

DIPLOMA IN MENTAL HEALTH AND ADJUSTMENT

Course – DIPLOMA IN MENTAL HEALTH AND ADJUSTMENT

Credits: 3 / Teaching Hours: 45 hrs (Theory = 15 + Practical = 30)

Learning Outcomes -

- To have basic understanding of the subject (e.g., factual knowledge, methods, principles, generalizations, and theories).
- To develop knowledge, understanding , some basic skills regarding maintenance of mental hygiene.
- To understand adjustment issues of various special groups.
- To learn copying Strategies & some Therapeutic Interventions.

SEMESTER I	
	Topics - Fundamentals of Mental Health
Unit 1	Mental health and mental hygiene, Status of mental health in India, Mind and its Biological basis ,Psychological basis of mind
Unit 2	Meaning of maladjustment and its causes, symptoms of maladjustment , Prevention of maladjustment
Unit 3	Developmental stages, Family and mental health, Culture and mental health
Unit 4	Behavioural theories , Biological theories ,Humanistic and existential theories ,Psychoanalytical and related theories
	Mental Disorders
Unit 1	Historical perspectives of mental health, Definition of normality and abnormality: criteria and measurement,
Unit 2	Classification of mental disorders: Need, the modern system of classification, Schizophrenia and other psychotic disorders , Mood disorders ,Neurotic group of disorders

Unit 3	Epidemiology: General concepts, Epidemiology of mental disorders in India , Global burden of mental illness , Impact of mental disorders on society
Unit 4	Cognitive disturbances , Conative disturbances , Affective disturbances ,
Unit 5	Techniques of interviewing and case history taking , Steps in mental health assessment, Psychological assessment.
SEMESTER 2	
Topics - Mental Health in Special Areas	
Unit 1	Child and adolescent mental health , Old age and mental health , Women and mental health, LGBT and mental health
Unit 2	Deliberate self harm and suicide , Problems related to school, Problems related to work area
Unit 3	Mental retardation , Specific learning disabilities ,Assessment and certification , Rehabilitation
Unit 4	Alcoholism , Substance abuse and addiction , Gambling, internet and other addictions
Services for the Mentally Ill	
Unit 1	Rights related to mentally ill, Laws related to mentally ill, Other laws related to mental illness , Social responsibility towards mentally ill
Unit 2	Mental health services in the community with special reference to India, Rehabilitation of the mentally ill persons , Certification for different issues related to mental illness
Unit 3	Counselling and guidance, Psychotherapy , Cognitive therapies, Anger and stress management, Crisis intervention
Unit 4	Promotion of mental health, Positive mental health and well-being , Psychology of Happiness, thankfulness and gratitude ,

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Course Outcomes: The students will be able to conduct assessments, interpret the obtained results and analyse.

Practical – SEMESTER 1		
Minimum 3 practical to be Conducted		
I	Administration,scoring and interpretation of any Anxiety/ Depression test	
II	Administration,scoring and interpretation of any Personality test.	
III	Administration,scoring and interpretation of any Adjustment test	
IV	Administration,scoring and interpretation of any Cognitive and learning impairment test .	
V	Administration, scoring and interpretation of any well-being scale.	
VI	Administration, scoring and interpretation of any happiness scale .	
SEMESTER II – Minimum 3 to be conducted		
I	Assessment and report of any anxiety disorder.	
II	Assessment and report of any depressive/bipolar disorder.	
III	Case Study / Screening of any intellectual disability/ Attention deficit hyperactivity disorder and report	
IV	Case Study / Screening of any learning disability/ Autism spectrum disorder and report.	
V	Conduct a survey on any mental health-related issues and submit the report	

BOOKS AND REFERENCES

- Barlow, D.H., Durand, V.M., Steward, S.H. (2009). Abnormal psychology: An integrative approach (Second Canadian Edition). Toronto: Nelson. P16.
- Baird, P.C. & Baird, M.S. (1996) "Echoes From A Dungeon Cell" A Doctor's view of his incarceration, Psychiatric Service,47, 581-582.
- Beers, Clifford W. (1913) A Mind That Found Itself: An Autobiography, 3rd Edition. New York: Longmans, Green.

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- Carroll, A. Herbert (1964) Mental Hygiene (4th Edition) Prentice Hall Inc Englewood Cliffs, New Jersey.
- Carr, A. (2004). Positive Psychology: The science of happiness and human strength.UK: Routledge.
- Chauhan, S.S. (1977) Advanced Educational Psychology (6th Edition) Vikas Publishing House Pvt. Ltd. New Delhi-110014.
- Coleman, J.C.: Abnormal Psychology and Modern Life, D.B. Taraporevala Sons and Co., Bombay.
- Dain, Norman (1980) Clifford W. Beers: Advocate for the Insane. Pittsburgh: University of Pittsburgh Press.
- Di Matteo, M.R. & Martin, L.R.(2002). Health Psychology. New Delhi: Pearson.
- Forshaw, M. (2003).Advanced Psychology: Health Psychology. London: Hodder and Stoughton.

Pattern of Examination

Weightage :- - Theory – 15% Practical – 30%

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