

Status of Clinical Psychology in India – (A Retrospective Analysis of Review)

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ABSTRACT

The present retrospective analysis of review study focused on status of clinical psychology in India as compared to European countries. The roles of clinical psychology in present scenario in the field of teaching, training, research, administration and holistic approach of psychological interventions are challenging and very rewarding but the biggest problems facing this sector are its inability to attract the talented personnel. A number of studies show that about 25% of trained professionals are going abroad due to better remunerations, service condition and future prospect. This has to be stop by providing better services conditions, standard salary package and status at par with the medical counterpart. However without proper Government policy, regulating and framing the law, code of conduct and creating a national licensing board similar to the American Psychological Association and British Council for Psychologist status of clinical psychologist cannot be improved.

Keywords: *Clinical psychology, ethic codes and trained manpower development.*

The Clinical psychology as a branch of applied psychology is under developing stage and has having very enormous scope in India. This is a well recognized and developed science in western countries. This science has broad and diverse in nature study human mind, brain and behavior. It is covering largest branch of psychology dealing with psychological assessment, clinical diagnosis, prognosis, intervention and prevention of psychological diseases. Moreover study of a person's reaction, emotion and behavior and apply understanding of that behavior to treat the associated behavioral problems. Treatment is focused on therapy and counseling rather than prescribing medications.

The roles of clinical psychologist in present scenario as teaching and training faculty, research scholar, administrator, clinician and psychotherapist are challenging and very responsible. It is therefore essential for every clinical psychologist to make use of a certain degree of elasticity and originality in their approach to day to day practice. They can play a team work leader and very much assertive on both medical and paramedical issues. The code of conduct and ethical issues are outlines the responsibility of a clinical psychologist in the Rehabilitation Council of

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India regulations. There are very much concern while issuing certificates, in any kind and dealing with medical - legal cases. There psychological report is based upon clinical finding, mental status examination and objective assessment equipments.

The clinical psychology has travel a long distance since Dr. GS, Bose a medical practitioner in this field established him and considered as first Calcutta based clinical psychologist in India. He started a course in psychoanalysis for Post Graduated Course in psychology at Calcutta University during twenty centaury. This period was important for professional growth and development in clinical psychology. It is widely recognized in the European country especially in Germany, United State of America and United Kingdom.

Government of India established the All India Institute of Mental Health at Bangalore currently famous as National Institute of Mental Health and Allied Neuro – Sciences where a post graduate diploma in medical psychology was started as a full time course with supervised internship training in clinical psychology. Subsequently, various nomenclatures like DMSP, MM&SP and currently M.Phil in clinical psychology are being used for full time training courses in clinical psychology. Central Institute of Psychiatry, Ranchi in (1962) and after that Ranchi Institute of Neuro - Psychiatry and Allied Sciences, Ranchi in (2000) introduced similar courses. Recently more than two dozen centre have started training programmes in clinical psychology in government as well as private set - up recognized by Rehabilitation Council of India, New Delhi and affiliated to Indian universities recognized by University Grant Commission. Some of them are working under centre of excellence by ministry of health and other university department and apex institute under ministry of social justice and empowerment.

The services of clinical psychologists are required in psychiatry department of medical colleges, mental hospital and more or less for all disability rehabilitation centers but their services are essentially needed for persons with intellectual disability and mental illness. The areas of responsibility as a clinical psychologist includes child mental health, learning disability, emotional problems, positive health, substance abusers and adult mental health etc. to care and provide services to the needy persons. Clinical psychologists working in rehabilitation centre are an integral part of the medical board member to assess persons with intellectual disability and provide their percentages of disability based on IQ testing and disability assessment scales. Despite of that almost two generations of trained clinical psychologist have spent their life in their professional set – up, moreover still have been lacking behind our professional position at par with other medical colleagues.

Table: 1 Showing Demand Estimated of Clinical Psychologists in India

SN	Personnel	Years
1.	3,037	2007
2.	3,155	11 th Five Year Plan
3.	3,232	12 th Five Year Plan

During the year 2007 their total demand was estimated to be 3,037 personnel who will be increase to 3,155 by the end of 11th five year plan and will further increase to 3,232 by the end of 12th five year plan. As the number of disabled population will be increasing, the demands of such personnel will also increasing. About 85% of them are needed at degree level and remaining 15 % at certificates level.

Table: 2 Showing Stock of Trained Manpower as Clinical Psychologists

SN	Clinical Psychologists	Years
1.	209	2007
2.	465	2012
3.	785	2016
*4.	852	Current

- As per Indian Association of Clinical Psychologists, Membership Directory

The stock of trained manpower in terms of clinical psychologists were available 209 in the year of 2007, 465 in the year of 2012 and 785 to be in the years of 2016. According to IACP annually report there are currently 852 members in the association. They may be or may not be associated with Rehabilitation Council of India.

A number of studies show that about 25% of trained professionals are going abroad due to better remunerations, service condition and job future prospect.

As estimation shown only few persons with PhD who are engaged in this sector. To overcome this apex national institutes and universities should offer more doctoral and post graduates courses in this stream. Expert from throughout the country as well as abroad would be involved to encourage the student for higher professional qualifications.

The biggest problems facing this sector are its inability to attract the talented persons. Because they feel that there is not much carrier future prospect in the field. It has been observed that from our experience that the professionals engaged in this field are getting very low salary perks etc.,

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social recognition, and no good future carrier prospect, identify crisis and treated as assistant to medical doctors. Most of the teaching faculty working in national institutes, NGO, etc were seems to be frustrated. A bright carrier policy would be framed to avoid stagnation. Adequate effort should be made to attract trained personals by providing standard salary packages better future prospects and better service conditions.

Regarding status of clinical psychologists some advice are made in term of immediate ban on self style practitioner by regulating and framing law code of conduct and creating a national licensing board by similar to the American Psychological Association and British Council for Psychologist.

An old study by Barnett's , (1955) very relevant nowadays also that clinical psychologist is very much busy with doing psycho diagnostic psychometry like Rorschach and TAT etc and testing was done by poorly trained people. Projective techniques should be used by qualified persons only. Moreover a person having M.A degree in philosophy that was practicing psychoanalysis even today a poorly trained psychologist doing practices without proper internship training.

Barnette, (1955) study also found that there were no textbook available by Indian authors. Although we did come across a textbook by Bhatia, (2008) named Textbook of Clinical Psychology. According to K.R. Rao, (2008) report psychology in India is in such a sorry state that it is widely felt that it needs to look back into its own tradition and learn from it.

In the present time, the status of clinical psychology might be improved or better due to technological advancement of digital technology specially uses of internet in diagnosis, prognosis, and psychodynamics of emotional diseases management and prevention of mental health problems.

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