

Name of Block	Block II
Name of Elective	Psychosocial Interventions in Patients with Psychiatric Disorders
Location of hospital Lab or research facility	Psychiatry & De-addiction Ward
Name of internal preceptor(s)	Dr. Mitthat Miglani
Name of external preceptor (if applicable)	Nil
Learning objectives of elective	1. To obtain knowledge & experience of common conditions requiring psychosocial interventions in psychiatric disorder. 2. To observe preparation, counseling & taking informed consent of psychiatric patients. 3. To obtain knowledge of non pharmacological measures used in psychiatry
Number of students that can be accommodated in this elective	4
Prerequisites for elective	Good clinical practice Basic knowledge of pharmacology Basic life support Basic first aid Necessary immunizations Universal precaution certification
Learning resources for students	• Kaplan & Sadock's Synopsis of Psychiatry 12th Edition • Community Mental Health in India.
List of activities of student participation	1. Work daily with a supervisor in observing, assisting psychiatric patients. 2. To document at least two activities observed/assisted.
Portfolio entries required	1. Documentation of worked up cases (min.-04)
Log book entry required	Completion of posting signed by preceptor with a "meets expectation '(M)' grade"

Assessment	Formative: • Attendance • Day-to-day participation in departmental activity • performance of assigned tasks
Other comments	-

Psychosocial Interventions in Patients with Psychiatric Disorders

Psychiatric disorders affect the quality of life of individuals and their family members. Psychosocial interventions help the individual as well as their families in coping up and hasten the process of management of such patients. Hence, there is utmost need to know about various psychosocial interventions for integrated care and management of patients.

Psychosocial interventions are the intervention strategies directed towards various issues presenting in psychiatric illnesses in order to produce change in the psychological, social, biological and functional outcomes in the patients with Psychiatric illnesses. Various Psychosocial interventions include Psycho-education, Relaxation training, Mindfulness, Cognitive Behavioral therapy,

Dialectical Behavioral Therapy, Marital therapy, Inter-personal therapy, Inter- personal Social Rhythm therapy, Family interventions etc.

Through this module, the learner will be able to know about the various psychosocial interventions in Psychiatric disorders which will be fruitful in improving their clinical approach as well in the integrated management of the patient.