

## Department of Clinical Psychology

### National Institute of Mental Health and Neuro Sciences (NIMHANS)

*(Institute of National Importance)*

Bengaluru- 560029

### One Day Symposium on

### Competency-based Approaches in Psychotherapy Training in India

Psychotherapy is one of the unique services offered by a trained clinical psychologist. The increasing need for therapy and trained therapists has been reflected in an expansion from a single post-graduate course in the 1950s to over 25 recognized MPhil courses currently. The symposium aims to be a platform to share the current understanding of competency-based training for psychotherapy as it exists globally. It also aims to present perspectives from ongoing training, supervision and practice that allow for sharing of existing knowledge and reflections of psychotherapy training at the M.Phil. level in India. Individuals with a completed MPhil Clinical Psychology degree are increasingly involved in setting standards for (i) clinical practice, (ii) training and supervision of psychologists with a Masters degree and lay counselors (iii) research, and (iv) policy making. Given the implications of such roles, it is crucial to review training processes periodically to accommodate for

- changing needs of trainees and consumers
- developments in the profession- locally and globally
- changes in national policies as related to the profession
- larger socio-cultural changes

which are bound to occur over time. In this context, this symposium aims to initiate a preliminary discussion, collectively and collaboratively.

**Who is this symposium for?** Clinical Psychologists involved in training, supervision and psychotherapy practice; Clinical Psychologists who have recently completed their M.Phil. course; Clinical Psychologists who have been trained or have practiced psychotherapy outside India. **Eligibility criteria:** M.Phil. in Clinical Psychology from a RCI recognized centre

**Dates:** 24<sup>th</sup> November, 2018; 9 am to 5 pm

**Venue:** Department of Clinical Psychology, 3<sup>rd</sup> Floor, Dr. MV Govindswamy Centre, NIMHANS, Bengaluru- 560029

**Fee for symposium:** Rs. 250/- (Lunch and Tea would be provided during the symposium).

**Last date for registration:** 10<sup>th</sup> November 2018

Registrations will be on a first-come first-served basis for a maximum of 60 participants. Kindly send an email to [competencytrain@gmail.com](mailto:competencytrain@gmail.com) to check for availability of seats before sending the registration fee.

The registration fee can either be made in the form of a **demand draft** in favour of '**The Director, NIMHANS**', payable at Bengaluru or through online transfer.

Details for the **online transfer**:

**Name:** The Director, NIMHANS. **Name of Bank:** State Bank of India. **Branch:** NIMHANS, Bengaluru. **Account number:** 00000064063643817. **IFSC:** SBIN0040675

Participants are requested to send the completed registration form along with the demand draft/ online transfer details (**UTR number is essential**), as applicable to the coordinator. Address is mentioned in the registration form.

**Coordinators:** Dr. M. Nithya Poornima, Dr. Himani Kashyap, Dr. Rajakumari Reddy,  
Dr. Aruna Rose Mary Kapanee  
Faculty, Department of Clinical Psychology, NIMHANS

For further information, please contact: Dr. M. Nithya Poornima [080-2699 5574 – Mon/  
Thurs/ Sat; 080- 26995996]; Email: [competencytrain@gmail.com](mailto:competencytrain@gmail.com) (Communication via email is preferred)].

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Foundation for Mental Health and Neurosciences**

Tentative Schedule	
8.30 am to 9 am	Registration
9 am to 9.30 am	Introduction to the symposium and to the participants
9.30 am to 10.30 am	Panel discussion 1 : (Competency-based frameworks for psychotherapy training)
10.30 am	Tea
10.45 am to 11.45 am	Panel discussion 2: (Content and methods of psychotherapy training)
11.50 am to 1 pm	Panel discussion 3: (Modes of competency evaluation)
1 pm to 2 pm	Lunch
2 pm to 3.30 pm	Concurrent Focus Group Discussions (FGD) involving panelists and participants
FGD 1	Expected outcomes of training in M.Phil. CP course
FGD 2	Core competencies to be developed across the two years
FGD 3	Training and supervision processes
FGD 4	Formative and summative evaluation and feedback
3.30 pm	Tea
3.45 pm to 4.30 pm	Key points from the Focus Group Discussions
4.30 pm	Valedictory
5.00 pm	Tea