

## Tele-MANAS Continuing Professional Development (CPD)

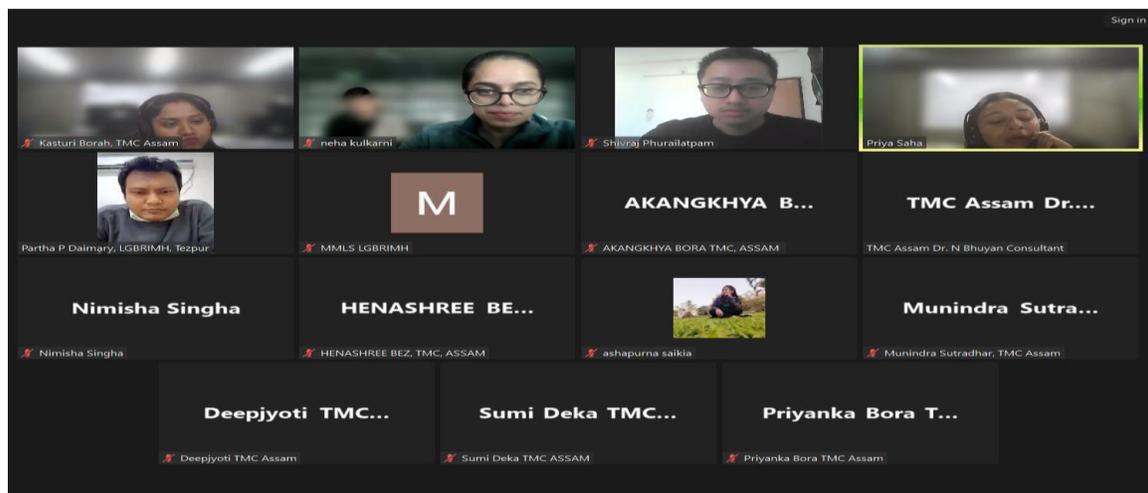
### Detailed Case Conference Summary

As part of the ongoing efforts under the Tele-MANAS initiative, regular Continuing Professional Development (CPD) sessions in the form of case conferences have been conducted to enhance the knowledge, clinical skills, and peer-learning opportunities among Tier-I counsellors and Mental Health Professionals (MHPs). These interactive sessions provide a platform to discuss challenging clinical scenarios, share best practices, and ensure consistent quality of care across all North Eastern Tele-MANAS cells.

#### 1. Case Conference

- Topic: Anxiety Disorder(Case Demonstration by a Tier I Counsellor, Assam)

Summary: The inaugural case conference session focused on identifying symptoms and initial management strategies for anxiety disorders, aimed at improving early interventions. Tier-I Counsellors and Mental Health Professionals (MHPs) from the respective Tele-MANAS cells actively participated and contributed to the discussions.



#### 2. Case Conference

- Topic: Academic Stress and Examination Anxiety Case Demonstration by a Tier I Counsellor, Assam)

Summary: A counsellor presented a case on a given scenario where a student experiencing academic stress and anxiety due to upcoming board examinations.

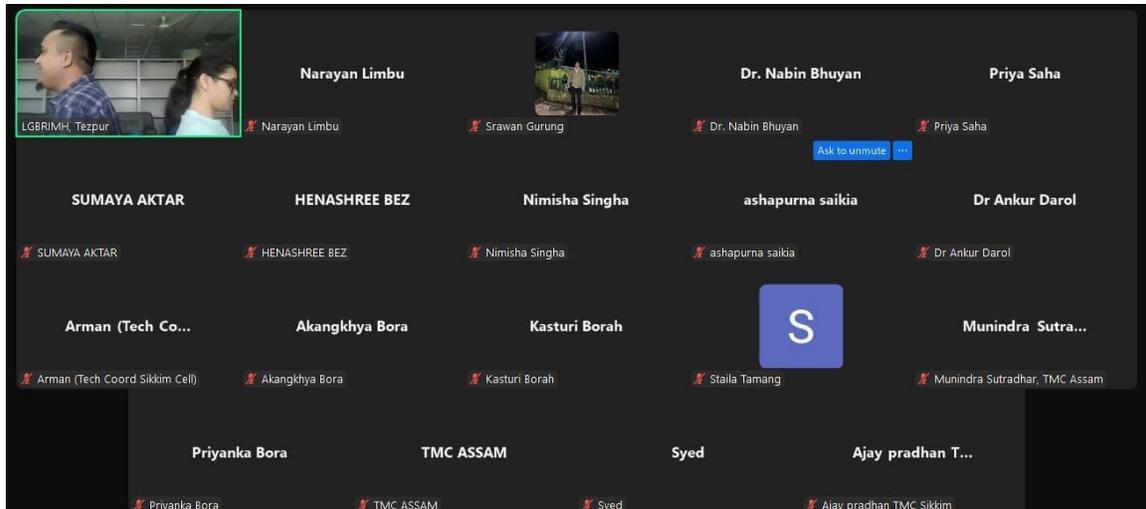
The session emphasized the in managing exam-related stress. Tier-I Counsellors and Mental Health Professionals (MHPs) from the respective Tele-MANAS cells actively participated and contributed to the discussions.



