

DETAILED SYLLABUS FOR THE POST CLINICAL PSYCHOLOGIST IN  
HEALTH SERVICE (CATEGORY NO.011/2025)

Maximum Marks :100

**Unit 1:Mental Health and Illness**

Concept of mental health and illness; Systems of classification: DSM-5 and ICD-10; DSM-5 - from Multi-axial Classification to Single Axis.

Role of family and society in the development of mental illness:Family influences- Early deprivation and trauma; neglect and abuse; attachment;separation; inadequate parenting styles; marital discord and divorce; maladaptive peer relationships; communication style; family burden;emotional adaptation; expressed emotions and relapse.

Societal influences: Discrimination in race, gender and ethnicity; social class and structure, poverty and unemployment; prejudice, social change and uncertainty; crime and delinquency; social tension & violence; urban stressors; torture & terrorism; culture shock; migration; religion & gender related issues with reference to India.

**5 Marks**

**Unit 2 :Psychopathology**

Psychopathology: Definition; concepts of normality and abnormality; clinical criteria of abnormality; continuity (dimensional) versus discontinuity (categorical), and prototype models of psychopathology; classification and taxonomies - reliability and utility; New approaches in understanding psychopathology: Transdiagnostic perspective; Network approach; Developmental pathway; Culture and psychopathology.

Clinical features, signs, symptoms, types, and management of: Organic mental disorders, Schizophrenia, Schizotypal disorder, Delusion Disorders and Substance Use Disorders; Mood disorders;Neurotic, stress-related and somatoform disorders; Behavioural Syndromes associated with Physiological disturbances and Physical factors; Disorders of Adult personality and Disorders of Childhood and Adolescence; sexual disorders and dysfunctions,suicide .

**20 marks**

**Unit 3: Mental Disorders:Theoretical Perspectives**

Psychodynamic; behavioural; cognitive; humanistic;interpersonal; psychosocial; and other prominent theories/models of principal clinical disorders and problems (viz., anxiety, obsessive compulsive,somatoform, dissociative, adjustment, sexual, substance use,personality, suicide, disorders of childhood and adolescence, psychotic, mood disorders, and culture-specific disorders). Self-concept, self-image, self-perception and self regulation in mental health and illness; learned helplessness and attribution theories; social skill model; stress diathesis model, resilience, coping and social support. Positive Psychology in Clinical Practice: Assumptions; Conceptual organization (The pleasant life, The engaged life, and The meaningful life); Assessment (Measuring Subjective wellbeing, Strengths of character, Engagement and Flow, Meaning); Evidence-based positive interventions.

**5 Marks**

#### **Unit 4 : Brain and Behaviour**

Basic Neuroanatomy and Neurophysiology : Structure and functions of neurons, types of neurons, neural impulse, synaptic transmission. Neurotransmitters and behaviour: Role of neurotransmitters and neuromodulators (acetylcholine, monoamines, amino acids, peptides, lipids) in various aspects of behaviour. Gross Anatomy of The Nervous system : Central Nervous System: The spinal cord- The brain: The meninges, the ventricles and the CSF, Gross topography of the brain, the cerebral cortex, the brain stem, internal structure of the brain. Peripheral Nervous System- Autonomic Nervous System. The neuronal basis of learning and memory. The anatomy of the motor system. Techniques in neurophysiology: Brain imaging – CT Scan, MRI, PET, rCBF, EEG, Lesioning and stimulation.

**10 Marks**

#### **Unit 5: Clinical Neuropsychology**

Logic of cerebral organization; localization and lateralization of functions; approaches and methodologies of clinical and cognitive neuropsychologists.

Frontal lobe syndrome: Disturbances of regulatory functions; attentional processes, emotions; memory and intellectual activity; language and motor functions. Aphasia-types

Temporal lobe syndrome: Special senses - hearing, vestibular functions and integrative functions; disturbances in learning and memory functions; language, emotions, time perception and consciousness.

