



 **PMH&BS**

Institute of Public Mental Health &
Behavioural Sciences

**DIPLOMA IN CLINICAL PSYCHOLOGY AND
BEHAVIORAL SCIENCES**

**INSTITUTE OF PUBLIC MENTAL HEALTH AND
BEHAVIORAL SCIENCES**

**KHYBER MEDICAL UNIVERSITY
PESHAWAR**

Program Name	Diploma in Clinical Psychology and Behavioral Sciences
Awarding Body	Institute of Public Mental Health and Behavioral Sciences
Total Credit Hours	20
Total No. of Semesters	2
Approval	27 th Academic Council Meeting
Date:	08-08-2023

Course Schedule

Diploma in Clinical Psychology follows the following schedule:

Session	Duration	CME Credits	
Face to Face Sessions	16 weeks	10 CME	20 CME
Clinical Rotation	16 weeks	10 CME	
Exam Preparation	4 weeks		

Details of Modules

Course Code	Module	Credit Hours
Semester 1 (Thought Session)		
DCP-BS 651	Behavior and Science	2.00
DCP-BS 653	Psychodiagnosis and Assessment	2.00
DCP-BS 655	Psychotherapy & Psychological First Aid	3.00
DCP-BS 657	Neuroscience and behavior	1.00
DCP-BS 659	Psycho-Pharmacology	1.00
DCP-BS 661	Community Mental Health	1.00
Semester 2 (Clinical Rotation)		
DCP-BS 663	Clinical Psychology	3.00
DCP-BS 665	Counselling Skills	3.00
DCP-BS 667	Report Writing	3.00
DCP-BS 669	Ethics in Clinical Psychology	1.00

Introduction

According to the recent reports of WHO, the increased wave of the noteworthy role of mental health for achieving universal development goals as its role in the tenable development goals. Inconsiderate of development, extreme violations of human rights, discriminations and stigma are being experienced by those with mental health conditions.

A lot of mental disorders are able to be treated successfully but still, there is a significant gap between those in need of care and those who have an access to care but unfortunately the affected reportage of treatment is extremely below bar.

Human beings are unique creatures and very complex also, attempting to understand their behavior is difficult and can be challenging on its own. Different personality types, behavior, brain functioning and various types of disorders are to be understood, and clinical psychologists can be of great help. The clinical psychologist offers clinical or counselling services to address the mental, emotional and behavioral conditions. They incorporate the knowledge of psychology and the handling of complex human issues in order to promote reformation.

Diploma in clinical psychology will deal with common psychological disorders and individual symptoms. The psychological disorders and treatments aimed at improving the daily life of those who suffer from them as well as the role that different types of stress play and its effects on people's mental and physical health will be focused.

As per the above content clinical psychology needs to be an integral part of our health-related institutes as every society needs to be in a peaceful and calm status to be effective and help the country in progressing as well as for being a civilised society.

Revision of healthcare has always been challenging through the success of commons and have been trying different strategies to tackle them especially the psychological aspects had really been effective in dealing the concerned issues.

I the bride universal health coverage for psychological and medical we need to train i was society to pleased is issues with positive approach starting a program of course graduation at a diploma level would be wants at step achieving and improvement in psychological hill of the people this will also lead to improved incentives for clinical psychologists and government to expand the process of improving primary health care system.

By introducing a diploma program in Psychology, we will improve the standard of gates by helping in degrees in the pressure of patients in flow on checking to and tertiary care centres from unwanted reference improve patients care.

The course outline prepared for the Diploma in Clinical Psychology, by the KMU team is given below.

Vision

Thrive within the creation of programs of mental wellbeing sciences for instruction, investigation, preparing, and community administrations that are established on values. It plays an authority part at the national and universal level to grasp Pakistani reasoning and common Islamic ethical standards which will help in the creation of energetic individuals within the wellbeing framework.