### 3. Case Conference

- Topic: Handling Grief (Case Demonstration by MI & RCC, LGBRIMH)

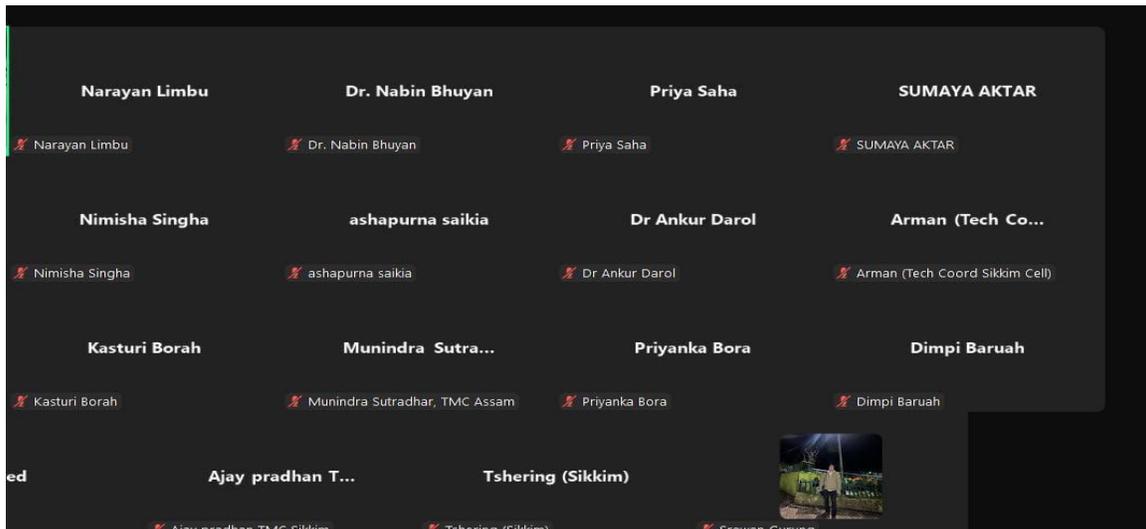
Summary: LGBRIMH team demonstrated best practices in addressing complicated grief and supporting individuals dealing with loss, using a structured counselling framework. Tier-I Counsellors and Mental Health Professionals (MHPs) from both the respective Tele-MANAS cells actively participated and contributed to the discussions.



#### 4. Case Conference

- Topic: Substance Abuse Disorder (Case Demonstration by a Tier I Counsellor, Sikkim)

