

# peejays

## Child Guidance Clinic (CGC)



Multidisciplinary Guidance for Children with Special Needs

**A. M. Thomas Road, Cochin, S. India**

For more information, call us at **0484 6500755**

or visit us online at **[www.peejays.in](http://www.peejays.in)**



**“If I Can’t Learn The Way You Teach,  
Teach Me The Way I Can Learn.”**

# Child Psychiatry

## An emerging sub-speciality



## Psychiatry

Psychiatry itself is a new branch of Medicine. It is now practised as application of basic Neuro-sciences to every person's day-to-day problems; this has helped to remove the old misconceptions and stigma about psychiatric consultations.

## The Mind

Using the latest research techniques, doctors today know that the Mind is generated by the Brain; we 'think' and 'feel' inside the brain. Mind's functions such as Speaking, Thinking, Feeling, Learning, Reading, Writing etc. are carried out by specific biochemicals in designated areas of the Brain.

## Child Psychiatry

Any developmental delay or later dysregulation in designated brain areas can cause Learning Disorders, Attention Deficit Disorders (ADHD), Autism, Speech and Language Disorders etc. in children, as well as Behaviour and Emotional Disorders.

With the rapidly-changing family and social structure in these times, Learning and Behaviour Problems in children have compounded.

Hence the emergence of Child Psychiatry as a subspeciality.

# Child Guidance Clinic (CGC)

## The Team

Unlike in adults, children tend to have an overlap of Developmental, Neurological, Academic and Emotional disorders - at the same time, in the same child. Therefore, a Team of Specialists from all related fields is required to evaluate children with difficulties. Such a Multi-disciplinary approach is made possible in the Child Guidance Clinic (CGC) by having Clinical and educational Psychologists, Social Workers, Special Educators, Language Pathologist, Speech Therapist and Psychiatrist in the Team for appropriate guidance or treatment.



## Our Team

- ☐ Professional Co-ordinator, Clinical Psychologists
- ☐ Educational psychologist, Language Pathologists
- ☐ Special Educators, Social Workers
- ☐ Consultant Neuro-physician, Consultant Psychiatrist

## The Setting

This team work in the open setting of the CGC encourages Children and their Parents to walk in and seek help for Learning Difficulties, Emotional Problems or Poor School Performance without fear or stigma.

Our Schools also must have access to an authentic Resource Centre with various Specialists, where they can confidently seek an expert opinion about the child's performance in order to help him/her.

# Children who need the Services

Many difficulties in children may be just variations of the normal; even so, a professional evaluation is called for :

- ☐ Poor School Performance (PSP) and Learning Disorders (LD) to understand the causes in each child
- ☐ Various levels of Intelligence (IQ) and types of Intelligence
- ☐ Academic Skill Deficits in Reading, Writing, Spelling, Maths etc.
- ☐ Speech and Language Disorders, Stuttering, aphasias
- ☐ Motor skill deficits - poor handwriting, clumsiness etc.
- ☐ Attention Deficit Disorder (ADHD); Concentration / Memory problems
- ☐ Eating and sleep disturbances, bedwetting, nail biting etc.
- ☐ Overactivity, Aggression, Bullying
- ☐ Defiant/Oppositional Behaviour. Conduct Disorders
- ☐ Addiction to TV / Computer; disorganised routines
- ☐ Tics / Tourette disorder, 'Silent' Epilepsy
- ☐ Obsessive Behaviour and Disorders; procrastination etc.
- ☐ Anxiety, School Phobia, Exam phobia and various fears in the child.
- ☐ Depression, social withdrawal, loss of interest;
- ☐ Developmental Neurological disorders.
- ☐ 'Functional symptoms like Headache, Breathlessness, Stomachache, frequent sickness, absenteeism from school etc.

These are some of the difficulties that need to be checked out by a Team of Specialists. Such a facility is provided in one single centre as the CGC.

**appointments call us at 0484 6500755**

# Stages of Evaluation: PROTOCOL

## **i) Intake Interview:**

Major step in diagnosis, with details from parents, child, report from teacher and samples from the child's work etc. To identify the child's problems and to determine which other specialist needs to examine the child, if necessary.

## **ii) Physical/ Neurological Examination:**

Especially to include soft neurological signs, hearing, vision etc, may be done by the doctor where necessary.

Tests like EEG or other investigations done if necessary as an affordable package

## **iii) Assessing Overlapping Disorders:**

This forms a significant part of our evaluation unlike other centres which are not multi-disciplinary. Other co-existing Disorders are identified in the child by focussed evaluation and multi-axial diagnosis.



## **iv) Assessment of Poor School Performance (Learning Disorders):**

The basic sets of assessments include:

- ☐ Tests of General Intelligence (IQ).
- ☐ Grade-based Assessment of Reading Skills, Writing and Spelling Skills, Maths and Language Skills, Concentration, Comprehension, Handwriting, Learning Skills / strategies. Pre-academic skills.
- ☐ Tests of Speech and Language development.
- ☐ Neurological assessment / EEG etc.
- ☐ Identification of Special abilities / Skills.

## **v) Multidisciplinary Diagnosis and documentation**

## **vi) Psychoeducation, Guidelines and Counselling**

# SERVICES

## Clinical Services for Children

- ☐ Screening, Testing for Poor School Performance (PSP), Intelligence (IQ), Learning Disorders etc.
- ☐ Evaluation and guidance for Emotional, Conduct and Behaviour problems, Attention Deficit Disorders etc.
- ☐ Speech & Language Evaluation and Remediation.
- ☐ Guidance for parents of children with LD / other Disorders.
- ☐ Remedial programmes for Learning Disorders, ADHD.
- ☐ Clinical Services for Psychological disorders in children.

## Outreach Programmes

- ☐ Consultation and Liaison for Resource Room Services in schools.
- ☐ Sensitisation / Workshop modules for schools, Teachers, Parents
- ☐ Well laid-out teacher Training Course for Learning Disorders.
- ☐ Workshop for Children with Learning Disorders, or other Skill Deficits.
- ☐ Workshop for 'Learning Strategies' for children.
- ☐ Workshop on 'Life Skills' for children.
- ☐ Research & Documentation
- ☐ Liaison with centres in India and Abroad for original research, documentation and academic publication as a major focus.



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