Mission

- Emphasising the clinical practises that ensure cognitive health and ensuring the best deliverable interventions.
- Starting Diploma in Clinical Psychology at Khyber Medical University.

Aims

- To attain a stable mental health of the population.
- To lower down the rate of mental traumas, stress and mental disorders.
- To facilitate the people struggling with mental issues.
- To counsel the people who need aid.

Course Objectives

- Focusing amelioration of mental health. Highlight and resolve the issues in therapist-patient relationship regarding treatment and informed decision making in health and treatment. Improving the skills and capabilities of psychologists as health professionals.

Learning Outcomes

- Acquire and demonstrate knowledge and skills relevant to the theory and practice of clinical psychology, emphasising theory-based, empirically supported approaches to understanding, evaluating, and intervening with clinical disorders.
- To make students socialised into academic clinical psychology, they are expected to behave in a professional manner.
- Acquire knowledge and skills necessary to conduct them professionally and to prepare for careers in clinical setup.
- Establishment of the understanding of the guidelines that governs professional standards and the APA ethical standards by smearing the rules of ethical behavior in research and clinical practice.
- To have extensive grounds of understanding relevant to the developmental and social factors those are relevant to human behavior.
- Development of an understanding of the research methods, designs a research, conduct research studies, analyse data, and proficiently evaluate research findings.

Competencies Areas:

1. Professionalism

- a) Knows and displays professional behavior in dress, work, relationships, and communication
- b) Engages in introspection, self-assessment and self-reflection
- c) Demonstrates responsible behavior and accountability
- d) Demonstrates professional identity and role comprehension
- e) Engages in self-care pivotal to working effectively as a psychologist

2. Communication and interpersonal Skills

- a) Knows effective communication, using styles appropriate to situation
- b) Can form and use personal relationship in psychotherapeutic contexts
- c) Has insights into and can manages complex interpersonal situations for self and clients
- d) Demonstrates realistic self-awareness in various domains as a professional

3. Consultation

- a) Demonstrates skills to provides consultation in multidisciplinary healthcare settings (e.g. case-based, group, organisational systems)
- b) Demonstrates communication, interpersonal, and professional behavioral skills in interprofessional and interdisciplinary collaboration
- c) Has insights into various aspects of systems-based practice

4. Assessment

- a) Demonstrates skills to conduct effective clinical interviews both as a diagnostic and a therapeutic tool
- b) Selects and applies appropriate, evidence-based assessment methods
- c) Demonstrates skill in collecting, organising, summarising, analysing, interpreting and sharing data

5. Intervention

- a) Demonstrates the skill for case formulation, conceptualizations, and developing treatment plans based on objective evidence
- b) Demonstrates skills of evidence-based selection of interventions in various scenarios
- c) Demonstrates skills to monitors the impact of interventions

6. Ethical and Legal Standards

- a) Demonstrates awareness of ethical and legal standards applicable to various aspects of Health Services context: clinical work, workplace relations, training, and research
- b) Understands and manages ethical and legal standards applicable to various aspects of Health Services context: clinical work, workplace relations, training, and research
- c) Adheres to the ethical principles and code of conduct of the academic and professional bodies

7. Individual and cultural diversity

- a) Demonstrates awareness of diversity and insight into its importance in clinical practice and workplace
- b) Possesses skills to develop effective interpersonal relationships with culturally diverse individuals, families, and groups
- c) Demonstrates the application of knowledge of individual and cultural diversity in practice
- d) Shows interest in professional development about individual and cultural diversity

8. Supervision

- a) Shows insights into the principles of effective supervision
- b) Uses supervisory feedback to improve performance in workplace
- c) Facilitates peer supervision & consultation for professional development and ongoing improvement
- d) Shows skills to provide individual supervision when required

Eligibility criteria for Diploma in CP (KMU)

Master's/ Bachelor's Degree or BS Hons (4 Years), minimum second grade, in Psychology and related fields/equivalent, from an accredited university.

