Programme Report

WPA Section on Psychiatry in Developing Countries

First Child & Adolescent Skill Training program

July 21-26, 2008, Mumbai - India

Organised by:

WPA Section on Psychiatry in Developing Countries
In Collaboration with
Private Psychiatry Sub Committee,
Asian Federation of Psychiatric Association,
South Asian Forum International,
Indian Association of Private Psychiatry

Venue:

• School Mental Health Clinic and Learning Disability Clinic - Dept of Psychiatry, Topiwala National Medical College & B Y L Nair Charitable Hospital, Mumbai -08
• Children’s Hospital and School for Remedial Education, Mumbai -34
• The Research Society for the care Treatment & Training of Children in Need of Special Care AND Motibai Thackersey Institute of Research in the field of Mental Retardation, Mumbai - 33
First Child & Adolescent Skill Training Program was conceptualised at Lahore during the WPA Developing country meet on 15th February 2007. All the senior members and experts in the field of psychiatry present during the discussion supported this program as there is need of special training in developing skills to manage “Child and Adolescent Mental Health”. It was constant guidance and support of various professionals and institutions from this field that made planning and implementation of “First Child & Adolescent Skill Training program” possible.

The programme outline was conceived and given a shape to develop a successful training model. However, this is just the beginning. We can always review, refresh and keep updating various dimensions in future programmes to bring out more from the sessions. For e.g. each training module that was part of this programme in broader context can be brought in focus.

Many institutions from the city of Mumbai were evaluated as training sites. Years of experience in the field of training and teaching in the field of child mental health were taken as the benchmark. The selected institutions were first of its kind in the country and Asia in this field. They have established recognition and in-depth understanding by initiating and developing training in child mental health more than 5 decades. They are listed as follows:

1) School Mental Health Clinic & Learning Disability Clinic  Dept of Psychiatry, Topiwala National Medical College & B Y L Nair Charitable Hospital.
2) Children's Hospital and School for Remedial Education
3) The Research Society for the Care Treatment & Training of Children in Need of Special Care and Smt. Motibai Thackersey Institute of Research in the Field of Mental Retardation

The training programme schedule is attached herewith for reference and record. The details of the proceedings will follow. We have also involved the participants in evaluating the training by asking them to submit a post training feedback report. This is purely to ensure that future programmes take care of any hurdles or challenges so as to enhance the training outcomes.

We would also like to acknowledge all the organising bodies for the responsibility and honour given in order to conduct this programme. These include WPA Section on Psychiatry in Developing Countries which made this training possible in collaboration with Private Psychiatry Sub committee - Asian Federation of Psychiatric Association, South Asian Forum International, Indian Association of Private Psychiatry.

Dr. (Prof.) P. C. Shastri
(Organising Chairperson)

DR. MOHANDAS. E MD (AIIMS)
PRESIDENT ELECT INDIAN PSYCHIATRIC SOCIETY
PRESIDENT, SOUTH ASIA FORUM INTERNATIONAL
CHAIRMAN INDIAN ASSOCIATION OF BIOLOGICAL PSYCHIATRY
DIRECTOR SKILL AND TRAINING, WPA SECTION ON DEVELOPING COUNTRIES
MEMBER MANAGING BOARD, ASIAN JOURNAL OF PSYCHIATRY
DIRECTOR, CME INDIAN ASSOCIATION OF PRIVATE PSYCHIATRY
WPA SECTION ON PSYCHIATRY IN DEVELOPING COUNTRIES

First Child & Adolescent Skill Training program
July 21-26, 2008, Mumbai - India

Programme Schedule

**Day 1: 21st July 2008**

**Venue: T.N. Medical College & BYL Nair Hospital**

10:30 am – 11:00 am
Inaugural and Introductory session of the training programme
By Dr. P. C. Shastri and Dr. Ravindra Kamath

11:00 am - 11:30 am
Outline of Community Based School Mental Health Clinic - Department of Psychiatry, Nair Hospital – Dr. Alka Subramanyam (Child Psychiatrist) and Dr. P. C. Shastri

11:30 am- 1:00 pm
Field visit to Bombay Municipal Corporation (BMC) School, Worli Sea face
Orientation programme conducted for teachers by Social Worker Mr. B. H. Patil

1:00 pm -2:00 pm
Lunch

2:00 pm - 3:30 pm
Discussion and Presentation of Case Studies
- Clinical Psychologist Mrs. Urmila Sawant
Day 2: 22nd July 2008

Venue: Children's Hospital and School for Remedial Education

9.00 am – 10.00 am
Parents' Counselling Session with New Cases of Cerebral Palsy (CP) patients
By Dr. Rakesh Bhansali – Orthopedic Surgeon (Head – CP Unit), Ms Asha Dangarwala (Sr. Medical Social Worker) and Dr. P. C. Shastri

