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SUBJECT : Psychology

TITLE OF THE PROJECT : Exploring Mental Health Services, Curricula and Resources From a Gender Perspective

TENURE OF THE PROJECT : 23/ 3/ 2010 to 22/ 3/ 2012

Objectives: -

1. To review various Mental Health Services
2. To analyze the merits of resources created by mental health organizations
3. To carry out a gender analysis of a few curricula of Counselling Psychology
4. To suggest recommendations based on observations and findings

With these objectives in mind the following Mental Health Services were studied:

- Chaitanya half way home
- Schizophrenia awareness association
- Sangath, Goa
- Chetana Mahila Vikas Kendra
- Mahila Sarvangeen Utkarsh Mandal, Samvad
- Santulan
- Family court counseling services
- Yashwantrao Chavan Hospital, Pimpri Counselling services
- Interviews of private practitioners

The resources produced by some of these organizations were analyzed.

A gender analysis of 6 Counselling Curricula was done. Qualitative Methodology was used extensively in this study.

Findings:

- Resource Material that emerges from other than academic world of Mental Health (like NGOs and Research Organizations) needs to be brought into Mainstream Curriculum of Psychology for a better understanding of grass root level mental health issues.
- In Community Based Organizations Women vent out their emotional and psychological problems. They require counseling. But the students of Clinical or Counselling Psychology will require a finer understanding of socio cultural reality to deal with their problems.
- Some of the community based organizations have developed their own models and theories of counseling which students and teachers of Psychology need to learn (Chakra bhed or the cycle of violence)
- A brief profile of women who seek help from private practitioners and family counselors gives some empirical depth to the understanding of presenting problems and also supports the hunch that Middle, Upper Middle and Upper Class Women can utilize the services of private practitioners, both due to affordability and access.
- Family court counseling services have a dire requirement of trained clinical and counseling psychologists
- Gender analysis of Counselling Curricula unfolds both their strengths and lacunae in terms of handling emerging issues in the field of counseling, especially family counseling such as domestic violence, single parent families, marital expectations etc.

The outcomes of the project include information dissemination, documentation, Student and PI presentations in seminars and a research paper being published.