



Women Mental Health

An Online Certificate Course on Women Mental Health

(An joint initiative by Department of Psychiatry, Psychiatric Nursing, Clinical Psychology, Psychiatric Social Work & MEET LGBRIMH)

CURRICULUM

Background

This course on “Women Mental Health” is a basic course designed for professional development as part of an Online Certificate Program, targeting Medical Officers, Postgraduate students, Mental health Professionals who are willing to upgrade their knowledge and management skills on women mental health. It aims to equip the trainees to understand the various aspects of women mental health, the different psychiatric disorders faced by them with clinical features along with various medical comorbidities and psychosocial issues faced by them like violence, trauma, assault and ways to provide them psychological support in terms of counselling. It also covers basic understanding of women empowerment, premarital and marital preparation and understanding the various legal aspects associated with them.

Course Overview

This course is designed jointly by the faculties from the Department of Psychiatry, Psychiatric Nursing, Clinical Psychology, and Psychiatric Social Work of LGBRIMH as a four weeks Certificate Course. It is an eLearning computer-based online program, largely self-taught, complemented with recorded online lectures, didactic presentations, comprehensive study materials, and case-based discussions.

Goals and Objectives

Upon completion, participants will gain a holistic understanding of women's mental health, including its social, biological, and cultural aspects. They'll acquire skills to identify, assess, and address mental health issues among women, fostering inclusivity and advocating for gender-sensitive approaches in mental health care. The Objectives are:

- A. Understanding Women's Mental Health: Provide a comprehensive overview of the multifaceted factors influencing women's mental health, encompassing biological, social, and cultural dimensions.





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- B. Identification and Assessment: Equip participants with skills to recognize, evaluate, and respond to various mental health challenges prevalent among women, considering diverse backgrounds and life stages.
- C. Effective Interventions and Support: Introduce evidence-based interventions and support strategies tailored to address women's mental health issues, emphasizing empathy, inclusivity, and cultural sensitivity.
- D. Promoting Mental Health Advocacy: Foster awareness and encourage advocacy for gender-inclusive mental health practices, emphasizing the importance of creating supportive environments for women's mental well-being.

Course Administration & Language

This Certificate Course in “Women Mental Health” will be offered via the MEET LGBRIMH (Digital Academy) of Lokopriya Gopinath Bordoloi Regional Institute of Mental Health. The medium of instruction will be English.

Training Method

This blended training program combines both synchronous and asynchronous learning methods. The total duration of the course is for 4 weeks, comprising four modules. Self-paced e-learning materials, assignments, video lectures, and discussion forums will be provided using Google Classroom platform. Multipoint Videoconference via Zoom will be conducted regularly using digital devices, such as laptops, smartphones, desktop PCs, etc., to clarify doubts, give questions and answers, didactic lectures, and case-based learning.

Eligibility Criteria

Medical Officers, Mental Health Professionals, Post Graduate students from Psychology, Nursing and Psychosocial worker.

There is no barrier of age, place of work and specialty.

Post graduate students of Psychiatry need not join the course.





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Overview of Course Content

Modules		Video Lectures	Live Interactive Sessions
1	<ul style="list-style-type: none">• An overview of women mental health• Status of women in society	<ul style="list-style-type: none">• Various anatomical, biochemical and physiological differences in the female gender with implications in mental health and disease susceptibility• Gender associated discrimination and several psychological issues faced by them.	<ul style="list-style-type: none">• Clarification of Doubts• Discussion of MCQs
2	<ul style="list-style-type: none">• Common mental health issues faced by Adolescent females and adults• Mental health issues faced by women during their reproductive life	<ul style="list-style-type: none">• Mental health issues among adolescent girls and women.• Mental Health problems during menstruation, pregnancy and lactation	<ul style="list-style-type: none">• Didactic Presentation• Discussion of MCQs
3	<ul style="list-style-type: none">• Mental health issues in women with other Medical comorbid condition• Mental health issues in female survivors of trauma, violence and assault	<ul style="list-style-type: none">• Mental health disorders in women with common physical disorders like T2Dm, HTN, Hypothyroidism with case-based discussions	<ul style="list-style-type: none">• Discussion of MCQ• Clarification of doubts
4	<ul style="list-style-type: none">• Women Empowerment, Premarital and marital preparation and counselling• Legal aspects in relation to women's mental health	<ul style="list-style-type: none">• Premarital and Marital Counselling.• Important legal aspects to consider in women	<ul style="list-style-type: none">• Didactic Presentation• Discussion of MCQs
FINAL ONLINE ASSIGNMENT			



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Course Completion Criteria

The following criteria are to be fulfilled to be eligible for the award of Certificate

Completion of All Assignments
+
Atleast 80% participation in Case-Based Discussion and Live Sessions
+
A Score of $\geq 50\%$ in the Final Assignment

**A certificate will be awarded only to Course Completers.
No certificate for only Participation.**

Course Fee: NIL

Team

Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry
Course Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry
Course Mentors: Dr. Nurnahar Ahmed, Asst. Professor, Psychiatric Nursing
Dr. Vikas Punia, Asst. Professor, Clinical Psychology
Mrs. Athelene Horo, Lecturer, Psychiatric Social Work

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