



Curriculum

FNB Fellowship

2025



Child and Adolescent Psychiatry

- ◆ Introduction
- ◆ Objectives of the Programme
- ◆ Teaching and Training Activities
- ◆ Syllabus
- ◆ Log Book
- ◆ Recommended Textbooks and Journals



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1. INTRODUCTION

The Child and Adolescent Psychiatry Fellowship is a two-year advanced training in Child and Adolescent Psychiatry to prepare fellow who are experts in dealing with psychiatric problems in children and adolescents.

2. OBJECTIVES OF THE PROGRAMME

- Become conversant with the psychiatric assessment of children of adolescents which differs substantially from assessment in adults.
- Prepare and implement a management plan as per the Biopsychosocial model.
- Understand the importance of Multidisciplinary management in this population.
- Understand the unique features of presentation of psychological problems in this population and how it differs from the adult population.
- Understand the various legislations related to this population.
- Learn the basics of research methodology and pursue both clinical and experimental research in this field.

3. TEACHING AND TRAINING ACTIVITIES

Schedule of Training for the FNB (Child and Adolescent Psychiatry) course:

- Course requirements as per NBE guidelines will be met.
- Rotational postings in respective departments as per availability (Inpatient, Outpatient, Speciality Clinics, Community).
- Exposure to care of specialized subgroups/special settings for 2 months (Organizations working with street children, NGOs etc.).
- Elective posting in other departments of respective Institutes as per availability for 2 months. (Paediatrics)
- One poster/paper presentation in National Conference



- One Publication in Indexed Journal

Teaching Methods and Learning Opportunities:

- Emphasis on self-directed learning, working in various areas, and interactions during the rounds.
- Trainees will be required to attend, participate and present academic programs, including Journal Club, Seminar, Case Conference, and Tutorials.
- Didactic teaching on specific themes and areas will be scheduled from time to time with the faculty from the centre, other departments of the Institutes, and renowned faculty.
- Trainees will be made aware of research methodology, data collection, planning a research design, extracting information out of the articles, and to be able to review them critically.
- Assessments will consist of both formative and summative assessments.

4. SYLLABUS

Clinical Child and Adolescent Psychiatry

- Principles and practices of Child and Adolescent Psychiatry
- It covers the diagnosis, treatment, management, and prevention of common and uncommon psychiatric disorders and syndromes that affect children and adolescents
- Developmental disorders are included, such as mental retardation, autism, specific developmental delays, and ADHD
- Other disorders covered include disabilities and deviations, behavioral and emotional disorders, adult type disorders with juvenile onset, schizophrenia and related disorders, mood disorders, neurotic, stress, somatoform disorders, habit and tic control, behavioral syndromes associated with physiological and physical factors, disorders of personality and behavior, neuropsychiatric and



organic brain syndromes

- Treatment approaches include both somatic and psychosocial methods, such as child and adolescent psychopharmacology, play therapy, behavior therapies, family-oriented therapies, and individual psychotherapy
- Counseling, group therapy, and other psychotherapies.

Infant Psychiatry

- Deals with psychological disorders that occur during infancy
- The disorders covered include those related to attachment, social functioning, pathological anxiety, phobias, feeding disorders, habits, and disorders of psychological development.
- Infant psychiatry focuses on understanding and treating these disorders in infants, who may not be able to communicate their needs or symptoms effectively.

Child & Adolescent Substance Abuse

- This is concerned with mental and behavioral disorders caused by the use of psychoactive substances in children and adolescents.
- This field focuses on substance use disorders caused by various substances, including alcohol, opioids, cannabinoids, sedatives and hypnotics, cocaine, psychostimulants, hallucinogens, tobacco, solvents, and any other substances that can be abused by children and adolescents.
- Substance use disorders can have serious consequences for children and adolescents, including impaired physical and mental health, social and family problems, academic difficulties, legal problems, and an increased risk of addiction and other mental health disorders in adulthood.
- Treatment for substance use disorders in children and adolescents may involve a combination of pharmacological and psychosocial interventions.

Neuro-Development and Child Neurology

- Diagnosis and management of common neurological and neuro-developmental disorders in children



- Includes infections, metabolic and neuro-degenerative disorders, childhood epilepsies and epilepsies, encephalopathies, and cerebral palsy
- Diagnostic procedures such as brain imaging and electrophysiology

Disabilities and rehabilitation

- Assessment and certification of disability including intellectual disability and specific learning disabilities.
- Rehabilitation and remediation for various disabilities

General Pediatrics as applicable to CAP:

- Diagnosis and management of common pediatric problems – infections, infestations, deficiencies, nutritional disorders and endocrine disorder and immune disorders.
- Developmental and preventive pediatrics including growth monitoring, immunization schedules, behavioral pediatrics

C-L Psychiatry:

- Psychosocial dimensions in chronic pediatric disorders and principles and practice of C-L psychiatry

Theories of development and clinical child psychology:

- Normal developmental theories i.e. cognitive, social and emotional development, biological, family and social influences on development; temperament and personality development; standardized methods of psychological evaluation

Community CAP mental health:

- Working knowledge of community approaches in CAP mental health, psychiatric social work, child rearing practices and impact of social changes, child abuse, child labour, child adoption and children in difficult circumstances.
- Concepts and practice of school mental health. Promotive health of school and out of school children including life skill education.
- Liaison and training for non-governmental and governmental child care



agencies in programme development and psychosocial intervention.

