

6 MONTH INTENSIVE PRACTITIONER PROGRAM

CERTIFICATE OF COMPLETION

This is to certify that Ms. Durga Menon has completed UNREAD, the 6-month intensive practitioner program (September 2021 to February 2022) with Hank Nunn Institute.

UNREAD is geared towards providing individuals with an opportunity to develop themselves as mental health professionals. It aims to take a more anthropological perspective on mental health by reflecting on the world we are born into and recognizing the impact of the complexities of existence on mental health. UNREAD attempts to tie the capacity building of mental health professionals to attitudes that impact change in society and enhance the quality of life of communities around us.

The objectives and aims of UNREAD include:

- To unlearn concepts that locate disturbances in an individual.
- To relearn the ability to think critically as well as understand life stories within the larger socio-cultural and political context.
- To adapt to the ever-changing nature of human life.
- To advocate for every individual's right to dignity in mental health care is essential in developing a conscious eco-bio-psycho-social attitude towards growth.
- To experience three important aspects of psychotherapy training – clinical work, supervision, and personal therapy – and the interplay between the same.
- To learn to work in a clinical team – begin to reflect on group dynamics and phenomena.
- To develop a shared understanding of personality disorders and the treatment pathways.
- To gain knowledge of, understand, and experience, the psychodynamic - relational, therapeutic communities, and group analysis approaches to psychotherapy
- To learn how to assess and mitigate risk as part of clinical work.
- To understand the significance of the therapeutic relationship and the processes involved in relational psychotherapy.

The different components involved in achieving these objectives are:

- Theories and concepts (Knowledge Sharing): academic seminars, theories, and concepts (related to group analysis, therapeutic communities, psychodynamic and relational work)

- Theories and Concepts (Experiential Learning): large groups, reflective reviews, reflective exercises, presentations.
- Clinical experience: assessments (including presentations and report discussion), risk management plans, therapeutic conversations. Includes supervision – once weekly thinking space for clinical engagements.
- Therapeutic Community Learning: experiential learning through participation at Mosaic (weekly academic therapeutic community), GreenCloud (therapeutic engagement space for nature enthusiasts), and Hank Nunn Institute.
- Documentation, design, planning, and other administrative tasks: weekly staff meetings, quarterly reviews, formulating and writing assessment reports, documentation of clinical work, and minutes of meetings.
- Community Mental Health: community awareness – fortnightly awareness events to engage the larger community. Outreach – Developing proposals based on need analysis, designing, and executing workshops, coordinating for online workshops, webinars, engagement, and training spaces. Community projects developed and executed by cohort.
- Reflective Spaces: self-study and reflective writing.
- Group therapy: group psychotherapy with other members of the UNREAD cohort.

Durga has engaged in the various components mentioned above to the following extent:

Activity	Dedicated Hours
Theory & concepts - Knowledge sharing	86.75
Theory & concepts - Experiential learning	82.25
Clinical Experience	64.5
Therapeutic Community Learning	286
Community Mental Health	106.25
Reflective Spaces	46
Group Therapy	34.5
Total	706.25

Durga has been proactive and diligent in terms of her work ethic. She has demonstrated excellent communication and planning skills when working with different teams. Her passion for research and creative use of language has come through in the presentations she has made. Although she started UNREAD with a cognitive-based approach to mental health, she has been open to challenging her existing beliefs and has grown to develop a more holistic understanding of complex human experiences.

Her presence and initiative in all spaces - not just formal learning experiences but also social engagements within the team - are reflective of her eagerness to learn while slowly building connections. She has actively participated in the community project at Aagaaz Theatre Trust, and engaged with young mental health enthusiasts through Within Us in furthering their understanding of mental health. She has also co-created a mental health podcast - Kripa Dhyaan Deejye - with her peers and will continue working on it post UNREAD with quiet perseverance. Durga has been slow to warm up in using group and community spaces for personal reflection, however, has always been receptive to feedback and followed through with questions and clarification. With time, Durga became aware of her fear of conflicts and thus challenged herself to take risks and express differing opinions with her peers and members of staff. Durga's efforts towards learning to be more open have stimulated her creativity. We hope she trusts her wisdom as she grows to be a mental health practitioner.

We wish her all the best in her journey. We are certain she will add value to every community she interacts with.



Pratiksha Tewari
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28.02.2022



Shama Parkhe
Clinical Director
28.02.2022



Gunjan Narang
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28.02.2022