Candidates must go through the assessment and the academic and personal interview.

Course Description

The 50 week follows a blended learning format with classroom and online learning methodology to deliver the course, aims to provide effective treatment of any common man's mental health problems, including clinical treatment of mental health problems. The internship lasts eight weeks and can be completed during the course of study, depending on the clinical experience of the students. Participants will be introduced to important concepts in clinical psychology with a focus on mental health promotion, as well as up-to-date updates on how to deal with common psychological problems. This enables them to provide comprehensive, ongoing, evidence-based, patient-centred mental health care to the people in their communities.

Students have an orientation week, followed by ten modules. It consists of two exams in the form of the MCQ and the subjective exam. The clinical placement is 8-12 weeks. The modules are divided into different weeks so that each week addresses specific topics relevant to mental health.

Module 1: Neuroscience and behaviour

Learning Objectives

This course draws equally on biology and psychology; provides a basic education in the biological and behavioral sciences. It also provides in-depth training in functional approaches to the study of the nervous system with a particular focus on understanding the relationship between the nervous system and behaviour or cognition.

Contents

To be covered by Psychiatrist

1. Neurological basis of behavior
2. Central Nervous system
3. Genetics and evolution of behavior
4. Brain and Behavior
5. Neuro-Psychodiagnosis and Diagnostic issues
6. The Neuropsychodiagnostic Inventories
7. Diseases Associated with Cerebral Cortex
 - a. Cerebral Palsy
 - b. Seizures
 - c. Down's Syndrome
 - d. Huntington's Disease
 - e. Alzheimer's Disease
8. Common Neuropsychological Symptoms & Syndromes
 - a. Equivocal or "Soft" Signs
 - b. MBD/SLD
 - c. Aphasia & Dysphasia
 - d. Schizophrenia
 - e. MR
 - f. Depression
 - g. Other Disorders (Narcolepsy, MS, Tourette's)
9. Rehabilitation of the Neuropsychological Handicapped

To be covered by Psychologist

10. Neuropsychological Tests (Camden Memory Test, Stroop Test, Balloon Test, Quick Neurological Screening Test, QIK Test, Dementia Rating Scale)
8. Luria Nebraska Neuropsychological Battery

Module 2: Psychodiagnosis and Assessment

Learning Objectives

Course on psycho-diagnostic assessment has developed with major emphasis on use of different psychological tests. This course will improve the students' ability to Administer, interpret & communicate psycho-diagnostic results more effectively which will further aid in their understanding & selection of suitable therapeutic model according to the present needs of clients.

Contents

1. Orientation
 - a. Introduction to Psych diagnosis and psychological Assessment
 - b. Cross - Cultural Concerns
2. Basic Phenomenology
 - a. Signs and symptoms of psychiatric disorders
 - b. Psychopathology
 - c. Descriptive psychopathology
 - d. Experimental psychopathology
 - e. Terms and concepts used in descriptive psychopathology
 - f. Description of symptoms and signs
3. Diagnosis and Use of DSM-V
4. Clinical Interviewing
5. Objectives Personality Assessment: MMP-I, 16-PF, HAM-D, HAM-A,
HADS Projective Techniques: (HFD, TAT, Rorschach Ink blot test)
6. Behavioural Assessment
7. Intelligence Assessment: SPM, CPM, Wechsler Tests: WAIS-R WISC-R; other IQ and Related, SIT, HFD
8. Neuropsychological Assessment SDCT, B-G,
9. Practice with Test Batteries (administration & selection of tests; interpretation and Integration; report writing & feedback)

Module 3: Psychotherapy

Learning Objectives

The main objective of this course is to develop theoretical & practical understanding of the students about the process of psychotherapy & issues related to management of different age related psychological problems. This course will enhance the student's ability in conducting therapeutic sessions accurately & will increase positive therapeutics outcome. It will help students broaden their understanding about different schools of thought of psychotherapy with reference to its therapeutic application and effectiveness in general and particularly in our culture.

