



PSYCHOLOGY OF EVERYDAY

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PRE-REQUISITES : Perusing UG/PG in Psychology, Psychiatry, Psychiatric Social Work, Psychiatric Nursing, etc.

INTENDED AUDIENCE : Anyone interested in mental health issues

INDUSTRIES APPLICABLE TO : Institutions offering MA/MSc/MPhil in clinical/ guidance&counseling/ mental health programmes

COURSE OUTLINE :

This course picks-up threads from the basic observed behavior in everyday life and enters into a dialogue facilitating self-reflection and thus better self-understanding. The emphasis is on what a common man observes and how the knowledge of psychology and psychiatry can be applied to it for better clarity.

ABOUT INSTRUCTOR :

Prof. Braj Bhushan is a professor of psychology at IIT Kanpur. His research interest lies in Cognitive Neuropsychology, Cognitive Factors in Design, Trauma Psychology. He has been awarded with many laurels some being "Our Common Future Fellowship (2010), Volkswagen Stiftung, Germany", "Abstract Award (2008), International Association for Suicide Prevention, 3rd Asia Pacific Regional Conference of IASP, Hong Kong", "In Search of Excellence' Award (2004), IAAP and NAOP-I", "Young Scientist Award (2002), Indian Science Congress Association", "B.H.U. Merit and Prize Award (1991), Banaras Hindu University".

Prof. Alok Bajpai has been trained in Psychiatry at National Institute of Mental health and NeuroSciences (NIMHANS) Bangalore. He did his DPM, MD and is currently practicing at Kanpur and is also the Psychiatrist with Counselling cell, IIT Kanpur. His research interest are in Physics of Brain, Sleep and EEG.

COURSE PLAN :**Week 1:**

- Introduction to clinical psychology
- Introduction to psychiatry
- Understanding behaviour- I
- Understanding behaviour- II
- Revisiting normal-abnormal dilemma- I

Week 2:

- Revisiting normal-abnormal dilemma- II
- Revisiting normal-abnormal dilemma- III
- Revisiting normal-abnormal dilemma- IV
- Issues confronting the young adults- I
- Issues confronting the young adults- II

Week 3:

- Issues confronting the young adults- III
- Issues confronting the young adults- IV
- Mental health issues of adults- I
- Mental health issues of adults- II
- Mental health issues of adults- III

Week 4:

- Mental health issues of adults- IV
- Mental health issues of child & adolescents- I
- Mental health issues of child & adolescents - II
- Mental health issues of child & adolescents - III
- Mental health issues of child & adolescents - IV