

### PSYCHIATRY ELECTIVE- 3

**Information to be provided by the Department/ Supervisors for the Course/ module included in the list of Electives.**

**Name of Supervisor/ Guide-** CP. IRISH SHEIKH (Clinical Psychologist)

**Name of Co-Supervisor/ Guide (If any)-** Dr. Nimmi A. Jose

**Department of Psychiatry**

**Name of Elective/ Course-** Psychotherapy

**No. of Students-** 2 to 4

**Duration-** 2 weeks

**Objectives-** By the end of the training students should be able to

1. Enumerate Different types of Psychotherapy.
2. Describe the role of non-pharmacological management in Patients with Psychiatric disorders.
3. Differentiate between Counselling, Guidance and Psychotherapy.
4. Describe the role of psychoeducation in patients and their caregivers.

**Expected Outcomes-** Students should be able to build rapport and express empathy towards patients.

**Expectations from the Students-** Ethical Guidelines should be followed by the students during the posting.

**Assessment Mechanism-** Theory paper (short note) Viva.

**Logbook format-**

No of Case Exposure	
No of Therapy Sessions attended	
Types of therapy	
No of Mental Status Examination	