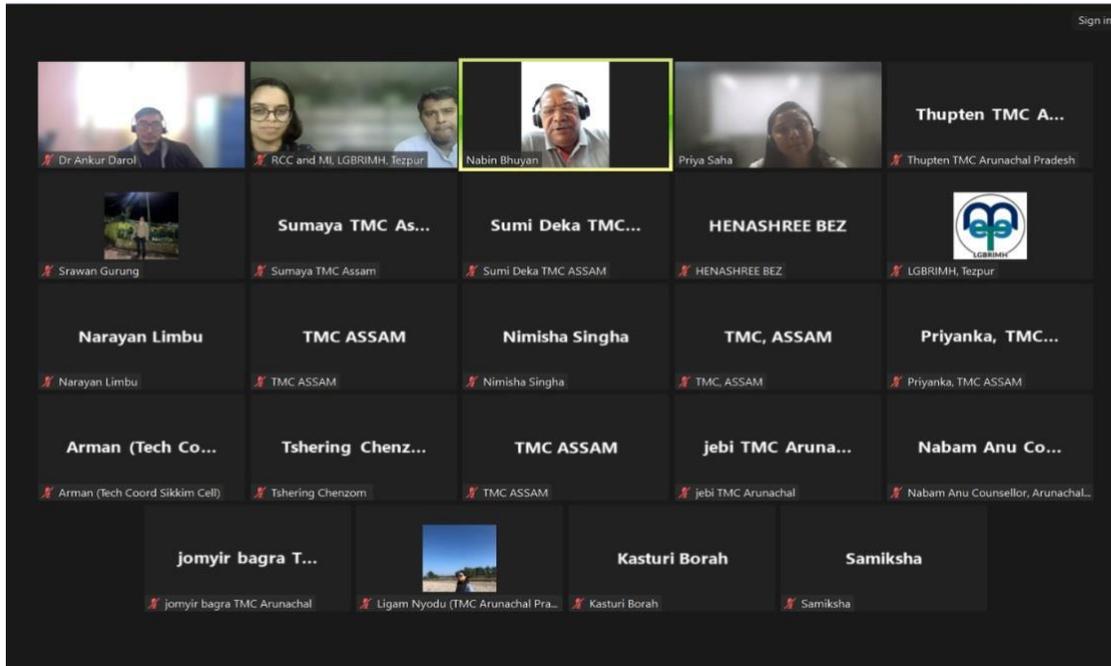
Summary: The session featured a case highlighting the challenges of substance abuse among youth, with a focus on motivational interviewing and rehabilitation pathways. Tier-I Counsellors and Mental Health Professionals (MHPs) from the respective and neighboring Tele-MANAS cells actively participated and contributed to the discussions.



#### 5. Case Conference

- Topic: Anxiety Disorder and Mindfulness (Case Demonstration by a Tier I Counsellor, Assam)

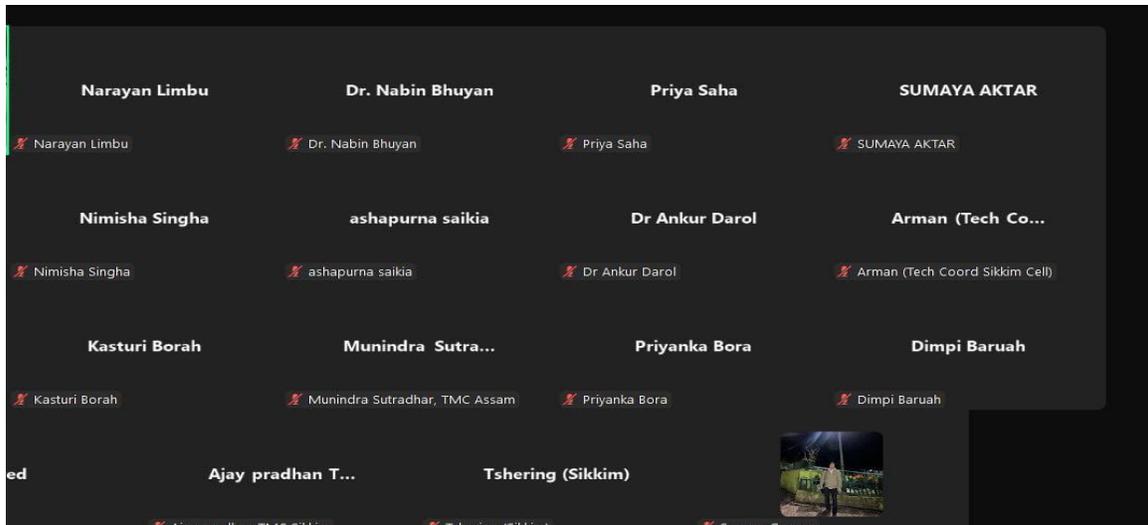
Summary: This presentation detailed the integration of mindfulness-based techniques into therapy for managing anxiety symptoms. Tier-I Counsellors and Mental Health Professionals (MHPs) from both the respective Tele-MANAS cells actively participated and contributed to the discussions.