10.00 am – 11.00 am
Cerebral Palsy – Check ups: Therapy Audit Session
By Dr. Rakesh Bhansali – Orthopedic Surgeon (Head – CP Unit), Ms Asha Dangarwala (Sr. Medical Social Worker) and CP Unit Team (Including Occupational Therapists, Physiotherapist, Remedial Teacher and Speech Therapist)

11:00 am – 11.30 am
Case Discussion Session – Developmental and Mental Health Assessment
Moderated by Dr. P.C. Shastri

11:30 am – 12.15 pm
Demonstration and Evaluation of Occupational Therapy - (Interactive session including O.T. Department visit followed by group discussion
By Mrs. Sadhana Joshi (Head - O.T. Dept)

12:15 pm – 12.45 pm
Role of Physiotherapy: Demonstration and Evaluation of Physiotherapy - (Interactive session including P.T. Department visit followed by group discussion
By Mr. Dhruv Mehta (Head – P.T. Dept)

12:45 pm – 1.00 pm
Special Education in Cerebral Palsy – Department visit followed by brief discussion
By Mrs. Pallavi Khedkar, (Head – C.P. Unit school)

1:00 pm – 1:15 pm
Demonstration and Evaluation of Speech Therapy - (Interactive session including S.T. Department visit followed by group discussion
By Mrs. Smita Wagle (Speech and Language Therapist)

1:15 pm - 2:00 pm
Lunch
2:00 pm - 2:20 pm
Importance of prosthesis in mobility and socialisation - Visit to Prosthesis Appliance Workshop
Ms Manisha Sakpal - Head - Workshop

The trainees were presented books and educational CDs on Cerebral Palsy.

2:30 pm – 5:00 pm:
Case Conference attended at Life Centre for Learning Disabilities, Nair Hospital
10 LD cases and 4 MR cases discussed.

The meeting was conducted in the presences of the following team
Dr. Henal R. Shah- Psychiatrist, Nair Hospital
Dr. Alka A.Subramanyam- Psychiatrist, Nair Hospital
Dr. Surbhi Rathi- Paediatrician, Nair Hospital
Mrs. Purnima Mirchandani- Clinical Psychologist, LIFE Trust
Ms. Sheetal Dhillon- Clinical Psychologist, Life Centre
Mrs. Munira Rane- Special Educator, Life Centre
Ms. Rajshri Bhise- Counselor, Life Centre
Ms. Mamta Karpe- Administrative Assistant, Life Centre
Day 3: 23rd July 2008

Venue: The Research Society for the care Treatment & Training of Children in Need of Special Care AND Motibai Thackersey Institute of Research in the field of Mental Retardation

10:30 am – 11:00 am
Multidisciplinary Team and its importance in treatment and training of mentally challenged children - Dr. P. C. Shastri.
This was followed by introduction to the multispecialty team of the institution.

11:00 am – 11:45 am
Importance of special education and various elements like IEP (Individualised Education Programmes) and training modules for the mentally challenged children - Mrs. Kashmira Bharucha (Special Educator)

This also included practical experience session at the Special Education School and Pre-Vocational and Vocational Training Sections. Various innovative teaching methods were demonstrated and explained by the special educators. This included understanding of segmenting the children keeping in mind each child’s need in focus. Some key insights of this session included the following:

- Importance of Teacher and Children ratio
- Formatting Education and Skill Development Programmes based on specific requirements.
- Need for developing motor and sensory skills
- Documenting Daily, Weekly and Monthly Progress Reports
- Training mediums that can be explored for therapy – Dance, Art & Craft, Music, Sports, handicrafts, gardening etc.

11:45 am – 12:30 am
Genetic Laboratory – Cytogenetic and Biochemical Investigations: Importance of diagnostic tests in advising pre-natal diagnosis for future pregnancies. - Dr. Bhanumathi B. (Clinical Cytogeneticist) & Mrs. Chetna Bhatt (Clinical Biochemist).
This included analysis of human karyotypes and its evaluation in detecting conditions like Down’s Syndrome, Fragile X Syndrome and importance of genetic counselling. This was followed by Case Demonstration of various other genetic and metabolic disorders.
12:30 am – 1:00 am
Psychological Assessment of Child and Periodic Development Audit to evaluate impact of
therapy. Psychology Department – Team of Clinical Psychologists including Mrs. Madhumita.
Ghosh, Ms. Kiran Dhir, Mrs. Amita Shah.

