

MASTER DIPLOMA IN MEDICAL PSYCHOLOGY (MDMP)

THEORY

PAPER I : COUNSELLING AND PSYCHOTHERAPY

PAPER II : APPLICATION TO CLINICAL PSYCHOLOGY

PAPER III : APPLICATION TO MEDICAL PSYCHOLOGY

PRACTICALS

**PAPER IV : PSYCHOLOGICAL ASSESSMENT AND
MANAGEMENT – I**

**PSYCHOLOGICAL ASSESSMENT AND
MANAGEMENT -II**

**PSYCHOLOGICAL ASSESSMENT AND
MANAGEMENT - III**

PAPER 1
COUNSELLING AND PSYCHOTHERAPY

UNIT I: Principles and Types of Counseling and Psychotherapy

Introduction: What is Counseling – The Art & Science of Counseling & Psychotherapy – Differentiating formal from informal helping – Personal qualities of effective helpers – Counseling: past, present, and future – Stages of Counseling process – Common problems for beginning counselors.

UNIT II: Approaches to Clinical Interviewing

Orientation to general psychology: Introduction – Learning theories – Emotion & Stress – Memory – Motivation – Language – Attention – Personality.

Clinical Interviewing: Introduction – Rapport Establishment – Strategies for Rapport – Strategies and Techniques to get Information – Clinical Interview (History taking) – MSE – Special Populations.

UNIT III: Therapeutic Approaches

Introduction of therapies – Issues related to therapies – Psychotherapy: Psychodynamic and Psychoanalytical Therapy, Erik Erikson's stages of life cycle – Cognitive Psychotherapy: Rational Emotive Therapy, Cognitive Behavior Therapy, and Interpersonal Therapy.

UNIT IV: Behaviour Therapies

Introduction – Overview – Formulations & treatment Goals – Types and techniques of BT

Systematic De-Sensitization: Imaginal – In-vivo – Enriched – Assisted

Relaxation training: Breathing exercise – Bio-feedback, Jacobson Progressive Muscular Relaxation (JPMR)

Extinction: Graded exposure – Flooding – Response Prevention – Implosion – Skills Training: Assertiveness Training – Modeling – Social Skill Training – Behavioral Rehearsal

Aversion: Faradic Aversion Therapy – Covert Sensitization – Aversion Relief Procedure – Avoidance Conditioning

Operant Procedures: Token economy – Contingency management – Bell & Pad technique – Time management

Self control Procedure: Thought stopping – Paradoxical intervention – Stimulus satiation.

UNIT IV:ASSESSMENT OF PATIENT

Assessment/ diagnosis: Meaning, Types, History taking & Mental State

Examination – History taking, Identifying data, Chief complaint, History of present illness, past illness, Family history, Personal history – prenatal & perinatal, early childhood (birth through age), Middle childhood, Late childhood, Adulthood, Sexual history, Fantasies & dreams, Values.

References:

- 1) The Clinical Interview using DSM-IV-TR volume-1/ Ekkehard Othmer, Sieglinde C. Othmer – 1st edition-2002-American Psychiatric Publishing
- 2) The Art and Science of Counseling and Psychotherapy. Michael S. Nystul – 1993. New Mexico State University (USA)
- 3) Handbook of Psychiatry (A South Asian Perspective) Bhugra, Ranjith, Patel – 2005 Brijbasi Art Press, New Delhi
- 4) General Psychology S.K.Mangal – 1998, Sterling Publishers Pvt. Limited New Delhi
- 5) Introduction to Psychology 7th edition, Clifford T.Morgan – 1993 Tata McGraw Hill

PAPER 2

APPLICATION OF CLINICAL PSYCHOLOGY

UNIT I: Birth and Developmental Disorders

Biological factors – Birth injury – Pre-term delivery – Developmental disorders

Assessment of other conditions: Temper tantrum – odd/conduct disorder – Sexual abuse – Separation Anxiety – School Phobia – Selective Mutism– Depression in child – Suicide – Examination – Psychological testings

UNIT II: Pervasive Developmental disorder & Mental Retardation

Autism – Asperger's disorder – Epilepsy – Cerebral palsy – Attention Deficit Hyperactivity Disorder – Specific Learning Disability – Childhood Degenerative disease – Mental Retardation – Handicaps – Management

UNIT III: Neurotic Disorders

Neurotic disorder: Anxiety disorder: Generalized Anxiety Disorder– Panic disorder – Phobias – Posttraumatic Stress Disorder – Obsessive Compulsive Disorder – Somatoform and related disorders – Somatization – Dissociative disorder – Hypochondriasis – Body dysmorphic disorder – Factitious disorder – Malingering – Hyperventilation syndrome

UNIT IV: Psychotic Disorders

Psychotic disorders: Mood disorder: Depression – Bipolar Affective Disorder– Suicide and Adjustment – Cognitive disorder: Schizophrenia – Cognitive Impairment disorder/Organic Mental disorder: The brain – Delirium – Dementia

UNIT V: Substance Related Disorder, Maladaptive Behavior Disease & Treatment

Introduction – Substance Dependence – Substance Abuse – Substance Induced Disorder – Alcohol Related Disorders – Other drugs (Tobacco)

Treatment: Motivation interviewing – Alcoholic Anonymous – De-Addiction counseling – Relapse Prevention

Introduction: HIV – Tests – Issues related to the disease – Assessments – Neurological findings – Treatment – Prevention

