syllabus and guidelines as the curriculum for the above mentioned course. The course has already obtained the RCI recognition for the current year.

Eligibility of the candidate for M. Phil in Clinical Psychology

The applicants for the course of M. Phil in Clinical Psychology - require to have attained at least M.A. /M.Sc. degree in Psychology or equivalent (3+2) from a University recognized by the UGC with a minimum of 55% marks in aggregate. For SC/ST/OBC category, minimum of 50% marks in aggregate is essential.

Syllabus of the entrance examination for M. Phil in Clinical Psychology

The Syllabus of the entrance examination will be master degree level. The entrance examination will cover equal proportion of questions from general psychology, developmental psychology, biological psychology, social psychology, clinical psychology, psychiatry, psychological assessment, psychotherapy, personality theories, research method and statistics.

Selection Procedure

The eligible applicants require appearing for a written examination of 80 marks, which would consist of Objective (Multiple Choice) questions. Based on the written examination score candidates would be called to appear for an interview. Around double of the number of the seats available, candidates would be called to appear for the interview. Following the interview, the final merit list would be prepared considering the applicants' past academic record as well as his/her performance in the written examination and interview.

Hostel Facility: At present hostel facility is not available student has to make their own arrangement for accommodation.

The Admission Procedure for M.Phil Courses

The applicants who appear in the final merit list require seeking admission for the course after deposition of the ascertained course fee. A waiting list would be kept prepared to let the seats be filled up in case all the applicants from the merit list do not take admission within the mentioned last date.

The Course-fee

1. Application	Rs. 700.00
2. Application for ST/SC	Rs. 500.00
3. Admission fee	Rs. 1000.00
4. Tuition fee (p.a.) for PSW	Rs. 2000.00
5. Tuition fee (p.a.) for CP	Rs. 5000.00
6. Laboratory fee (p.a.)	Rs. 1000.00
7. Library fee (p.a.)	Rs. 1000.00
8. Caution money (Library + Laboratory) for PSW	Rs. 3000.00
9. Caution money (Library + Laboratory) for CP	Rs. 5000.00
10. Identity Card	Rs. 100.00
11. Recreation fee	Rs. 500.00
12. Department Development fee	Rs. 1000.00

Registration and examination fee will be taken by the university as per the norms.

The other Faculty Members

As a part of the Institute of Psychiatry, the Department of Clinical Psychology and Department of Psychiatric Social Work (PSW) would be enriched by the presence and contributions of

1. Prof. (Dr.) Pradip Kumar Saha, Director/Superintendent & Head, Dept. of Psychiatry, IOP
2. Dr. Shikha Mukhopadhyay, Associate Prof., Dept. of Psychiatry
3. Dr. Partha Sarathy Biswas, Assistant Prof., Dept. of Psychiatry
4. Dr. Subir Hajra Choudhury, RMO cum Clinical Tutor, Dept. of Psychiatry
5. Dr. Shikha Ghosh, RMO cum Clinical Tutor, Dept. of Psychiatry
6. Dr. Uday Sankar Mandal, RMO cum Clinical Tutor, Dept. of Psychiatry
7. Dr. Subir Bhattacharya, RMO cum Clinical Tutor, Dept. of Psychiatry
8. Dr. Nilanjana Paul, Assistant Prof. in Psychiatry
9. Dr. Sujit Sarkhel, Assistant Prof. in Psychiatry

In addition to the above mentioned faculty, the IPGME&R has several departments within the hospital campus, including Neuromedicine, Neurosurgery, Paediatrics etc. The faculty members of these departments would provide their valuable inputs. Guest faculties from various other institutions will be also arranged and various academics will be organized on regular basis e.g. seminars, case conferences, journal

clubs, movie clubs, workshops, exposure to different mental health institutions, placement in NGOs working in mental health field.

IMPORTANT DATES

- The application form will be available from 15th July 2013
- Last date for submitting filled application form 23rd 2013
- Date of written entrance exam: 30th July 2013
- Date of results written entrance: 31st July 2013
- Date of interview: 1st August 2013
- Date of final result: 6th August 2013
- Last date for admission (first list): 8th August 2013
- Last date for admission (second list): 21st August 2013
- Date of commencement of the course: 2nd September 2013

Ban on Ragging

Ragging is a criminal offence as per Honorable Supreme Court of India. IOP, Kolkata ensures strict compliance on the prevention of Ragging in any form.