1:00 pm – 1:45 pm
**Lunch Break** (at Dept. Of Psychology- with Dr. Shastri, Mrs. T. D. Shroff, Mrs. M. Vipradas,
Mrs. U. Shukla, Mrs. R. Pawar, Mrs. P. Kenia, Dr. N. Goyel, Mrs. R. Desai and the Heads of
the Depts. of MTI.

1:45 pm – 2:15 pm
Importance of Speech and Language Therapy with case demonstration – at Speech Therapy
& Audiology Dept - Ms. Sultana Qureshi (Speech Therapist)

2:15 pm – 2:40 pm
Case Demonstration of Sensory Integration and Occupational Therapy – Team of
Occupational Therapists - Mrs. Rashmi Desai and Mr. Dilip Prabhulkar

2:40 pm – 3:00 pm
Role of Social Worker in Special Education and Research- Social Work Department – Team
of Social Workers - Mr. Ratan Adhikari & Mrs. S. Fernandes

3:00 pm – 3:20 pm
Importance of play therapy and Toy Library - Mrs. S. Fernandes

3:30 pm – 4:00 pm
Group Discussion on Benefits of Dance and Music as effective therapy mediums for the
children in need of special care. - Music Hall.
Day 4: 24th July 2008

Venue: The Research Society for the care Treatment & Training of Children in Need of Special Care AND Motibai Thackersey Institute of Research in the field of Mental Retardation

9:30 am – 11:00 am
Assessment, Diagnosis and Training Programmes for Children with Autism - at Sairam Autism Center (SAC) – Mrs. Rashmi Desai (Occupational Therapist)

11.00 am – 11:30 am
Training the Trainers : Various facets of Training Programmes for Special Educators – Dr. P. C. Shastri

11.00 am – 1:00 pm
Workshop on Development of Self-Esteem in Special Children. Interactive Group Session and Role Play on various dimensions of disability. - Dr. Jay Shastri (Psychiatrist)

1:00 pm – 1:45 pm
Lunch Break

1:45 pm – 2:30 pm
Observation of Sensory Integration and Occupational Therapy Classroom Demonstration – Mrs. Rashmi Desai (Occupational Therapist) and SAC Team

2:30 pm – 3:00 pm
Behaviour Modification in Autism. Psychopharmacology, meditation and holistic therapy approach. – Dr. P. C. Shastri

3.00 pm – 3:20 pm
Speech, Audiology and Language Development in children with Autism - Ms. Sultana Qureshi (Speech Therapist)

3.20 pm – 3:40 pm
Demonstration of effective integration of Autistic Children in School and Vocational Training Centre – Special Educators of School and VTC.

3.40 pm – 4:00 pm
Open Forum with the team of Therapists, Trainers and Trainees
At the end of the Day’s Training Mrs. Tehmi Shroff (Hon. Administrative Director) presented scientific and academic books and literature along with special gifts made by the children.
Day 5: 25th July 2008

Venue: Spring Fields School

9.00 am – 10.30 am
Parenting Workshop – Promotion of Positive Mental Health in Children – Dr. Jay Shastri (Psychiatrist).

Venue: T.N. Medical College & BYL Nair Hospital

11.00 am – 1.00 pm
Functioning of Learning Disability Clinic – Assessment, Early Identification and Remediation - Dr. Henal Shah (Psychiatrist) and Dr. P. C. Shastri.

Venue: School for Remedial Education

1.00 pm – 3.30 am
Remedial Education Programme for Slow Learners, LD, Multiple handicap and Cerebral Palsy - Mrs. Vijaya Adimoolam (Principal), Mrs. Snehlata Desai (Vice Principal)
Day 6: 26th July 2008

Venue: T.N. Medical College & BYL Nair Hospital

9.00 am – 11.00 am

- Felicitation and awarding certification of training and course completion.
- A token amount was also given as a stipend to the participating psychiatrist from developing countries.
- Group Discussion: Programme Outline, Content, Critical Review and Brainstorming.

11.00 am – 12.30 pm

- Interactive session with Social Workers and Clinical Psychologist on Learning Disability - Mr. B. H. Patil & Mrs. Urmila Sawant
Feedback from Participants of the Training Programme