Contents

1. The setting, scope and limits of psychotherapy.
2. The first interviews, establishing rapport, history taking and identifying problems.

3. Psychopathology.
4. Ego Defences.
5. Use of assessment.
6. Consultation and other reports.
7. Aims and goals of psychotherapy.
8. The conduct of psychotherapy early, middle and late stages, termination of psychotherapy.
10. Patient and psychotherapist needs and expectations.
11. Differences between child and adult psychotherapy.
12. Psychological First Aid
 - a. Basic communication techniques for PFA
 - b. Recognition of basic human needs—The Maslovian Hierarchy
 - c. Human resilience: The Johns Hopkins Model
 - d. Psychological and behavioral reactions after a disaster
 - i. Common mild reaction
 - ii. Severe, potentially incapacitating reactions
 - e. Basic stress management
 - f. Risk Reduction of adverse outcome
 - g. Referral to mental health support
 - h. Self-care for disaster workers
- 13 Individual Psychotherapies and techniques of Psychotherapy.
 - Supportive counselling
 - Crises intervention
 - Interpersonal psychotherapy

CBT

- a. Cognitive Approach (Aeron Beck).
 - b. Behaviour Therapy:
 - c. Humanistic Approach (Albert Ellis)
 - i. Client Centred Therapy (Carl Rogers)
- Dialectical Behaviour Therapy Insight Therapy Grief Counselling Group Therapy
 Couple Therapy Relaxation Therapy Family Therapy

Module 4: Community Mental Health

Learning Objectives

The goal of the Community Mental Health Course is to provide much-needed mental health care to the mentally ill; it follows a natural development of community counselling and education programs. After studying this course you should be able to: Understand the complexities and dilemmas of different perspectives on mental health and mental distress, and to understand how mental health problems can affect anyone.

Contents

To be covered by Psychologist

1. Community Health System
 - a. Theories and Practice in community Mental Health
 - b. Human Development across the lifespan
 - c. Community Trauma and Healing
 - d. Child and Adolescent Multi-systemic Therapies

- e. Multicultural Foundations of family Therapy
- f. Group Facilitation and Group Therapy
- g. Healthy and risky behaviours: how to improve healthy behaviours and how to discourage risky behaviours
- h. Illness burden for patients and caregivers

2. Group Psychotherapies:

- a. History, types, principles, process, composition, applicability and non-applicability
- b. Marital and Family Counselling
- c. Encounter Groups
- d. Community Counselling (Areas, Groups at Risk, Problems focus)

To be covered by Psychiatrist

3. Mental Health Gap Action Program

- a. Introduction
- b. Essential care and practice
- c. Master chart
- d. Depression
- e. Psychosis
- f. Epilepsy
- g. Child and adolescent mental and behavioral disorders
- h. Dementia
- i. Disorders of substance use
- j. Self-harm/suicide
- k. Other significant mental health complaints

Module 5: Psychopharmacology

Learning Objectives

Psychopharmacology course has been developed with particular emphasis on practical clinical issues. The student will gain sufficient knowledge to allow him/her to interact effectively and intelligently in multidisciplinary environment. This knowledge will assist the clinician in assessment, treatment planning, monitoring the effectiveness and collaborating the medical studies. In addition to clinical applications, considerable emphasis will be placed on mechanisms of actions and biological basis of psychopathology.

Content

To be covered by Psychiatrist

- 1. Basic Principles of Pharmacology
- 2. Pharmacodynamics
 - a. Receptor binding
 - b. Signal transduction
- 3. Clinical Psychopharmacology
 - a. Classification of psychotropic drugs
- 4. Antipsychotic
- 5. Antidepressants
- 6. Mood stabilizers and Antiepileptic
- 7. Anxiolytics and Hypnotics
- 8. Psychostimulants
- 9. Antiparkinsonian drugs
- 10. Electroconvulsive therapy

11. Transcranial Magnetic Stimulation
12. Bright Light Therapy
13. Beta blockers.
14. Adrenergic blockers
15. Drug Abuse Disorder

Module 6: Science and Behavior

Learning Objectives

This course aims to make a human connection in a non-intrusive and compassionate way, improve immediate and lasting security and provide physical and emotional comfort and soothe and guide emotionally overwhelmed or distressed survivors.