Parietal and occipital lobe syndromes: Disturbances in sensory functions and body schema perception; agnosias and apraxias; disturbances in visual space perception; color perception; writing and reading ability.

Neuropsychological profile of cortical and subcortical dementia; major mental disorders and substance use disorders.

Neuropsychological assessment and issues, neuro-rehabilitation of traumatic brain injury, organic brain disorders, major psychiatric disorders and behavioural disorders; scope of computer-based retraining, neurofeedback, cognitive aids.

**10 Marks**

#### **Unit 6 : Assessment and Diagnosis of Mental disorders**

Approach to clinical interviewing and diagnosis; case history; mental status examination; rationale of psychological assessment; behavioral observations, response recording, organization and presentation of psychiatric information; diagnostic formulation, formats of report writing.

Tests of cognitive functions: Bender gestalt test; Wechsler memory scale; PGI memory scale; Wisconsin card sorting test, Bhatia's battery of performance tests of intelligence; Binet's test of intelligence (locally standardized); Raven's progressive matrices (all versions); Wechsler adult intelligence scale - Indian adaptation (WAPIS - Ramalingaswamy's), WAIS-R.

Tests for diagnostic clarification:

A) Rorschach psychodiagnostics

B) Tests for thought disorders - color form sorting test, object sorting test, proverbs test.

C) Minnesota multiphasic personality inventory ; multiphasic questionnaire,

clinical analysis questionnaire, screening instruments such as GHQ, hospital anxiety/depression scale etc. to detect psychopathology.

Tests for adjustment and personality assessment:

Questionnaires and inventories - 16 personality factor questionnaire, NEO-5 personality inventory, temperament and character inventory, Eysenck's personality inventory, Eysenck's personality questionnaire, self-concept and self-esteem scales, Rotter's locus of control scale,

Bell's adjustment inventory (students' and adults'), subjective well-being questionnaires, Quality of Life.

Projective tests - sentence completion test, picture frustration test, draw-a person test; TAT - Murray's and Uma Chowdhary's. Rating scales: Self-rated and observer-rated scales of different clinical conditions such as anxiety, depression, mania, OCD, phobia, panic disorder etc. (including Leyton's obsessional inventory, BPRS, PANSS, HAM-D, BDI, HAM-A, YBOCS, CAGE, CBCL, and Suicide Risk Assessment)

Psychological assessment of children: Developmental psychopathology check list, CBCL.

Administration, scoring and interpretation of tests of intelligence scale for children such as SFB. C-RPM, Malin's WISC, Binet's tests, and developmental schedules (Gesell's, Illingworth's and other)

Vineland social maturity scale, AMD adaptation scale for mental retardation, BASIC-MR, developmental screening test

Tests of scholastic abilities, tests of attention. reading, writing, arithmetic, visuo-motor gestalt, and integration

Projective tests - Raven's controlled projection test, draw-a-person test, children's apperception test, Clinical rating scales for autism, ADHD .

Tests for people with disabilities: WAIS-R. WISC-R (for visual handicapped), blind learning aptitude test, and other interest and aptitude tests, Kauffman's assessment battery and such other tests/scales for physically handicapped individuals.

Neuropsychological assessment: LNNB, Halstead-Reitan battery, PGI-BBD, NIMHANS and other batteries of neuropsychological tests in current use.

**10 Marks**

### **Unit 7 : Personality**

Definition of Personality, Current trends in Personality Research .Overview of Major Perspectives in Personality Psychology :Structure, dynamics, development of personality, and assessment techniques of-Psychoanalytic( Sigmund Freud,Carl Jung,Adler, Horney,Sullivan, Murray, Ego-analytic,Object-relations, and Attachment theories) Dispositional( Allport, Cattell, Eysenck, Jerry Wiggins, Big 5 personality)Behaviourist(Skinner, Dollard & Miller) Cognitive and Social-cognitive theories (Kelley, Bandura, Rotter), Humanistic- Existential ( Carl Rogers, Victor Frankl) and Eastern Perspectives (Zen Buddhism, Sufism and Yoga traditions). Personality in traditional health models ( Ayurveda, Japanese and Chinese Medicine)

**10 Marks**

### **Unit 8 : Therapeutic Intervention Strategies**

Psychotherapy: Definitions, objectives, issues related to training professional therapists;issues related to consent(assessment in case of minors); planning and recording of therapy sessions; structuring and setting goals; pre- and post-assessment.