The First Child and Adolescent Skills Training Workshop held in Mumbai from 21-26th July 2008 was a very enriching experience to say the least. At the outset I would like to congratulate all those senior psychiatrists (including you of course) who conceived this programme. When I enrolled for the programme I hardly had any inkling of what lies in store for me. I assumed like all other workshops I'll be confined to a lecture theatre and may carry out role plays or practice tests to learn about various childhood psychiatric disorders, but to my pleasant surprise we hardly stayed at one centre for more than 2 days and visited various centres/hospital in morning and evening sessions. This tour of different centres of excellence in different disorders, whether it was Nair Hospital for School Mental Health programme or SLD clinic, COH for cerebral palsy and SLD School or group of centres at Sewri hill for autism, mental retardation and genetics, was very fruitful and interactive. We could freely interact with the faculty and students/patients who helped in better understanding of the local techniques and improvisations in diagnosing, treating and rehabilitating these children, something which no textbook could teach you. Also some problems are unique to Indian/South Asian perspective which are not/can't be covered by western research/teaching and hence it was nice to know what local improvisations are done to overcome the lack of big funding/fancy gadgets/costly therapies for treating/rehabilitating these children (especially CP, MR, and Autism) and with fairly good results. The teamwork of faculty at these centres was exemplary which probably more than made up for the lack of resources. Most of them were working for years together if not decades. Most importantly these centres gave hope that much could be done for these severe life long disabilities in developing country like India provided one develops the interest and assemble a good team of various specialties for treating these children. Since we were only 4 candidates who attended this workshop we could interact well with the faculty and had better chance of learning one to one. Lastly but not the least I would like to thank you for being the guide for these 6 days and really enlightening us with your long experience in child psychiatry and affectionate way of teaching and making our stay comfortable and memorable.

With Warm Regards and Best Wishes

Dr. Vishal Chhabra
SR, Psychiatry
UCMS and GTB Hospital
DELHI
(19th August, 2008)
It was a very beneficial skill training program which was very successfully and professionally led by Dr. P.C Shastri and his team. Dr. P.C Shastri interacted very well with each participant. We observed how the multidisciplinary team’s hard work and skills resulted the in betterment of children with special need of care. The format of the workshop was very useful and different in which we gained experience working with multidisciplinary team members in different institutes and had interaction with children needing special care. The hospitality and the accommodation arrangement were very good in Mumbai along with excellent Indian food. It was very special and memorable experience in Mumbai, which I would suggest for any psychiatrist or even psychologist to consider and would myself like to participate in future in these kind of workshops and activities.

Dr. Ali Ahsan Mufti  
F.C.P.S (Part 1)  
Resident Institute of Psychiatry,  
Rawalpindi General Hospital,  
Rawalpindi, Pakistan.  
(9th August, 2008)

This skills training has been successfully conducted by Dr. (Prof) P.C. Shastri and his team in Mumbai. The team is very resourceful and knowledgeable. A lot of very informative knowledge has been learned especially in the area of clinical skills, multidisciplinary teamwork and prevention of child mental health. The arrangement of accommodation and hospitality was good and was given warmth reception throughout my stay in Mumbai. For me it has been a wonderful experience which I would recommend any psychiatrist to consider.

Dr. Hamidin Awang  
Psychiatrist and Lecturer  
Department of Psychiatry  
Faculty of Medicine and Health Sciences  
University Putra Malaysia, Malaysia
A Journey through
First Child & Adolescent Skill Training program

Children's Hospital and School for Remedial Education

Case Counseling Sessions

Case Demonstration Sessions

Demonstration of Occupational Therapy

Discussion on Importance of Multidisciplinary Team

Importance of Taking Case History

Multidisciplinary Team contributing to Case Discussion
Innovative Tools used for Therapy

Occupational Therapy using sensory integration

Perceptual Training Tools

Prosthetic Department - Locally developed at cost price

Rehabilitation Centre

Therapy Demonstration

Therapy Sponsors
Nair Hospital AND Community Based School Mental Health (SMH) at Bombay Municipal Corporation School

Community based SMH at BMC School
Learning Disability Case Discussion

SMH - Psychological aspects from Clinical Psychologist

Social Worker addressing School Teachers

Informal Brunch Break at Nair
The Research Society AND Motibai Thackersey Institute of Research in the field of Mental Retardation

Cytogenetic aspects of Detecting Mental Retardation

With Research Team of Genetic & Biochemistry Lab

Craft Making for Cognitive & Motor Skill training

Discussion on Social Rehabilitation

Articles made by Children with Special Abilities

Flower making session - Children with Special Needs
Innovative teaching media - Classification

Vocational Training mentally challenged operating handlooms

Interactive Tea Break with Research Training Staff

Dr. Jay Shastri on Development of Self-Esteem in Special Children.

Teacher's Training Programme for Special Education

Transportation for Daily Commuting

Vocational Training and Rehabilitation Centre

Weekly Training Schedule at Sairam Autism Centre
Concluding Session: Certification on Course Completion

Certificate of Participation Dr. Ali Mufti

Dr. Anukant Mittal awarding participation certificate to Dr. Hamidin Awang

Dr. Kamath awarding Certificate of Participation to Dr. Manaswi Gautam

Certificate of Participation Dr. Chabria

Event Banner

WPA SMH Programme Trainees

WPA SMH Programme Trainees