## 6. Case Conference

- Topic: Depression (Case Demonstration by a Tier I Counsellor, Arunachal Pradesh)

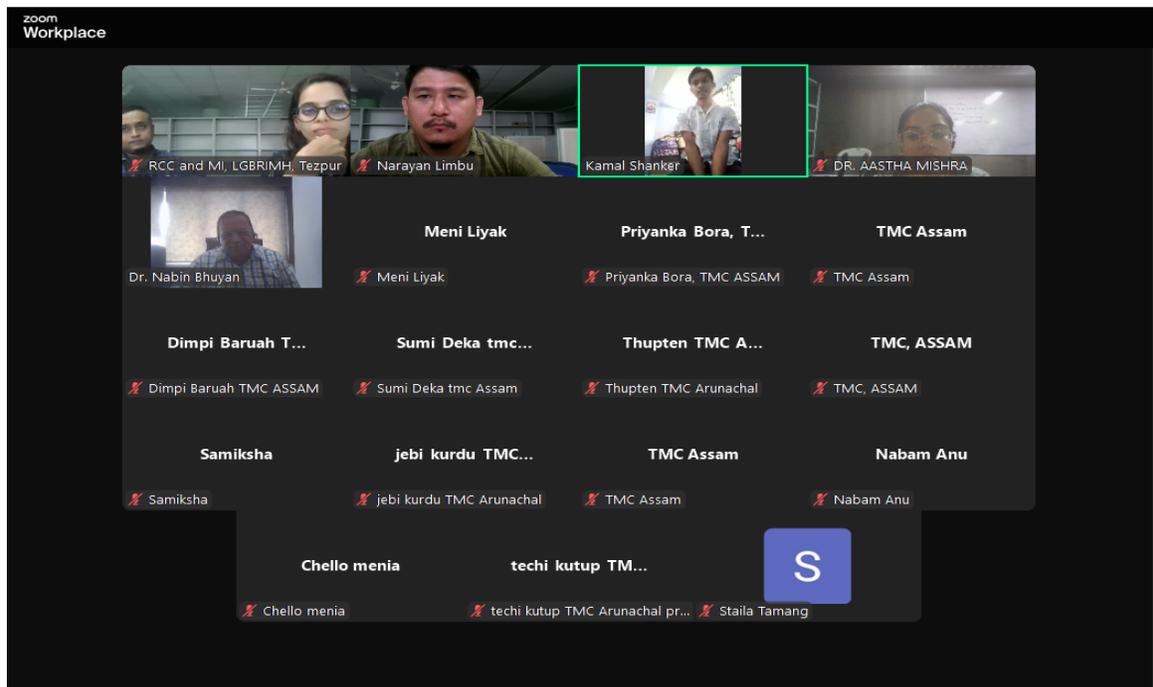
Summary: A detailed case discussion on clinical depression, focusing on symptom recognition and therapeutic alliance building. Tier-I Counsellors and Mental Health Professionals (MHPs) from the respective Assam, Arunachal Pradesh and Sikkim Tele-MANAS cells actively participated and contributed to the discussions.



## 7. Case Conference

- Topic: Suicidal thoughts (Case Demonstration by a Tier I Counsellor, Sikkim)

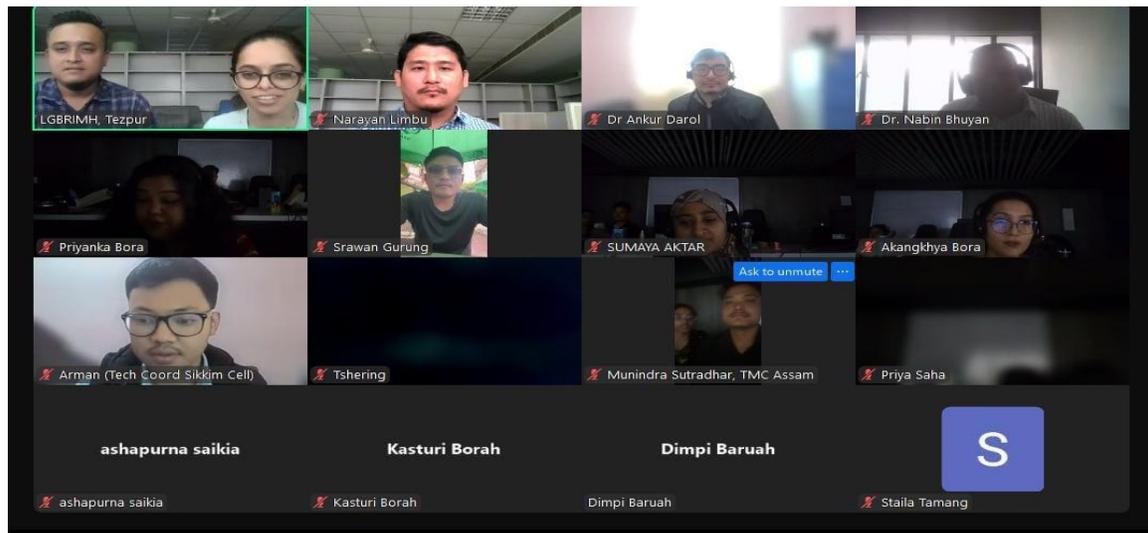
Summary: A Tier-I Counsellor from Sikkim presented a case involving a caller with suicidal ideation. Counsellors and Mental Health Professionals (MHPs) from Assam, Arunachal Pradesh, and Sikkim Tele-MANAS Cells participated actively, from Assam, Arunachal Pradesh, and Sikkim engaged actively, sharing clinical perspectives and reinforcing collaborative approaches to high-risk case management