Therapeutic Relationship: Client and therapist characteristics; illness, technique and other factors influencing the relationship. Interviewing: techniques, types, and skills.

Origin, foundation, principles, procedures, techniques,research and current status of : Affective psychotherapies, behaviour therapies,cognitive therapies,systemic therapies,physiological therapies.

Therapies and techniques in the management of : deliberate self harm, bereavement, trauma, victims of man-made or natural disasters, in crisis, personality disorders, chronic mental illness, substance use, HIV/AIDS, learning disabilities, mental retardation.

Therapy with children: (Anna Freud, Melanie Klein, Donald Winnicott); special techniques (behavioral and play) for developmental internalizing and externalizing disorders; therapy in special conditions such as psychophysiological and chronic physical illness; parent and family counselling; therapy with adolescents.

Psychoeducation (therapeutic education): Information and emotional support for family members and caregivers, models of therapeutic education, family counseling for a collaborative effort towards recovery, relapse-prevention and successful rehabilitation with regard to various debilitating mental disorders. Indian approaches to Psychotherapy: Yoga, Meditation, Mindfulness –based intervention: methods , processes and outcome

Advancements in Psychotherapy: Evidence-based practice (Concept; Three circles of evidence-based clinical practice; Strengths, Challenges, Implementation and Applications of Evidence-based Psychotherapy); Temperament in Psychotherapy (Implications in individual, child and couple psychotherapy); Role of innovative technologies in treatment delivery (Computerized CBT, Virtual reality, Mobile technology, Social networking)

Ethical and legal considerations in Clinical Practice: General ethical principles (APA): Beneficence and Nonmaleficence, Fidelity and Responsibility, Integrity, Justice, Respect for People's Rights and Dignity

Ethical standards: Resolving Ethical Issues, Competence, Human Relations, Privacy and Confidentiality, Advertising and Other Public Statements, Record Keeping and Fees, Education and Training, Research and Publication, Assessment, Therapy

Laws and guidelines: Mental health care act 2017; Rights of Persons with Disabilities Act, 2016; RCI Regulations and Act 2000, Process of getting license for clinical practice.

**20 marks**

### **Unit 9: Behavioural Medicine**

Neuroendocrine, neurotransmitter and neuroimmune responses to stress. Psychosomatic Medicine: Bio-psycho-social model of Health, Stress and Illness

Psycho-social issues and management of diseases of : the Central nervous system, Cardiovascular system, Respiratory system, Gastro-intestinal system, Genito-urinary and reproductive system, dermatological conditions, terminal illnesses.

Application of Psychological techniques in the management of various clinical conditions (Pain, diabetes, sleep disorders, obesity, dental anxiety, burns, injury, pre- and post-surgery, preparing for amputation, evaluation of organ donors/recipient, pre- and post-transplantation, organ replacement, hemophiliacs, sensory impairment, rheumatic diseases, health anxiety )

**5 Marks**

### **Unit 10 : Research Methodology**

Sampling-various methods of sampling- concept of probability.

Descriptive and inferential statistics-Tests of significance-parametric and non-parametric tests.

Experimental designs (Randomization, replication, completely randomized design, randomized block design, factorial design, single subject design, non\_experimental design).

Epidemiological studies: Rates- prevalence and incidence; Types- Prospective and retrospective studies;

Diagnostic Efficiency Statistics (sensitivity, specificity, predictive values);

Risk Estimation- odds ratio and survival analysis.

Qualitative methods of psychosocial research. Writing research reports.

**5 Marks**