

SCHEME AND SYLLABUS OF EXAMINATION FOR THE PURPOSE OF FILLING UP THE POST OF JUNIOR CLINICAL PSYCHOLOGIST UNDER THE SIKKIM STATE SUBORDINATE ALLIED AND HEALTHCARE SERVICE.

I. The mode of examination and setting-up of question-papers shall be both, i.e., conventional type and objectives type MCQs in paper I and II. The candidates are required to answer the objective type MCQs in the OMR Sheets and are required to follow the guidelines provided in the OMR Sheet while answering the questions.

II. The subject wise allotment of maximum marks shall be as under:

Syllabus:-		
General English	PAPER I	50 marks
General Knowledge		30 marks
Main Paper Junior Clinical Psychologist course	PAPER II	100 marks
TOTAL		180 marks
Viva voce/ interview		20 marks
Grand Total		200 marks

III. Syllabus for written examination for Junior Clinical Psychologist : -

Sl. No.	Course	
01	02	03
01	PSYCHOSOCIAL PERSPECTIVES OF MENTAL DISORDERS	<p><u>Clinical Psychology &amp; Mental Health:</u></p> <p>History of Clinical Psychology and its role in understanding and alleviation of mental illness, promotion of mental health and rehabilitation of the mentally ill, role and functions of Clinical Psychologists in DMHP, Professional code of conduct and ethical issues</p> <p><u>Epidemiology:</u></p> <p>Epidemiological surveys in Indian context; sociocultural correlates of mental illness; psychological well-being and quality of life – measures and factors influencing.</p> <p><u>Models of Mental Disorders:</u></p> <p>Concept of normality and abnormality, causes of mental disorders – psychodynamic, behavioral, cognitive, humanistic and biological models</p> <p><u>Family influences:</u></p> <p>Early deprivation and trauma; neglect and abuse; attachment; separation; inadequate parenting styles; marital discord and divorce; maladaptive peer relationships; communication style; family burden; expressed emotions and relapse</p> <p><u>Social Pathology:</u></p> <p>Discrimination, gender and ethnicity, social class, poverty and unemployment, social tension &amp; violence, crime and delinquency, suicide, addictive behavior, social aggression with special reference to Indian context.</p> <p><u>Psychopathology of specific conditions:</u></p> <p>Neurotic, Stress-related, Somatoform, Psychotic, Personality, Childhood and Adolescence Disorders.</p> <p><u>Disability:</u></p> <p>Definition and classification of disability; psychosocial models of</p>

		disability; impact, needs and problems; issues related to assessment/certification of disability – areas and measures.
		<b>Rehabilitation:</b> Approaches to rehabilitation; interventions in the rehabilitation processes; models of adaptation to disability; family and caregivers issues; rights of mentally ill; empowerment issues; support to recovery, policies and Acts.
02	COUNSELING AND THERAPY	<b>Introduction to Psychotherapy and Counseling:</b> Definitions, Objectives. Models of counseling, Schools of Psychotherapy, Planning and recording of counseling and therapy sessions.
		<b>Interviewing:</b> Objectives of interviews, interviewing techniques, types of interview, characteristics of structured and unstructured interview, interviewing skills.
		<b>Behavior Modification and Therapy:</b> Introduction, Behavioral assessment, analysis and formulations (for Neuroses, Psychoses and other conditions), Relaxation techniques, social skills training, operant procedures, self control procedures and behavioral counseling.
		<b>Cognitive Therapies:</b> Introduction to Cognitive Model, basic principles and assumptions, techniques based on Cognitive restructuring and therapies.
		<b>Crisis Intervention:</b> Definition of Crisis, phases of Crisis, Techniques, and Stages of crisis work, Applications, supportive psychotherapy – goals, indications and techniques.
		<b>Group Therapy:</b> Theoretical models, types of groups, stages of group therapy, process issues including role of the therapist, techniques, applications of group therapy.
		<b>Family Counseling/Therapy:</b> Models for the assessment of families, common family problems and their intervention, goals and methods of family intervention, ethical issues in family counseling and therapy.
		<b>Therapy with children and special conditions:</b> Interventions for internalizing and externalizing Disorders, disorder of scholastic skills, deliberate self-harm, trauma and abuse, bereavement, school counseling, Parent and Family Counseling, chronic mental disorders
03	PSYCHIATRY	<b>Nomenclature:</b> Introduction to classificatory systems currently in use and their limitations.
		<b>Psychoses:</b> Schizophrenia, affective (mood) disorders, delusional disorders and other forms of psychotic disorders – types, clinical features, etiology and management.
		<b>Neurotic, Stress-related and Somatoform disorders:</b> types, clinical features, etiology and management.
		<b>Disorders of personality and behavior:</b>

		Specific Personality disorders, Mental & behavioral disorders due to psychoactive substance use, Habit and impulse disorders, Sexual disorders and dysfunctions. <span style="float: right;">236</span>
		<u>Organic mental disorders:</u> types, clinical features, etiology and management.
		<u>Behavioral, emotional and developmental disorders of childhood and adolescence:</u> types, clinical features, etiology and management.
		<u>Mental Retardation:</u> Classification, etiology and management/ rehabilitation.
		<u>Mental health policies and legislation:</u> Mental Health Act of 1987, National Mental Health Program 1982, the persons with disabilities (equal opportunities, protection of rights and full participation) Act 1995; Rehabilitation Council of India (RCI) Act of 1993, National Trust for Mental Retardation, CP and Autistic Children 1999, Forensic issues related to mental disorders.



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