## 8. Case Conference

- Topic: Domestic Violence (Case Demonstration by a Tier I Counsellor, Assam)

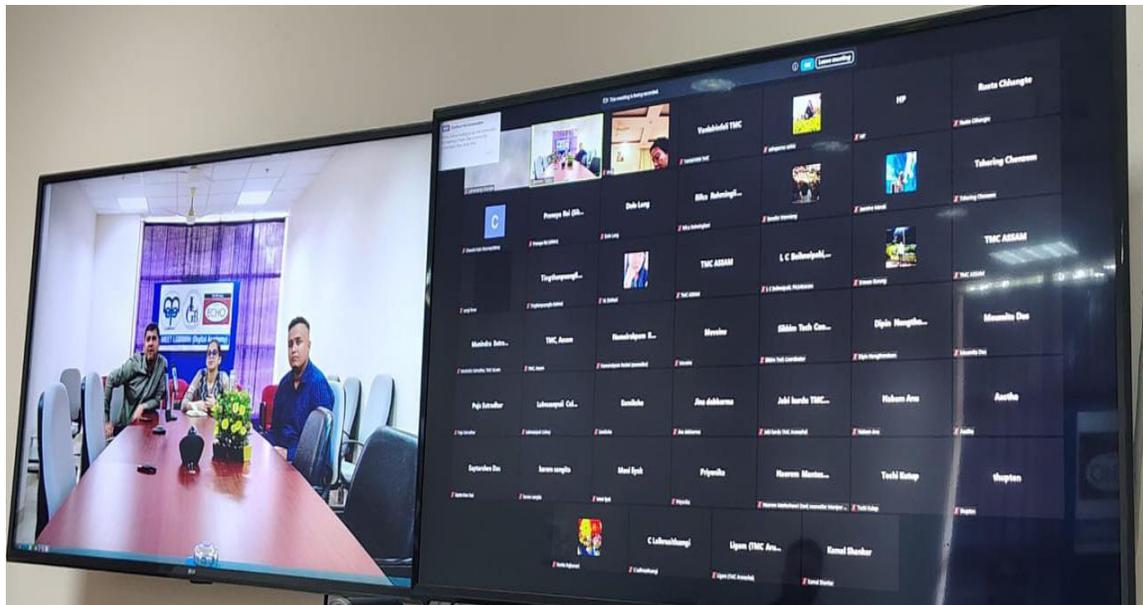
Summary: This session focused on addressing issues related to domestic violence, with emphasis on psychosocial assessment, safety planning, and trauma-informed counselling approaches. Tier-I Counsellors and Mental Health Professionals (MHPs) from the Assam, Arunachal Pradesh and Sikkim Tele-MANAS cells actively participated and contributed to the discussions.



## 9. Case Conference

- Topic: Substance Abuse Disorder (Case Demonstration by a Tier I Counsellor, Mizoram)

Summary: This comprehensive discussion explored Clinical help for withdrawal management , relapse prevention strategies, and multidisciplinary collaboration. Tier-I Counsellors from the : Assam, Arunachal Pradesh, Sikkim, Manipur, Tripura, Mizoram and Meghalaya Tele-MANAS cells actively participated and contributed to the discussions.



## Online Training Program

A one-hour demonstration session on Brief Motivational Interviewing (MI) Skills was conducted for all the North Eastern States via Zoom platform. The session aimed at enhancing the counselling skills of Tier-I counsellors by focusing on effective client communication techniques.

