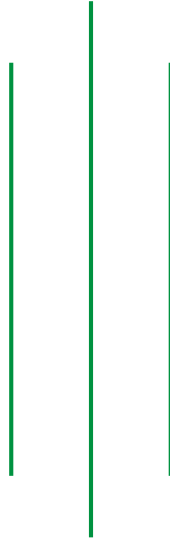


Syllabus for Licensing Examination of M.Phil. in Clinical Psychology 2021



Nepal Health Professional Council

Bansbari, Kathmandu

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S.N	Topic	Marks
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3.	Psychopathology, Psychiatry and Neuropsychological Foundation of Behavior	30%
4.	Psycho-diagnostics Process	15%
5.	Psychotherapy, Counseling and Behavioral Interventions	30%
	Total	100%

1. Mental Health Strategies, Code Of Ethics For Cp, Health Policy And Community Mental Health Package

- राष्ट्रिय मानसिक स्वास्थ्य रणनीति तथा कार्ययोजना ,२०७७
- राष्ट्रिय स्वास्थ्य नीति, २०७६
- जनस्वास्थ्य ऐन ,२०७५
- बालबालिकाको अधिकार सम्बन्धी ऐन, २०७५
- अपाङ्गता भएका व्यक्तिको अधिकार सम्बन्धी ऐन,२०७४
- समुदायमा आधारित राष्ट्रिय मानसिक स्वास्थ्य सम्बन्धी कार्यक्रम(२०६६ -२०७१)
- नेपाल स्वास्थ्यव्यवसायी परिषदमा दर्ता भएका स्वास्थ्यव्यवसायीहरूले पालना गर्नुपर्ने सामान्य आचार साहिता,२०६१
- M.Phil. in Clinical Psychology विषयको आचार संहिता

2. Methods Of Research

- **Univariats:** Central tendency, Dispersion, Skewness and Kurtosis
- **Bivariats:** Regression and correlation coefficient
- **Probability:** Sample size, student t-statistic, chi-square statistic
- **Analysis of variance:** Basic models, assumptions, one way and two way classifications, analysis of covariance.
- **Multivariate analysis:** Principal component analysis, cluster analysis, discriminate function analysis and multiple regression
- **Data processing and computer analysis**
- **Theory of measurement:** Measurement, nominal, ordinal, interval and ratio scales, construction rating scale and attitude scales, reliability and validity.
- **Epidemiological studies:** Prospective and retrospective studies, prevalence, incidence, age specific, disease specific and adjusted rates.
- **Survey techniques:** Various tools, mail questionnaire and interview schedule, sampling methods, complete enumeration, sample survey, sampling and non-sampling errors, random and non, random samples, sample random, systematic random, stratified random and cluster random sampling designs. Methods of minimizing non-sampling errors.
- **Experimental design:** Experiments Vs surveys, general principles in experimental design, requirements for a good design, methods of controlling experimental errors, idea of control matching, randomization and replication. Completely randomized design, randomized block design, Latin square, factorial designs and cross –over designs
- **Qualitative research methods:** Qualitative research methods, qualitative Vs quantitative techniques, techniques of data gathering and analysis in qualitative research, implication and uses of qualitative methods.
- **National Mental Health Survey in Nepal:** Recent Findings

3. Psychopathology, Psychiatry And Neuropsychological Foundation Of Behavior

- Biophysical theories and Clinical Application of these theories
- Psychodynamic, Interpersonal relationship theories and Clinical Application of these theories
- Behavioral theories and Clinical Application of these theories

- Cognitive theories and Clinical Application of these theories
- **Etiology and development:** Bio-psycho-social model
- **Psychopathology of specific conditions and their evidence based treatment/ Psychological Management:** Neurotic, stress-related and somatoform disorders, Phobic anxiety Disorder, Obsessive-compulsive disorder, Dissociative (Conversion) Disorder, Somatoform Disorder Specific personality disorders, Disorders of Perception, Thinking, affect, mobility, body image, memory, acute and transient psychotic disorders and childhood psychiatric disorders.
- Organic, including symptomatic, mental disorders: Dementia, Alzheimer disease, Personality and behavioral disorders due to brain damage, damage and dysfunction
- Mental and behavioral disorders due to psychoactive substance use
- Schizophrenia, schizotypal and delusional disorders
- **Behavioral syndromes associated with physiological disturbances and physical factors:** Eating disorders, Non-organic sleep disorders, Sexual dysfunction, not caused by organic disorder to disease, Mental and behavioral disorders associated with the puerperium, not elsewhere classified, Abuse of non-dependence-producing substances
- Disorders of adult personality and behavior
- Mental retardation
- Disorders of psychological development
- Behavior and emotional disorders with onset usually occurring in childhood and adolescence(Hyperkinetic disorders, Conduct disorders, Mixed disorders of conduct and emotions, Emotional disorders with onset specific to childhood, Disorders of social functioning with onset specific to childhood and adolescence, Tic disorders, Other behavioral and emotional disorders with onset usually occurring in childhood and adolescence).
- **Clinical neurophysiology:** nature, definition, scope , current trends m clinical neurophysiology Need , relevance and application of clinical neuropsychology : Neurology, neurosurgery, neuropsychiatry, pediatric neurology, Substance use and HIV states
- **Chemical and metabolic aspects of CNS:** Neural transmitters and pharmaco-chemical aspects, Neurochemistry and memory mechanisms
- Neurochemistry of behavior disorders
- **Organization of the nervous system:** Cellular elements and their connections, neural pathways, Anatomy of the brain
- The endocrine system, neurophysiology of primary drives, motivation and emotion.
- Neurophysiology Of perception, learning, memory functions, sleep and wakefulness.
- **Brain dysfunction in Focal Lesions:** Frontal lobe, Temporal lobe, Occipital lobe and in subcroucal lesions
- **Neurophysiology management rehabilitation:** Remedial models for basic disorders (such as Attention, Memory, Visual perception, Language, Reasoning and problem solving ability)and Special conditions (such as space occupying lesions, neuro-trauma, CVA, dementia, epilepsy, alcoholism and HIV/ AIDS, Children with neurodevelopmental disorders)

