

FELLOWSHIP IN WOMEN'S MENTAL HEALTH

ABOUT THE UNIVERSITY

Malla Reddy Vishwavidyapeeth is a reputed educational institution located in Hyderabad, Telangana, India. Recognized as a “Deemed to be University under Distinct (Existing) Category,” the university offers multidisciplinary programs across medical, dental, nursing, pharmaceutical sciences, and allied health sciences. The institution emphasizes academic excellence, clinical expertise, innovation, and global collaboration in advancing healthcare education.

PROGRAM OVERVIEW

The Fellowship in Women's Mental Health is a one-year advanced program designed to train healthcare professionals in the diagnosis, treatment, and management of mental health conditions specific to women across different life stages.

The program focuses on:

- Hormonal and biological influences on mental health
- Reproductive mental health including PMS, pregnancy, and menopause
- Mood disorders, anxiety, and eating disorders in women
- Psychotherapy tailored for women including CBT and DBT
- Trauma, abuse, and gender-based mental health issues
- Culturally sensitive and holistic mental healthcare

The program integrates clinical training, psychotherapy, pharmacological management, and research to ensure comprehensive expertise in women's mental health.

(Deemed to be University)

PROGRAM EDUCATIONAL OBJECTIVES (PEOS)

Graduates will be able to:

1. Understand biological, psychological, and sociocultural aspects of women's mental health.
 2. Manage reproductive-related mental health conditions.
 3. Diagnose and treat mood, anxiety, and eating disorders in women.
 4. Apply gender-specific psychotherapeutic and pharmacological treatments.
 5. Provide trauma-informed and patient-centered care.
 6. Address mental health across pregnancy, postpartum, and menopause.
 7. Conduct research in women's mental health.
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PROGRAM OUTCOMES (POS)

1. **Clinical Expertise:** Diagnose and manage women-specific mental health conditions.
2. **Psychotherapy Skills:** Deliver gender-sensitive therapeutic interventions.
3. **Reproductive Psychiatry:** Manage mental health across reproductive stages.
4. **Trauma Care:** Provide care for trauma, abuse, and violence-related conditions.
5. **Holistic Care:** Address biological, psychological, and social factors.
6. **Cultural Sensitivity:** Provide inclusive and culturally appropriate care.
7. **Research Orientation:** Contribute to advancements in women's mental health.

COURSE OUTCOMES (COS)

- CO1: Diagnose gender-specific mental health disorders.
- CO2: Manage perinatal, postpartum, and menopausal mental health conditions.
- CO3: Treat eating disorders and mood disorders in women.
- CO4: Apply trauma-informed therapeutic approaches.
- CO5: Integrate clinical and psychosocial care in treatment.

PROGRAM-SPECIFIC OUTCOMES (PSOS)

1. Demonstrate expertise in women's mental health.
2. Apply advanced gender-specific clinical and therapeutic approaches.
3. Integrate multidisciplinary and patient-centered care strategies.

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PROGRAM DETAILS

- Certificate Awarded by: Malla Reddy Vishwavidyapeeth (Deemed to be University)
- Program Duration: One-Year Fellowship
- Mode of Delivery: Clinical + Theoretical + Hands-on Training

ELIGIBILITY CRITERIA

- Academic Qualification: MD in Psychiatry / Clinical Psychology / Obstetrics & Gynaecology or equivalent
- Professional Requirement: As per institutional norms

KEY FEATURES

- Specialized training in women’s mental health
 - Hands-on exposure to clinical and therapeutic interventions
 - Training in CBT, DBT, and gender-sensitive psychotherapy
 - Focus on reproductive and hormonal mental health
 - Emphasis on trauma-informed care
 - Evidence-based and holistic practice
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LEARNING OUTCOMES

KNOWLEDGE & UNDERSTANDING

- Comprehensive understanding of mental health across women’s life stages
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COGNITIVE SKILLS

- Clinical decision-making in gender-specific mental health conditions
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PRACTICAL & PROFESSIONAL SKILLS

- Proficiency in psychotherapy and pharmacological management
 - Hands-on experience in clinical settings
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TRANSFERABLE SKILLS

- Patient communication and counselling
 - Culturally sensitive care delivery
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SUBJECT-SPECIFIC SKILLS

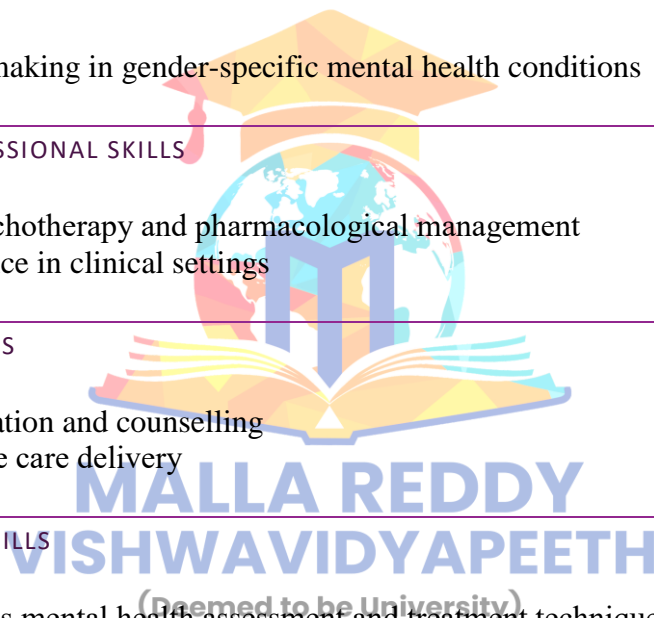
- Advanced women’s mental health assessment and treatment techniques
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CURRICULUM MODULES – THEORY

SEMESTER 1: FUNDAMENTALS OF WOMEN’S MENTAL HEALTH

- Introduction to Women’s Mental Health
 - Biological and Hormonal Factors
 - Psychiatric Disorders in Women
 - Psychotherapy Approaches (CBT, DBT)
 - Reproductive Mental Health
 - Clinical Rotations
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SEMESTER 2: ADVANCED WOMEN’S MENTAL HEALTH



- Mental Health in Pregnancy and Postpartum
 - Trauma and Abuse
 - Eating Disorders
 - Menopause and Mental Health
 - Culturally Sensitive Care
 - Research Project & Case Studies
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PRACTICAL COURSEWORK

- Assessment and diagnosis of mental health disorders in women
 - Psychotherapy sessions (CBT, DBT)
 - Management of perinatal and menopausal conditions
 - Case discussions and clinical decision-making
 - Patient counselling and support
 - Documentation and clinical logbook
 - Research and dissertation work
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CAREER OUTCOMES

Graduates can pursue careers as:

- Women's Mental Health Specialist
- Psychiatrist / Clinical Psychologist
- Perinatal Mental Health Specialist
- Counselling and Rehabilitation Specialist
- Academic and Research Professional



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