REFERENCES:

- 1) The ICD-10 classification of mental and behavioral disorders: World Health Organization-1992 – Oxford University Press
- 2) Lewis's Child & Adolescents Psychiatry (A Comprehensive Textbook – 4th edition) Andres martin, Fred volkmer
- 3) Text book of Postgraduate Psychiatry 1st edition 1992 J N Vyas, Niraj Ahuja Lordson Publishers (P) Ltd, Delhi
- 4) Text book of Postgraduate Psychiatry 2nd edition 1999 JN Vyas, Niraj Ahuja Lordson Publishers (P) Ltd, Delhi
- 5) Child and Adolescent psychiatry 2nd edition, 2005 Sandra B Sexson
- 6) Handbook of psychiatry (A south Asian perspective) Bhugra, Ranjith, Patel – 2005 Brijbasi Art Press, New Delhi
- 7) Motivational Interviewing 2nd edition 2002 (Preparing people for change) William R. Miller, Stephen Rollnick - The Guilford Press, UK
- 8) Handbook of Psychiatric social work 1st edition, Sekar K. et.al- 2007 NIMHANS, Bangalore
- 9) Textbook of Anxiety Disorders Dan J. Stein, Eric Hollander, The American Psychiatric publishing.

10) Essentials of Psychiatry 1st edition V. Eapen, P. Kulhera, R. Raguram 2005

PAPER 3

APPLICATION OF MEDICAL PSYCHOLOGY

UNIT I: Mental Health and Approaches to Psychiatry

Mental Health: Definition – Components – Criteria – Characteristics – Prevalence – Concepts of normal and abnormal – Signs and symptoms – Conceptual Model

Approaches to Psychiatry: Consultation – Liaison Psychiatry – Out-patient and In-patient treatment.

UNIT II: Neuropsychology and its Disease

Disease: Stroke – developmental (Cerebral Palsy) – Degenerative (Parkinsonism) – Trauma (Traumatic brain & Spinal cord) – Convulsion – Cognitive Remediation

UNIT III: Burns, Terminally Ill and its Concept

Burns: Psychosocial issues – Medico legal issues – Involuntary Hospitalization – Pain Behavior – Assessment – Suffering – Diagnosis

Terminally ill: Death – Dying – Bereavement – Depression – Anxiety – Pain – Euthanasia – Definition of medical, religious and spiritual aspect – Breaking bad news – Hospice

UNIT IV: Psycho physiological Disorders

Classification of disorders: International Classification of Disorders, DSM-IV TR

Introduction – Cardiovascular disorder – Respiratory disorder: Asthma

Gastrointestinal disorder: Irritable Bowel Syndrome, Ulcer, Esophageal disorder

Other Psycho physiological disorders: Dermatology, Psoriasis, Chronic urticaria, Dermatitis, Alopecia – Body image & Mood – Psycho-oncology

Diagnostic Approaches: Psychological approach – Behavioural approach

Treatment strategies: Goals – Intervention – Family therapy – Biofeedback strategies

Unit – V: ASSESSMENT OF MENTAL STATE

Methods to Assess Mental Status – Observation, Appearance, Consciousness, Psychomotor Behavior, Concentration – Attention & Concentration, Speech & Thinking, Orientation, Memory, Affect. Exploration – Mood, Energy level, Perception, Content of thinking, Insight, Judgment

References:

1. Text book of Postgraduate Psychiatry 2nd edition 1999 JN Vyas, Niraj Ahuja Lordson Publishers (P) Ltd, Delhi
2. Handbook of psychiatry (A south Asian perspective) Bhugra, Ranjith, Patel – 2005 Brijbasi Art Press, New Delhi
3. A Short textbook of Psychiatry- Niraj Ahuja – 2006 Gopsons Papers Ltd., Noida (U.P)
4. Handbook of Psychiatric social work 1st edition, Sekar K. et.al- 2007 NIMHANS, Bangalore.
5. Social work Psycho-Social and Health Aspects, Dr. Sanjay Bhattacharya – 2008 New Elegant Printers, New Delhi
6. Behavioral Sciences in Medical Practice, 2nd edition Manju Metha 2009, Sanat Printers, Kundli

PAPER 4
PSYCHOLOGICAL ASSESSMENT AND MANAGEMENT

Tests:

1. Mini-Mental State Examination
2. Adenbrooke's Dementia Rating Scale
3. Vanderbilt ADHD Rating Scale for Teachers / Parents
4. Hamilton Rating Scale for Depression / Anxiety
5. Child Behaviour Checklist
6. Wechsler Adult Intelligence Scale (WAIS)
7. Brief Psychiatry Rating Scale (BPRS)
8. Clinical Institute of Withdrawal Assessment Scale (CIWAS)
9. General Health Questionnaire (GHQ)

Psychological Management

1. Aversion Therapy
2. Biofeedback
3. Systematic Desensitization
4. Jacobson's Progressive Muscular Relaxation (JPMR)
5. Catharsis
6. Resilience

REFERENCES:

1. The ICD-10 classification of mental and behavioral disorders:
World Health Organization-1992 – Oxford University Press
2. Lewis's Child & Adolescents Psychiatry (A Comprehensive
Textbook – 4th edition) Andres martin, Fred volkmer
3. Handbook of psychiatry (A south Asian perspective) Bhugra,
Ranjith, Patel – 2005 Brijbasi Art Press, New Delhi