## Psychiatric Social Work

**Course Description**

Psychiatric social work is a specialized type of medical social work that involves supporting, providing therapy to, and coordinating the care of individuals who are severely mentally ill and who require hospitalization or other types of psychiatric help.

**Course Objectives**

* To understand the history of psychiatric social work practice
* To learn about major therapeutic approaches of intervention and rehabilitation
* To acquire skills of working with people having mental health challenges

**Learning Outcomes**

* Develop theoretical understanding of concepts associated with psychiatric social work.
* Acquire the skills required to support people with mental health challenges.

**Teaching Method**

This course will be based on interactive discussions; student centered learning activities and research projects. The preferred teaching approach will be ‘active learning’ in which students solve problems, answer questions, formulate questions of their own, brainstorm, discuss, explain and debate. Co-operative learning will be encouraged through group discussions, assignments and projects. Periodical assessments and evaluation through class participation, quizzes, assigned tasks, research project, Mid Term and End Term examinations will be a part of this course.

**Course Content**

1. Introduction and History of psychiatric social work
2. stakeholders in psychiatric social work practice;
3. International and cross- cultural practices of psychiatric social work
4. Social legislations that inform psychiatric social work practice in Pakistan.
5. Counselling skills and processes
6. Therapeutic models
7. Rehabilitation

**Suggested Readings**

Corcoran, J., & Walsh, J. (2010). Clinical assessment and diagnosis in social work practice. Oxford University Press.

Cooper, M. G., & Lesser, J. G. (2008). Clinical social work practice: An integrated approach. New York, NY: Pearson.

Nelson-Jones, R. (2008). Basic Counselling Skills – A Helper’s Manual, Sage South Asia Edition, New Delhi: Sage Publications.

Sebastia, B. (2009). Restoring Mental Health in India – Pluralistic Therapies and Concepts, New Delhi: Oxford University Press

Stricker, G. & Gold, J.R. (eds.) (1993). Comprehensive Handbook of Psycho-therapy NY: Plenum Press.

WHO. (2010). Community Based Rehabilitation: CBR guidelines. Geneva: WHO Press.