

# Basic Course on Mental Health for Social Work

## An Online Certificate Course on Mental Health

*(An initiative by Department of Psychiatric Social Work under MEET LGBRIMH)*

### CURRICULUM

#### Course Overview

Worldwide people are disproportionately affected by mental health problems and other related risks behaviors that remain undiagnosed or untreated. This increase in mental health problems demand helping professionals like social workers to develop knowledge and enhance their skills in working with individuals, family and community. This online “**Basic Course on Mental Health for Social Work**” will help social workers at community-level to address issues related to mental health and thus provide basic psychosocial care in the community. The aim of the program is to decrease the treatment gap and overcome the challenges of lack of skilled man power and delivery of services. This course is open to Social Workers employed in DMHP / Psychiatric social workers in government institutions without M.Phil degree / MSW students undergoing block placement training / persons with MSW degree.

#### Course Objectives

1. To understand mental health and human behavior.
2. To develop skills to assess psycho social problems in persons with mental illness
3. To understand family’s role in mental illness.
4. To create awareness in the community about mental illness.

#### Training Method

This is a blended training program which combines both Synchronous and Asynchronous learning methods. Total duration of the course is for 8 weeks, comprising of 4 modules. The approximate time to complete the course is about 8 hours of online interaction (2 hours every fortnight) and 16 hours of self- paced e-learning content. Assignments would be provided during the course duration. Self-paced e-learning materials, assignments, audio video lectures, articles, guidelines and discussion forums will be provided using



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**Google Classroom.** Multipoint Videoconference via **Zoom** (free download) will be conducted every fortnight using digital device, such as laptop, smartphone, desktop PC etc. for clarification of doubts, question answers & didactic lectures. Participation in the course would be monitored by Learning Management System.

## Eligibility Criteria

- Masters in Social Work.

## Number of Participants

A single batch will comprise of not more than 20 participants.

## Tentative Schedule of Topics

Week	1	2	3	4	5	6	7	8
Module								
1	Mental Health and Social Work							
2			Common Psychiatric Disorders					
3					Assessment in Mental Health			
4							Social Work Intervention for Mental Health	



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Topics for Learning				
Modes	e-text Material	Video Lectures	Audio Podcast	Live Interactive sessions
Modules				
<b>1</b> Mental Health and Social work	a. Concept of Mental Health b. Bio-psycho-social cause of mental illness c. Role Psychiatric social worker in mental health	Bio-Psycho-Social model of mental illness	Psychiatric social work , concept definition, values and ethics	<ul style="list-style-type: none"> <li>• Clarification and doubts</li> <li>• Q&amp;A</li> </ul>
<b>2</b> Common Psychiatric Disorders	a. Common Signs and symptoms b. Common Psychiatric disorders c. Common Myths and Misconceptions		Signs and Symptoms	<ul style="list-style-type: none"> <li>• Clarification and doubts</li> <li>• Q&amp;A</li> </ul>
<b>3</b> Assessment in Mental Health	a. Intervening skills and techniques b. Psychosocial assessment	How to take social history		<ul style="list-style-type: none"> <li>• Clarification ad doubts</li> <li>• Q&amp;A</li> </ul>
<b>4</b> Social Work Interventions for Mental Health	a. Psycho social interventions at individual level b. Psycho social interventions at family level c. Psycho social interventions at Group level d. Psycho social interventions at community level		Psycho social rehabilitation	<ul style="list-style-type: none"> <li>• <b>Case discussion</b></li> <li>• Clarification ad doubts /Q&amp;A</li> </ul>
<b>FINAL ASSIGNMENT</b>				



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## Course Completion Criteria

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

More than 60% completion of Assignments  
(calculated by the Learning Management System)

+

Participation of 50% or more in Video conference based discussion  
(as measured by the software)

+

A score of  $\geq 50\%$  in the FINAL ASSIGNMENT

Assignments would be in the form of Multiple choice questions, descriptive questions, based on clinically relevant case scenarios, case vignettes, management oriented.

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

**Course Fee: NIL**

## Team

Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry Course

Co-Ordinator: Dr. Sobhana H, Asso. Professor, PSW

Team Support: Dr. M Elamurugu, Associate Professor, PSW  
Ms. Sabana N Islam, PSW