4. Psychodiagnostics Process

- **Psychological assessment** : use of psychological tests in understanding

psychopathology- Behavioral observation- response recording- synthesis of information from different sources – interpretation and report writing

- Case history taking and mental status examination
- Assessment of Psychiatry disorders through Classificatory systems (ICD & DSM)
- **Tests:** Test of Primary Mental Functions, Tests of attention & concentration (such as Cancellation tests, Knox cube imitation test, Digit span, etc.), Perception(such as Bender gestalt scale), Memory(such as Wechsler memory scale, PGI scale, Benton visual retention test, etc.),Thinking & Reasoning (such as Tests Of concrete & abstract thinking), Intelligence Test for Adult (such as Bhatia's full & short scale, Binet Kamat test of intelligence, Raven's progressive matrices tests, Wechsler adult intelligence scale),Children's Developmental schedules & intelligence tests (such as Gesell's developmental schedule, Seguin form board test, Vineland social maturity scale, Benton visual retention Test, Raven's coloured progressive matrices, Kaufman assessment battery for children, movement assessment battery of children, Wechsler intelligence scale for children, Social adaptability scale, Porteu's maze test, etc.), Personality tests (Such as 16 personality factor questionnaire, Maudsley obsession inventory, Eysenck personality questionnaire, Multiphasic personality questionnaire, Minnesota multiphasic personality inventory, Eysenck's junior Inventory, Cattell's personality test (for children),etc. – Nepali version if available) , Rating scales(Such as Hamilton depression and anxiety rating scale, Beck's anxiety and depression inventory, Zung depressive inventory, Achenbach-Child behavior check list, Shakya's Emotional and behavior checklist, Devkota's ADHD rating scale, etc.) Projective tests (such as Rorschach Ink Blot test, Draw - A - Person (Machover)Thematic apperception test (Murray's, Uma Choudary's),Sack's sentence completion test, Picture frustration test (Udai Pareek), Children's apperception test (Nellak & Uma Chowdary), Raven's controlled projection test, etc.),Adjustment inventories(such as Bell's adjustment inventory(such as students + adult, Personal adjustment inventory (boys + girls) Of Rogers, Draw a person (Gooenough & Praila Pathak),Test for specific disabilities(such as overall learning disabilities, Reading disabilities, Dyslexia, etc.) and neuropsychological tests(such as Clinical neurological examination, Attention process, Delayed response ability, Psychomotor functions, Speech functions, Visual Integration, Learning and memory, Agnosia and body Schema disturbances, Apraxia, Spatial perception, Focal dysfunction tests, MMSE, Dementia rating, WCST, Neuropsychological battery, etc.)
- **Semi structured Interview:**MINI,K-SADs,CASI-5

5. Psychotherapy, Counseling And Behavioral Interventions

- **Psychotherapeutic relationship:** genuineness – unconditional positive regard – empathy – acceptance – warmth – attending skills – facilitate self-exploration, Interviewing – non – verbal aspects of communication – eye – contact – body language – active listening – mirroring – reflecting feeling – paraphrasing
- Indications, contraindications, planning and recording in psychotherapy
- Psychotherapy in Nepalese context
- **The systemic approach:** analysis of family interaction – partner relationship –theme of the family – communication style-triadic problem definition – conflict management – observation and information gathering – circular questioning –paradox strategy –

- reframing – relabeling – utilization – confusion –denomilisation – sculpture – body work
- **Techniques of psychotherapy:** Supportive psychotherapy, Rational emotive therapy, Client centered therapy, Family therapy (including marital and parental counseling)
 - Brief psychotherapy, Gestalt psychotherapy, Group psychotherapy
 - **Psychotherapy for special groups/conditions:** Therapy with children, Crisis intervention (sick, survivors of bereaved families cases with suicidal attempts etc.), Borderline states and psychotics, Behavioral analysis – behavioral formulation of neuroses and psychoses
 - **Relaxation and desensitization procedures:** Jacobson’s progressive muscular relaxation – autogenic training – shavasana and yoganindra – systemic desensitization (imaginal and in vivo) – assisted desensitization –enriched desensitization – emotive imagery – assertive training – modeling and behavioral rehearsal
 - **Operant and aversion conditioning therapies:** Operant therapies – faradic aversion – chemical aversion – covert sensitization – aversion– relief procedure – avoidance conditioning – contingency management and token economy
 - **Self-control and cognitive behavioral modifications biofeedback procedures:** rational emotive therapy – cognitive restructuring – thought stopping – behavioral counseling – paradoxical intention – stimulus satiation – hypnotic procedures – self monitoring procedures stress–inoculation procedures
 - **Comprehensive approaches:** Behavioral therapy in speech disorders- apotropaic therapy- group behavioral Approaches- negative practice, habit reversal and response prevention- supinated writing and other retraining procedures- flooding and implosion- multimodal approach and higher order conditioning –evaluation of current trends and critical issues in research and therapeutics
 - Social Skill Training, rehabilitation

THANK YOU!