Contents

1. Essential components of Behavioral Science
 - a. Behavioral sciences and its importance in health.
 - b. Bio-Psycho-Social Model
 - c. Health and Behavioural Sciences (Psychology, Sociology, Anthropology)
 - a. Sociology and health
 - b. Anthropology and health
 - d. Sensation and sense organs, Perception, Thinking - Define sensation and sense organs, perception and factors influencing perception, attention and concentration, memory and its types, thinking, intelligence, consciousness, pain.
2. Ethical Issues
 - a. Deal patients in critical situation keeping in mind ethical and bio psychosocial aspects of clinical practice.
 - b. Analyse Ethics in clinical practice (Dos and Don'ts in clinical practice)
3. Stress and stressors
 - a. Identify sources of stress and its management towards patients, self and other staff members.
 - a. Classification of stress and stressors.
 - b. Relationship of stress and stressors with illness.
 - c. Coping skills
 - d. Psychological defence mechanisms
 - e. Adjustment and maladjustment - Hans Selye General adaptation syndrome.
 - f. Association between stress and immune change.
 - g. Role of stress, personality and work during illness.
 - h. Effects of illness on a patient's mental well-being - conditions with comorbid stress
5. Problem Identification and Problem Solving and Communication skills
 - a. Real life crisis and conflict situations in health settings
 - b. Crisis Intervention
 - c. Conflict Resolution
 - Demonstrate problem solving and decision making skills.
 - d. Informational Care
 - e. Breaking bad news
5. Social and Community Perspective
 - a. Inequalities of health care
 - b. Relationship of social class and the experience of health and illness.
 - c. Disease pattern and medical care vary by culture and ethnicity.

6. Application of Behavioural Principles
 - a. Mentally/emotionally handicapped physically handicapped
 - b. Chronically ill
 - c. Homebound
 - d. Dentally/medically compromised

7. Psychosocial issues in special hospital settings

Psychosocial assessment and treatment of chronic diseases

Clinical Rotation

Learning Objectives

To understand and modify the abnormal actions, perception, and sensations through the applying of psycho-therapeutic principles and techniques and provide the scholars with a robust knowledge, ability and insight in the detection, analysis and diagnosing of varied psychological conditions

Specifications

Following are the specifications of the clinical rotation:

DCP-BS 663	Clinical Psychology • Psychodiagnostics sittings with patients • Psychotherapeutic meetings with patients	3.00
DCP-BS 665	Counselling Skills • History taking • Counselling of the patients	3.00
DCP-BS 667	Report Writing • Report writing of the cases	3.00
DCP-BS 669	Ethics in Clinical Psychology • Consultation skills • Professional attitude and behavior	1.00

Assessment

The participants enrolled in this course are assessed throughout the course on the basis of their attendance and participation during sessions. Both Formative and summative assessments are the part of assessment.

These assessments aim to evaluate student's expertise and competencies as well as their professionalism to their respective field.

Case Studies

The participants will be required to present the cases they have studied or handled during their clinical rotation in the sessions.

They will have a part of the course to submit their cases in a portfolio to their supervisor with proper documentation.

Skills Acquired

This Course will help the participants to acquire the skills listed below:

- Knowledge of psychological theory and follow
- Interest in however people assume and behave
- Smart analysis skills
- Ability to relate to and understand with a variety of individuals
- Smart teamwork skills
- Wonderful communication skills
- Sensitive listening and questioning skills
- Ability to agitate showing emotion challenge