- Principles and practice of community based rehabilitation

Basic sciences:

- Genetics, neuro-chemistry, neurophysiology, microbiology, virology, anthropology, sociology, biostatistics including multi-variate approaches as applied to theory and practice of CAP.

Legal, administrative perspectives on child and adolescent mental health:

- Legislations, policies and programmes pertaining to children and adolescents including the juvenile justice system in India and elsewhere

Therapeutics:

- Theoretical basis, principles and practice, rationale, technique, indications, contraindications, side-effects, special considerations with regard to all the known pharmacological and non-pharmacological (psychological) treatment approaches

Research methodology and statistics:

- Learn research methodology and statistics as applied to CAP.
- To be able to undertake and supervise research

5. LOG BOOK

A candidate shall maintain a log book of OPD and IPD cases assessed and managed during the training period, certified by the concerned post graduate teacher / Head of the department / senior consultant. This log book shall be made available to the board of examiners for their perusal at the time of the final examination.

The log book should show evidence that the before mentioned subjects were covered (with dates and the name of teacher(s)) The candidate will maintain the record of all academic activities undertaken by him/her in log book.

- Personal profile of the candidate



- Educational qualification/Professional data
- Record of case histories
- Record of case Demonstration/Presentations
- Every candidate, at the time of practical examination, will be required to produce performance record (log book) containing details of the work done by him/her during the entire period of training as per requirements of the log book. It should be duly certified by the supervisor as work done by the candidate and countersigned by the administrative Head of the Institution.
- In the absence of production of log book, the result will not be declared.

6. RECOMMENDED TEXTBOOKS AND JOURNALS

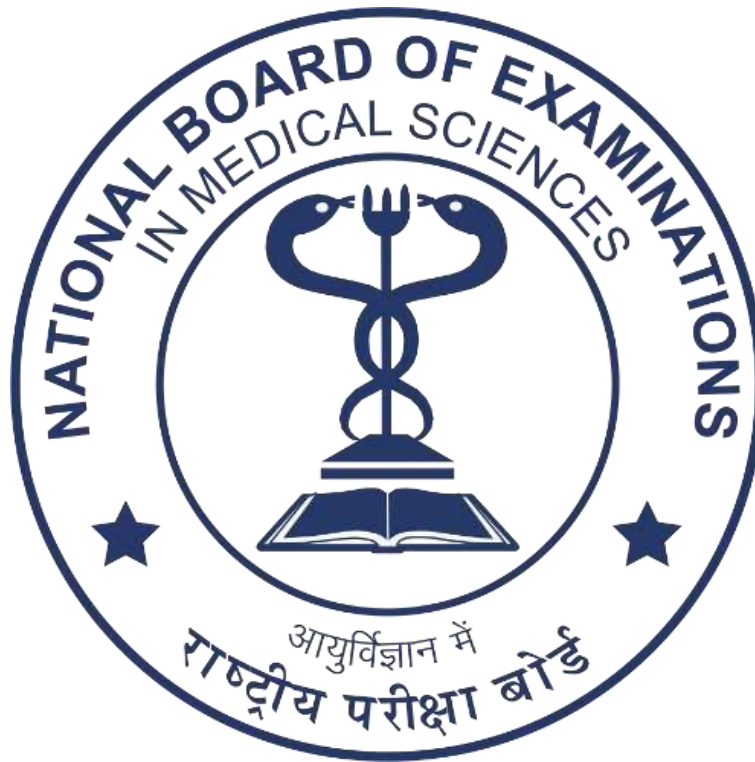
Books

1. Dulcan's Textbook of Child and Adolescent Psychiatry, ed.3 by Mina K. Dulcan (Editor)
2. Lewis's Child and Adolescent Psychiatry, 5th edition by Andrès Martin (Editor); and others
3. Diagnostic and Statistical Manual of Mental Disorders, 5th edition (DSM-5) by American Psychiatric Association
4. Kaplan and Sadock's Comprehensive Textbook of Psychiatry
5. Rutter's Child and Adolescent Psychiatry, 6th Edition – Wiley
6. JM REY'S IACAPAP e-Textbook of Child and Adolescent Mental Health



Journals

1. Journal of Indian Association of Child and Adolescent Mental Health
2. Child and Adolescent Psychiatry and Mental Health
3. Infant Mental Health Journal
4. Journal of the American Academy of Child & Adolescent Psychiatry
5. Journal of Clinical Child and Adolescent Psychology
6. American Journal of Psychiatry
7. Indian Journal of Psychiatry
8. British Journal of Psychiatry



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