

Minutes of Sindh Mental Health Authority Meeting

Venue: Hotel Indus Hyderabad, Sindh
Chaired By: Prof. Dr. Irfana Shah
Meeting time: 11:00 am to 2:00 pm

Dated: February 13th, 2020

Meeting attended by:

No:	Name	Institute
1.	Dr. Karim Khawaja	Senator, Chairman of Sindh Mental Health Authority
2.	Prof: Dr. Irfana Shah	Chairperson, Department of Psychology (UoS)
3.	Prof: Dr. Uzma Ali	Director, Institute of Clinical Psychology (UoK)
4.	Prof: Dr. Qudsia Tariq	Chairperson, Department of Psychology (UoK)
5.	Prof: Dr. Zainab Zadeh	Dean and Director, Institute of Professional Psychology (B.U)
6.	Sheeraz Ilyas Shaikh	Assistant Professor, Department of Psychology (UoS)
7.	Dr. Rubina Kidwai	Member, Mental Health Authority
8.	Dr. Muniza Malik	Assistant Professor, Department of Psychology (UoS)
9.	Dr. Hina Imran	Institute of Clinical Psychology (UoK)
10.	Dr. Sarwat Jahan Khanam	Institute of Clinical Psychology (UoK)
11.	Dr. Sobia Aftab	Institute of Clinical Psychology (UoK)
12.	Dr. Aijaz Q. Patoli	Medical Superintendent, Sir CJIP Hyderabad
13.	Dr. M. Sohail Sahto	Consultant at JPMC Karachi
14.	Dr. Aftab Ahmed Qazi	Department of Health DGIPSS
15.	Dr. M.Suleman Otho	Consultant MHS
16.	Mr. Rab Dino	Teaching Assistant Department of Psychology (UoS)

Apologies:

No:	Name	Institute
1.	Prof. Dr. Seema Munaf	Professor Meritorious- Institute of Clinical Psychology, UoK
2.	Mr. Ziauddin Khoso	Lecturer, IBA Sukkur

11.00am: Meeting started with the recitation of Holy Quran, followed by the warm welcome by Dr. Irfana Shah. Dr. Khawaja also briefed the august guests about the importance of Mental Health Act in the province of Sindh. He further said there are approximately 140 registered Psychiatrists working in Sindh but only 110 can only be accessible due to reasons of limited data bank. While, 20 districts in Sindh have no psychiatrist at all. Looking at scarcity of psychiatrists, one can imagine the status of Psychologists in the health department of Sindh. Psychologists are nowhere in Judiciary, health, sports and industries. So we have to determine criteria for Psychologists along with their probable work positions.

Prof. Dr. Qudsia Tariq shared her views that we enrolled 500 students in Psychology Department, Karachi University, and offering specialization in Forensic Psychology, Clinical Psychology and Industrial Psychology. We should focus on only how to involve psychologists in providing the required services of Mental Health to the people of the province.

Dr. Sobia Aftab extended it and said there is need to create seats now BPS- 17 grade or equivalent grade posts for counselors whose eligibility and job description should be determined in this act.

Prof. Dr. Zainab Zadeh expressed her concern that since we are dealing with the mental health so 16 years education is not enough. 18 years education must be criteria for counselors, which could be under the supervision of Senior faculty members. We could also follow the model of MBBS training for Counselors means graduation followed by House jobs so these counselors must have done some rigorous internship, diploma or fellowship at some reputable institute.

Prof. Dr. Irfana Shah said we need to focus on fresh graduates from any HEC recognized university. We can amend our syllabi to give them required expertise along with internship experience so they could serve the society in an efficient way. In addition to graduation degree, 1 year diploma in required field of psychology should be considered as minimum criteria of counselors.

Dr. Sarwat Jahan Khanam shared her views and said we need to look at curriculum. Internship and supervision of counselors in very important.

Dr. Aijaz Patoli said international societies follow Bio-Psycho-Social modal to treat mental health issues. We need to focus on Capability building programs like short term and long term certificate courses like virtual university offering.

Prof. Dr. Uzma Ali said psychologists are privileged that they are providing mental health services not only in hospitals and health units but working with police department as well. So we need to make amendment according to need, consumption and available expertise.

Sheeraz Ilyas Shaikh said 16 years of degree is more than enough for Psychologists for appointment in various sectors of society. However, we can add 1 year of specialization/ diploma after graduation in the required field. Making criteria tougher doesn't mean to provide best mental health services

but it could hinder the youth to have jobs. While, for efficient and effective job performance, we can set SOPs for professionals in mental health act.

Dr. Hina Imran was of the view that we need to define counselor and clinical psychologist, and their scope and criteria.

Prof. Dr. Irfana Shah, chair of the meeting, formulated a technical sub committee of the following members to develop a consent on definition, criteria, qualification and title of Psychologists to be appointed in the text of Sindh Mental Health Act. This to report her in next 1 month.

Committee Members include:

1. Prof: Dr. Qudsia Tariq
2. Prof: Dr. Zainab Zadeh
3. Prof: Dr. Uzma Ali
4. Dr. Rubina Kidwai
5. Mr. Sheeraz Ilyas Shaikh
6. Dr. Aftab Ahmed Qazi
7. Dr. Suleiman Otho

The meeting ended by vote of thanks and followed by lunch.