

# SYLLABUS

## PROFESSIONAL DIPLOMA IN CLINICAL PSYCHOLOGY Norms, Regulations & Course Content

### REHABILITATION COUNCIL OF INDIA

(Statutory Body under the Ministry of Social Justice and Empowerment)

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Budhera, Gurugram



## **Professional Diploma in Clinical Psychology**

### **1.0 INTRODUCTION**

Although in the last five years number of centers offering M.Phil Clinical Psychology training and the number of students undergoing the professional training in clinical psychology have increased by many folds the available manpower is still no match to the number required to meet the growing demands in mental health area. In order to meet this gap, professional training of one-year duration in clinical psychology laying emphasis on critical domains has been developed. The candidates on successful completion of the Professional Diploma in Clinical Psychology can register with RCI as "Clinical Psychologist (Associate)" under CRR and function in service settings as expert/specialist in non-academic service settings.

#### **1.1 Distinction**

The Clinical Psychologists (Associate) are distinguished from the M.Phil qualified Clinical Psychologist. The later are full-fledged professionals with higher level of competency and responsibility in service, academic and research areas; whereas Clinical Psychologists (Associate) by the nature and duration of their training are consider not fully adept to function as an academician. They are, however, considered competent enough to involve in a broad range of professional service activities. The clinical psychologist (Associate) will be used as an underfill class for existing clinical psychologist positions under state and central government sectors. However, the role in such appointments are limited only for providing clinical services to clients with mental illness and does not involve independent responsibilities in academic activities such as teaching/training/guiding/supervising students of clinical psychology at the academic departments. In these activities Diploma qualified may be assigned roles of Clinical Assistant and/or Teaching Assistant or Junior Consultant as deemed fit in teaching/training centers.

### **2.0 AIM & OBJECTIVES OF THE COURSE**

#### **2.1 Aim**

The aim of this course is to train students with acceptable level of competency to offer the basic mental health services such as identifying and diagnosing mental health problems in different populations, and intervening with appropriate counseling and psychotherapy/behavior therapy techniques while applying relevant code of



## 4.2 Entry requirement

Minimum educational requirement for admission to this course will be M.A./M.Sc. degree in Psychology (or in counseling psychology, clinical psychology, applied psychology) from the UGC recognized university with a minimum of 55% marks in aggregate. For SC/ST/OBC category, minimum of 50% marks in aggregate is essential, as per GOI.

## 4.3 Admission Procedure

A selection committee that includes Head of the Department shall make admission on the basis of an entrance examination consisting of an **objective-type exam** (to test knowledge base in related branches of psychology), a **written test** (to test the writing skills essential to communicate among other clinicians/ professionals), **group discussion** (to test the expressive skills), **practical** (to test the proficiency in administering and interpreting the basic psychological tests and conducting a problem-focused interview with a client) and an **interview** (to understand motivation and commitment to serve the disabled populations). It is desired that the selection committee take all of the above into consideration, assign weightage for each components and make final selection on the basis of the total score obtained.

List of candidates so selected/admitted to the course should be sent to RCI within a month of admission formalities are completed. No changes shall be permitted once the list of admitted candidates for the academic year is sent to the Council.

## 4.4 Duration

Admitted candidates shall undergo the training (theory and practical) on fulltime basis for duration of **one year** and complete all the course requirements, and appear for the final examinations. However, in the event of not completing the course requirements on time or failing in the final exam, a student is allowed to appear in the supplementary exam after completing 3 months of additional training at the department.

## 4.5 Attendance

- a) Course of training must continuously be pursued and complete all the course requirements within a stipulated period from the date of registration. Any interruption in a candidate's attendance during the course of study, due to illness



or other extraordinary circumstances must be notified to the Head of the Institution/concerned authority and permission should be obtained.

- b) A minimum attendance of 80% shall be necessary for appearing in the final qualifying examination in all cases.
- c) Candidates are allowed a maximum of 15 days of casual leave during the course period.

#### **4.6 Fee Structure**

The prescribed tuition and examination fee as laid down from time to time by the concerned institution/university shall be paid by the candidates.

#### **4.7 Content of the Course (See section 5.0 for subject wise syllabus.)**

##### **Group "A"**

- Paper - I : Psychosocial Perspectives of Mental Disorders
- Paper - II : Counseling and Therapy
- Paper - III : Psychiatry
- Practical - I : Psychological Assessments including Viva Voce  
(Competency in selecting, administering, scoring and interpreting psychological tests often employed in patients with mental disorders.)
- Practical - II : Psychological Interventions including Viva Voce  
(Competency in conceptualizing psychosocial problems within the framework of psychological theories including behavioral, cognitive and interpersonal models, setting treatment goals (short and long term) and carrying out the indicated interventions with required competency to meet the goals.)

##### **Group "B"**

- Submission - I: Three full-length Psychodiagnostic Reports.