

SSW 5015 - INTRODUCTION TO PSYCHIATRIC SOCIAL WORK

Course Objectives

- Understand the concept of mental health and emergence of the profession of psychiatric social work.
- Understand major and minor mental illness
- Undertake the methods and process of assessing the patients/clients
- Familiarize the common mental health interventions

Course Outline

Unit 1 Mental Health

Mental health – global definitions, Trends in mental health care, Magnitude of mental health problems and its common causes Need for mental health care in India.

Unit 2 Psychiatric Social Work - Assessment and Diagnosis

Emergence of psychiatric social work (PSW) in India & abroad, Psychiatric social work – definition, changing perspectives of psychiatric social work Assessments: Case history taking, Mental Status Examination (MSE), Family life cycle stages and family dynamics – family structure, leadership, role functioning, communication pattern, reinforcement pattern, cohesiveness and adaptive patterns. Social analysis and Diagnosis.

Unit 3 Mental and behavioural disorders - I

Classification of mental disorders in ICD, Organic mental disorders, Disorders due to substance use, Schizophrenia, schizotypal and delusional disorders, Mood [affective] disorders.

Unit 4 Mental and behavioural disorders - II

Neurotic, stress-related and somatoform disorders, Behavioural syndromes associated with physiological disturbances and physical factors, Disorders of adult personality and behaviour Mental retardation, Disorders of psychological development, Behavioural and emotional disorders in childhood and adolescence.

Unit 5 Psychosocial Management

Psychosocial interventions – relevance and importance, Research evidences for psychiatric social work interventions Psychosocial management of psychiatric illness, Individual level - psycho-education, activity schedule, social skills training, token economy, graded exposure, systematic desensitization, relaxation techniques, flooding, exposure and relapse prevention, pre-discharge counselling; indigenous approaches to treatment of mentally ill, yoga, meditation Group level - group work, group therapy, support groups Family level - family psycho-education, family therapy. Community level - awareness programmes, stigma reduction, community-based rehabilitation

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