

Rehabilitation Council of India

Notification

New Delhi, 4 June 2024

F.No.:7-91/Policy/RCI/2024-In exercise of the powers conferred by Rehabilitation Council of India Act 1992 which provides for regulating and monitoring the training of rehabilitation professionals and personnel. This notification for **B.Sc. Clinical Psychology (Hons.)** issued in June 2024 will be applicable for the academic session 2024-25.

1. Short title and Commencement – (1) These regulations may be called the Rehabilitation Council India for **B.Sc. Clinical Psychology (Hons.)**

Preamble:

According to a WHO study, the treatment gap of mental disorders is 75-85% in developing countries and in India it is as high as 83% as per the National Mental Health Survey of 2016. The country faces a significant gap with only 0.3 psychiatrists, and 0.07 Clinical Psychologists per lakh population despite starting several training centers both in Psychiatry and Clinical Psychology in the last 3 decades; the availability of trained Professionals continues to be a major challenge.

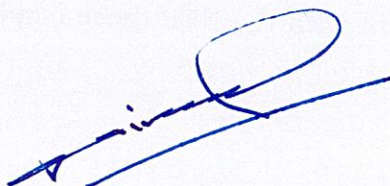
Increasing mental health institutes and specialists workforce, though has met the needs of those with acute and severe mental illness (4.5% of the total mental morbidity), the available trained professionals are insufficient to meet the high demands of mental health care of minor illnesses which account for 83% of the total mental morbidity that tend to last chronically and sometimes whole life with a significant disability and dysfunctions.

Several strategies such as short-term skill-based education, task-shifting training that incorporate recovery and community oriented approaches, and training of medical personnel for the integration of mental health with primary health care have been thought of, also successfully implemented on project basis in some States.

National Education Policy 2020 (NEP):

The NEP marks a transformative shift in India's education system. Focusing on holistic development, critical thinking, and vocational skills, the NEP aims to revolutionize the education system by introducing progressive changes from primary to higher education system that cater to holistic development of students.

NEP emphasizes on vocational courses that are grounded in experiential learning, critical thinking, and creativity than rote memorization. The new education policy mandates skill-based education in all HEIs and directs students enrolled in degree programs, including 3- and 4-yr four Bachelor's programs be offered "professional courses". The main objectives are enabling young and motivated students to develop a



diverse set of skills that prepares them to take on dynamic and rapidly changing societal needs and demands.

Rehabilitation Council of India:

In this backdrop, the Rehabilitation Council of India, an apex body of GOI, being a pioneer for nearly half a century in developing and regulating skill based curricula in disability sector swiftly swung into action to transform more than 200 programs in alignment with the NEP. In addition, seizing the new opportunity, the Council has embarked on developing and offering several new multidisciplinary skill-based training programs at undergraduate level.

As part of this mission, considering the acute shortage of human resource in mental health area, particularly to function at community level in one hand and a huge demand for skill training at undergraduate level on the other, the Council in confederation with Niti Aayog has taken steps to offer professional training in Clinical Psychology at undergraduate level. The objective is to impart certain critical skills through rigorous hands-on training, so that the existing service gap in mental health area is filled to an extent with professional contributions by the trained undergraduate students.

Further, undergraduate training in professional psychology is expected to enrich higher level of education and training in clinical psychology since only motivated and skillful trainees likely to join the higher level (Masters and Doctor) professional training in mental health area, meaning lessor attrition of trained manpower by way of misplacement or shift.

With these objectives in mind, the Council intends to offer from the academic session 2024-25, a 4-year Bachelor Honors with Research Degree in Clinical Psychology at NHEQF 6 level, under the nomenclature "**B.Sc. Clinical Psychology (Hons.)**". The Degree will be an immersive, cohesive, and professionally aligned program, which is designed to equip students with the skills and knowledge to offer, and ethically deliver certain mental health services to a predefined level.

Program Objectives:

The **B.Sc. Clinical Psychology (Hons.)** of RCI (4 year duration) prepares graduates to provide a comprehensive counseling service to individuals and family with acute and/or chronic mental health issues. Graduates from this program function as registered professionals (with CRR) under the category "**Counseling Psychologist (Mental Health)**".

The program is designed to prepare trained professionals who will provide mental health counseling services in the rural/urban community. The program has high academic and practice standards that are consistent with RCI's norms for an entry level rehabilitation professionals. The program is geared toward the standards and values of the RCI, NEP-2020, and UGC in Mental Health Counseling.

Consistent with the NEP these candidates are eligible (on satisfying the entry criteria)



to pursue higher level training in Clinical or Rehabilitation Psychology (M.A./Psy.D) to function as full-fledged Clinical or Rehabilitation Psychologist.

