

# COMMON MENTAL DISORDERS FOR DOCTORS

## Online Certificate Program

### Course Overview

This course on “**Common Mental Disorders for Doctors**” is a basic course designed for professional development as part of an Online Certificate Program, targeting Medical Officers, who are willing to upgrade their knowledge and management skills on mental illness. It aims to equip primary health physicians with the necessary tools to handle the various Common Mental Disorders (CMD's) at their doorsteps and upscale their practice. It covers basic understanding of the clinical features, management principles and the translation of knowledge into clinical practice.

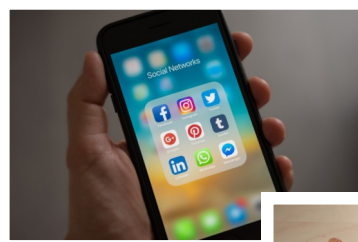
### Course Objectives

The basic aim of the course is to ensure that primary health care providers gain expertise in delivering care for people with common mental health conditions. By the end of the course, the primary care giver should be able to

- ◆ Identify symptoms and signs of common mental disorders
- ◆ Understand assessment principles necessary for management
- ◆ Provide basic psychiatric intervention and manage comorbid physical conditions.
- ◆ Plan and perform follow up for common mental health conditions.
- ◆ Know when to refer to specialists as appropriate and available.

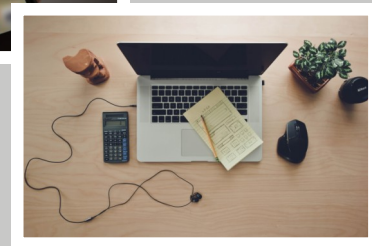
## BENEFITS

*Anytime Anywhere*



*Live Discussion with Experts*

*Fully Digital*



## FEATURES

**Self Paced e-Learning Materials**

**Video Lectures**

**Audio Podcasts**

**Live Interactive Sessions**

**Self-Assessment Exercises**

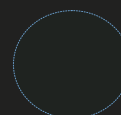
**No costs involved**



**LGBRIMH**

LOKOPRIYA GOPINATH BORDOLOI REGIONAL  
INSTITUTE OF MENTAL HEALTH, TEZPUR

(An Autonomous Institute under MoHFW, Govt. of India)



## Training Method

This is a blended training program which combines both Synchronous and Asynchronous learning methods. Total duration of the course is for 12 weeks, comprising of 6 modules. The approximate time to complete the course is about 12 hours of online interaction (2 hours every fortnight) and 24 hours of self paced e-learning content. Assignments would be provided during the course duration.



Google Classroom

Self paced e-learning materials, assignments, audio video lectures, articles, guidelines and discussion forums will be provided using Google Classroom.

Multipoint Videoconference via Zoom (free download) every fortnight through any digital device, for clarification of doubts, question answers & didactic lectures.



Week	1	2	3	4	5	6	7	8	9	10	11	12
Module 1	Intro to Mental Health											
Module 2		Stress and Anxiety Disorders										
Module 3				Depressive Disorders								
Module 4							Alcohol & Tobacco Use Disorders					
Module 5										Somatoform Disorders		
Module 6												Suicide

Tentative Schedule of Modules

## ELIGIBILITY

Any Medical Officer with a recognized MBBS Degree from India.  
No barriers of age, place of work and specialty.  
Post graduate students of Psychiatry need not join the course.

## NO FEES INVOLVED

### Course Completion Criteria

Criteria for eligibility of the certificate includes the following:

More than 60% completion of Assignments  
(each assignment has to be completed within 3 days)

+

More than 80% participation in Video conference based discussion  
(as measured by the software)

+

One case submission

**Certificate will be awarded only to Course Completers.  
No certificate for Participation.**



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