



CHRIST

(DEEMED TO BE UNIVERSITY)
DELHI-NCR, INDIA

WORKSHOP ON CULTURAL COMPETENCE AND EVIDENCE BASED PRACTICES IN MENTAL HEALTH

16 - 17 August 2019

To sensitise the mental health professionals to approach mental health issues in a culturally relevant manner without losing its evidence base.

Dr. Baiju Gopal, Associate Professor,

Dr. Jayashankara Reddy, Professor

Department of Psychology,
CHRIST (Deemed to be University) Bangalore

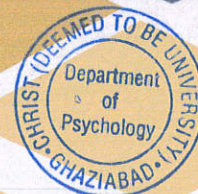
Modules are developed based on research conducted as part of the US-Indo 21st century knowledge initiative award in collaboration with MIAMI university (Oxford, Ohio, USA) funded by USIEF.

*Hurry...
Seats are limited*

*Venue: Conference Hall,
Block B, Christ University, NCR*

Contact:

Dr. Akashdeep Ghosal



Dr. Ghosal

+919899349842 · akashdeep.ghosal @res.christuniversity.in

**Workshop on Cultural Competence and Evidence Based Practices in Mental Health
Care in Diverse Societies**

Organised by

Department of Psychology, NCR Campus

Date – 16th and 17th August

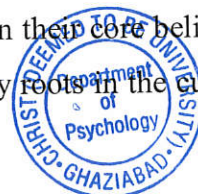
Venue: Block A Discussion Room, Christ (Deemed to be University) Delhi-NCR

Resource Persons: Dr. Baiju Gopal, Associate Professor, Dr. Jayashankara Reddy, Professor and Dr. Padmakumari

A Two-day state level workshop was conducted on Cultural Competence and Evidence Based Practices in Mental Health Care in Diverse Societies organised by Department of Psychology, Delhi-NCR campus on 16th and 17th August, 2019. Forty-three participants attended the workshop. The objective of the workshop was to sensitise the mental health professionals to approach mental health issues in a culturally relevant manner without losing its evidence base. Modules for the workshop are developed based on research conducted as part of the US-Indo 21st century knowledge initiative award in collaboration with MIAMI university (Oxford Ohio, USA) funded by USIEF.

The workshop began with an inaugural in the presence of Campus Director Rev. Dr. Fr. Viju P. Devasy, Co-ordinator Dr Surekha Chukkali and Faculty In charge Dr Padmakumari along with other faculty of Department of Psychology. Ms Kavan, Assistant Professor set the context by briefly explaining the updated mental health policy by the government of India (Ministry of Health and Welfare, 2014) which calls for curricula that focus on evidence-based training and incorporate the local cultural elements, which is critical in diverse societies such as India and USA. The participants of the workshop were warmly welcomed by Dr Padmakumari followed by the inaugural address by director.

The workshop on day 1 began with session by Dr Baiju Gopal highlighting the focus on complex, social, psychological and cultural processes such as belief systems of the client. To facilitate this learning among the students, an activity and a simulation was conducted for the participants to understand their own cultural beliefs and then their core beliefs. The idea was to trace where the core belief came from, whether it has any roots in the culture one has and



Surav

checking for any biases that one may have developed that stops one from being open minded. Participants participated very enthusiastically for the same and openly spoke about their apprehensions of being culturally competent.

On day 2 of the workshop, Dr. Jayashankara Reddy briefed the students about some essentials to understanding one's own biopsychology. He then presented a psychogenic seizures case in front of the students and asked them to identify the possible causes from a psychological perspective. A successful interactive session was hence conducted for the same. The next session thereafter by Dr Padma Kumari effectively educated the students about how universal tests need to be culturally tailored to suit the client's needs. She effectively pointed out the importance of the same and possible errors that can occur in a psychological assessment if the mental health professional does not take due care of the client's culture. An activity to induce critical thinking was conducted and a successful discussion took place. The session ended with Dr Padma Kumari giving the students some important information on how one can make their cultural assessments more effective.

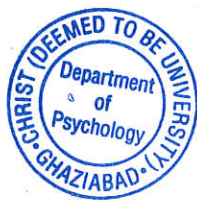
The workshop also included a question and answer session, wherein the resource persons addressed the queries of participants. The workshop ended with a valedictory presided by Campus Administrator, Rev Fr Sunny Joseph and guest Dr Anoop, Professor, Department of Psychology, Ambedkar University, Delhi. Fr Sunny Joseph and Dr Anoop inspired the students to take forward their learning towards meaningful practice. The certificates were given away to the participants and a formal vote of thanks was proposed by the coordinator, Dr Surekha Chukkali.



Surekha



Signature



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Workshop- Feedback

Dear participants,

We solicit your valuable feedback regarding the recently concluded workshop. You are requested to rate various aspects of the workshop using the following rating scale:

- 1 - Poor
- 2 - Fair
- 3 - Good
- 4 - Very good
- 5 - Excellent

* Required

Session 1 Day 1

Resource person

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Content

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

Quality of Interaction

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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	Excellent

Session 2 Day 1



Signature

Resource Person

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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Content

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Poor	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	Excellent

Quality of Interaction

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Session 1 Day 2

Resource Person

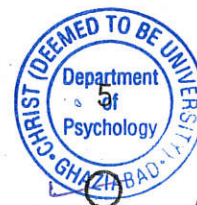
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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Content

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Quality of Interaction

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	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Signature

Resource Person *

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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Quality of Interaction *

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Session 2, Day 2

Resource Person *

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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Content *

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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Quality of Interaction *

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General



Swarna

Venue *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Lunch & Refreshments *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Overall Organization *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

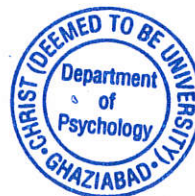
Any other suggestions

- * Profitable workshop with lot of knowledge & its application.
Your answer
- * Can include more cases and life examples
Also explore indian cultures eg → Talk more on Practices & False beliefs
- * Number of certificates must be counted.
SUBMIT as they get less in no.

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A handwritten signature in blue ink, appearing to be "Dinesh".

17

Workshop- Feedback

Dear participants,

We solicit your valuable feedback regarding the recently concluded workshop. You are requested to rate various aspects of the workshop using the following rating scale:

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Session 1 Day 1

Resource person

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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Content

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Quality of Interaction

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Session 2 Day 1



Signature

Resource Person

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Content

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Quality of Interaction

	1	2	3	4	5
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Session 1 Day 2

Resource Person

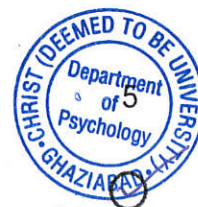
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Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Content

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Quality of Interaction

	1	2	3	4
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



Signature

Resource Person *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Excellent

Quality of Interaction *

	1	2	3	4	5
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Session 2, Day 2

Resource Person *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Content *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Quality of Interaction *

	1	2	3	4	5
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>

General



Sunay

Venue *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Lunch & Refreshments *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Overall Organization *

	1	2	3	4	5	
Poor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	Excellent

Any other suggestions *It was an amazing experience which facilitated in unclear handling the alien persons would view and the aspect of creating patients conforming to their idea or belief about their psychopathology was something more fascinating and was very novel way of practicing*

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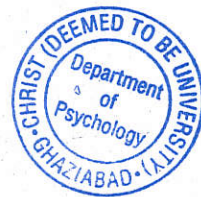
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