Counselling psychologists (Mental Health) are knowledgeable of significance of health and wellness, their dimensions and means of developing, and use their understanding and skills in a wide variety counseling techniques to resolve, assist, guide, recommend, direct, advice, and suggest in a range of psychological issues and problems.

Counselling psychologists (Mental Health) provide basic and straightforward assessments for individuals, couples, families, and groups, and employ evidence-based counseling techniques and evidence-based treatment relationships to assist clients to resolve psychological issues and problems and facilitate move toward greater psychological health and well-being.

Counselling psychologists (Mental Health) will have a distinct philosophical stance, recognizing the strengths and resources of people at all levels of psychological functioning, working collaboratively with people in a therapeutic relationship to bring about meaningful change.

Consumers of the services of counselling psychologists (mental health) are persons, groups, and organizations, including:

- Mental health institutes/centers
- Psychiatry units in private/government medical colleges
- Primary health centers
- Community outreach services
- District/state mental health programs
- District/state rehabilitation centers
- Special education centers
- Early intervention centers

Student Learner Outcomes:

- 1) Graduates of the program will have knowledge and skills in a variety of counseling theories and techniques and be able to demonstrate their appropriate use with populations having psychological issues.
- 2) Graduate of the program will have a minimum knowledge and skills in administering, scoring, interpreting and reporting (orally and in print format) the findings of basic and straightforward psychological tests, inventories, self-administered scales in routine clinical work.
- 3) Graduates of the program will have gained sufficient knowledge of ethical and professional standards of mental health care to effectively engage in a healing and caring relationship within the context of mental health counseling.

- 4) Graduates of the program will have received adequate skill training to enable them to become registered professional Counseling Psychologist in mental health area.
- 5) Graduates of the program will successfully enter the mental health profession and offer counseling services of diverse nature to individual or family with mental health issues.
- 6) Graduates of the program are well aware of various Acts prevailing in the country concerning Divyangjan population and discuss their background, appropriate usage and implications.
- 7) Graduates of the program function as first level contact both in rural and urban community settings and guide the individual/family with mental health issue to an appropriate agency of professional service and follow-up for back-up counseling or further input.

Program Details:

- Entry Requirement: Students who have completed 12th class with science stream or equivalent
- Admission: As per university/affiliating norms
- Mode: Fulltime, Regular, Direct, Face-to-face with supervised Hands-on
- Number of Credits: Total 200 Credit Points, 50 Cr./year, 40% theory and 60% practical
- Input: All practical courses including community engagement (60%) are delivered/taught by the clinically trained professional member – Associate Clinical Psychologist and above with valid CRR, currently practicing in the field as a therapist, who collaboratively deliver a comprehensive program with non-clinical faculty members
- Course delivery: Shall be combination of lectures, tutorials, seminars, skills development workshops, group work, self-directed study and workplace hands-on learning under professional guidance.
- Infrastructure:
 - A) The center shall appoint qualified professionals as faculty either on permanent basis, or ad hoc, but shall be available on full-time basis for guiding and monitoring the students at all time.
 - B) The center shall create an independent department of clinical psychology or initially (up to 3 years) a unit/division/section under parent department of psychology with qualified clinical psychology faculty as Program Head/Coordinator.
 - C) Alternatively, the center can have a formal MOU with clinical facility nearby having at least two (2) qualified professional clinical psychologists, associate and above with valid CRR), and adequate case load (min 250 clients per month) for block posting of students for practicum/clinical

training under professionals who function as faculty members and guide and monitor all clinical education and training.

However, within three (3) years of starting the program the center shall have its own clinical infrastructure and human resources as stipulated for continuing the program.

- Teacher and student ratio: Considering the nature of training the ratio of teacher and student shall not exceed as appended below:

Clinical Psychologist (Associate) -1: 05
Assistant Professor -1: 10
Associate Professor and above -1: 15

Maximum Student Intake - 30

- Structure of the Program (Provisional):

<u>I year</u>	<u>II Year</u>
2 Foundation course 2 Core courses 1 Discipline-specific elective course (any one (1) of two) 2 Skill enhancement courses 1 Clinical Placement-1	4 Core courses 1 Discipline-specific elective course (any one (1) of two) 2 Skill enhancement courses 1 Clinical Placement-2
<u>III year</u>	<u>IV year</u>
3 Core 1 DSE (any one (1) of two) 3 SEC 1 Clinical Placement -3	3 Core 1 DSE (any one (1) of two) 1 Research Dissertation 2 SEC 1 Clinical Placement-4 Internship 3-6 months (non-credit course)

- Commencement of Course (Tentative)

From the Academic session 2024-25 (August, 2024)



(Vikas Trivedi)
Member Secretary

Note: B.Sc. Clinical Psychology (Hons.) is the responsibility of Rehabilitation Council of India, therefore, this programme may not be run/offer by other institutions/universities until the approval has been taken from this Council.