

CERTIFICATE COURSE IN CHILD AND YOUTH MENTAL HEALTH (CYMH) – 2024

DATE: 16th September 2024- 9th November 2024

Eligibility: The course is open to parents, social workers, therapists, counselors, psychiatrists, college students, occupational therapists and learners from any other field. The course is developed to create and expand communities of care for children and youth.

Structure of the course: The course will follow an **online model**, with Live Sessions along with Teaching Videos.

It is divided into two modules :

- 1. *Foundation Module* (level 1) which includes**
 - 10 Topics (teaching videos for each topic)
 - 2 Online Live sessions
- 2. *Advanced Module* (level 1 + level 2) which includes**
 - 20 Topics (teaching videos for each topic)
 - 4 Online Live sessions

TIMING:

Saturday, 10 am to 11 am for all online live sessions (dates mentioned below)

- 28th September and 12th October (Level 1)
- 26th October and 9th November (Level 2)

COURSE CONTENT:

<p>Level 1</p> <ol style="list-style-type: none"> 1. Introduction to CYMH- Building the cultural context and what in impacting mental health of children and youth <p>Neurodivergence Series</p> <ol style="list-style-type: none"> 2. Understanding Neurodivergence 3. ADHD across the ages. 4. Sensory processing difficulties 5. Autism in early years <p>Mental Health Series</p> <ol style="list-style-type: none"> 6. Depression 7. Anxiety 8. Addiction 9. Body Image and Eating Disorder 10. Trauma and CSA 	<p>Level 2</p> <p>Scaffolding Neurodivergence</p> <ol style="list-style-type: none"> 1. Autism - Intervention model, Social communication and Language Therapy 2. Occupational Therapy 3. ADHD - Supporting Sparkling Minds at home and in school. 4. Parenting Neurodivergent Minds <p>Range of Therapies for CYMH</p> <ol style="list-style-type: none"> 5. Maternal Mental Health from Pregnancy to early Years. 6. Engaging children and youth in Therapy 7. Role of Medication 8. Solution Focused Brief Therapy 9. Narrative Therapy 10. Expressive Arts Therapy
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Course Pedagogy and requirement:

- **Asynchronous Teaching-** Each topic has a teaching video that can be seen at your convenience. The videos will be shared in batches as the weeks progress.
- All topics include a set of **reading materials**
- **Live Online interactive session** after every five topics, for Q/A and consolidation of learning (dates for these session mentioned above)

- Simple **Google form assignment** for each topic (these can be a mix of quiz, MCQ, etc)
- One **Final essay** to be submitted on any topic from the course (word limit of 500-750 max)

REGISTRATION FEE:

- Early Bird Offer **Rs. 5000 for the foundation module** and **Rs.10,000 for the advanced module**
- **Early Bird Offer valid till 2nd September 2024.** After that, the fee will be Rs. 7000 for the foundation module and Rs. 12,000 for the advanced module.
- **Other discounts: 50% student discount** (on showing valid student ID) and **20% group discount** (group of three or more)

Certification will be awarded to all participants upon course completion.
(Note- A minimum of 75% attendance is required)