**Curriculum**

**Course – Post Doctoral Fellowship in Child & Adolescent Mental Health**

**Duration – 11 months**

**I.** SYLLABUS –

(A) Goals

To produce competent specialists in the field of Child and Adolescent Psychiatry:

(1) Who shall understand and recognize the mental health needs of children and learn empathy towards them

(2) Who shall have mastered most of the competencies pertaining to the specialty

(3) Who shall be well equipped with the developments in the discipline

(4) Who can develop a holistic management plan

(5) Who can advocate for the mental health needs of children and adolescents

(B) Areas covered

1. Basics of Child and Adolescent development

* Motor, Language, Cognitive, Social, Moral, Emotional, Psychosexual domains,
* Attachment, Temperament

1. Basics of child psychology
2. Basic neural sciences –

* Neuroanatomy
* Neurochemistry
* Psychoneuroimmunology,
* Psychoneuroendocrinology.

1. Genetics in child psychiatry
2. Evaluation of Child/Adolescent psychiatry patients

* History taking
* Interviewing techniques
* Structured assessment tools,
* Examination
* Diagnostic formulation
* Psychological testing – IQ assessment tests, projective tests
* Psychoneurological evaluation tests

1. Basics of developmental psychopathology
2. Assessment and Intervention of various Child & Adolescent Psychiatry disorders

* Neurodevelopmental disorders (Intellectual developmental disorder, Autism spectrum disorder, Communication disorders, Attention deficit Hyperactivity disorder, specific learning disorder, Motor Coordination disorder)
* Feeding and Eating Disorders of Infancy or Early Childhood
* Trauma- and Stressor-Related Disorders in Children
* Depressive Disorders and Suicide in Children and Adolescents
* Early-Onset Bipolar Disorder
* Disruptive Behaviors of Childhood
* Anxiety Disorders of Infancy, Childhood, and Adolescence:

(Separation Anxiety Disorder, Generalized Anxiety Disorder, Social Anxiety Disorder)

* Selective Mutism
* Obsessive-Compulsive Disorder in Childhood and Adolescence
* Early-Onset Schizophrenia
* Adolescent Substance Use Disorders
* Physical, Sexual, Emotional abuse
* School avoidance
* Child psychiatry emergencies

1. Role of other factors in development of psychopathology in children & adolescents – family environment, parenting method, school services, culture & ethnicity.
2. Child & Adolescent Psychopharmacology - Pharmacokinetics, Pharmacodynamics, National & International management guidelines
3. Child & Adolescent Psychotherapies

* Cognitive Behaviour Therapy
* Family therapy
* Relaxation techniques
* Crisis intervention
* Play therapy
* Group psychotherapy
* Psychodynamic therapy
* Parent management training, etc.

1. Child & Adolescent Psychiatry – Paediatrics liaison

(Paediatric neurological disorders, paediatric neuropsychopharmacology, Neuroimaging, EEG, Paediatric gastroenterology, Paediatric Oncology, Psychiatry and chronic illness in children)

1. Liaison with Department of Speech therapy
2. Liaison with Department of Occupational therapy
3. Law & Child-Adolescent psychiatry - Protection Of Children from Sexual Offences; Right to Education, Juvenile Justice act; Rights of Persons With Disability act; Mental Health Care Act; Adoption rules; Role of Child Psychiatrist in Child courts & Child Welfare Committee; Role of Child Psychiatrist as expert witness.
4. Government schemes and programmes for Child mental health

(ICDS, ICPS, RBSK, RKSK, National Education Policy, etc)

1. Community child psychiatry – school consultation, NGOs, Foster homes
2. Ethics in Child & Adolescent psychiatry
3. Recent advances in Child & Adolescent psychiatry
4. Research methodology

(C) Teaching and Training Activities

The learning as part of super-specialization shall be primarily self-directed. Academic activities and hands on training in specific skills relevant to the field will be planned to facilitate the learning process. The fundamental components of the teaching programme include:

* + - 1. Case presentations & discussion - Once a week
      2. Seminar - Twice a month
      3. Journal club - Once a month

Log Book: Each candidate will be required to maintain a log book, wherein his/her clinical, teaching and research activities throughout the PDF course will be logged.

(D) Rotatory postings:

Child & Adolescent Psychiatry (Dept. of Psychiatry) – 8 ½ months

Clinical Psychology – 15 days

Paediatrics – 15 days

Occupational therapy – 1 month

Speech Therapy – 15 days