

DIPLOMA IN MENTAL HEALTH CARE AND COUNSELLING

SYLLABUS

Module	Topics
1	Definitions, concepts, dimensions and determinants <ol style="list-style-type: none">1. Life Style and Illness2. Various kind of stress, impact of stress3. Management of stress4. Inter phase between neurology and psychiatry
2	Psychology <ol style="list-style-type: none">1. Perception2. Thinking3. Intelligence4. Principles of Learning5. Memory6. Emotions7. Personality8. Psychological Changes during lifecycle
3	Social Psychology <ol style="list-style-type: none">1. Family dynamics/Social Units2. Myths, misconceptions about Mental Illness3. Stigma & Discrimination
4	Communication Skills <ol style="list-style-type: none">1. Basic Communication skills2. Rapport Building3. Interviewing skills4. History Taking
5	Phenomenology
6	Mood Disorders

Module	Topics
7	Anxiety disorders
8	Physical Health & Mental Illness
	Addiction disorders
10	Psychosis
11	Old age Mental Health
12	Child and Adolescent Mental Health
13	Risk Behavior – Assessment & Management
14	Psychological Assessments <ol style="list-style-type: none"> 1. Overview of various psychological assessments 2. Intelligence tests 3. Neurocognitive Assessments
15	Counselling & Psychotherapy <ol style="list-style-type: none"> 1. Introduction to counseling 2. Counselling Techniques 3. Role as a Counsellor 4. Introduction to Psychotherapies
16	Community Mental Health (CMH) <ol style="list-style-type: none"> 1. Introduction 2. CMH Activities 3. Principles of CBR 4. Community Welfare Measure 5. Homelessness and Wandering Mentally ill

Module	Topics
17	<p data-bbox="391 247 773 279">Psychosocial Rehabilitation</p> <ol data-bbox="440 285 1057 930" style="list-style-type: none"> <li data-bbox="440 285 646 317">1. Introduction <li data-bbox="440 338 764 369">2. Concept of Recovery <li data-bbox="440 390 841 422">3. Rehabilitation Assessments <li data-bbox="440 443 646 474">4. Formulating <li data-bbox="440 495 1029 527">5. Formulating Individualised treatment plan <li data-bbox="440 548 943 579">6. Models of delivery in rehabilitation <ul data-bbox="537 611 1016 779" style="list-style-type: none"> <li data-bbox="537 611 760 642">• Inpatient care <li data-bbox="537 653 781 684">• Outpatient care <li data-bbox="537 695 922 726">• Home based rehabilitation <li data-bbox="537 737 1016 779">• Vocational training, Employment <li data-bbox="440 789 1057 821">7. Rehabilitation needs of specialist population <li data-bbox="440 842 781 873">8. Working with families <li data-bbox="440 894 740 926">9. Crisis Management
18	<p data-bbox="391 955 581 987">Ethics & Law</p> <ol data-bbox="440 993 797 1077" style="list-style-type: none"> <li data-bbox="440 993 797 1024">1. Ethics in Mental Health <li data-bbox="440 1045 773 1077">2. Law & Mental Health