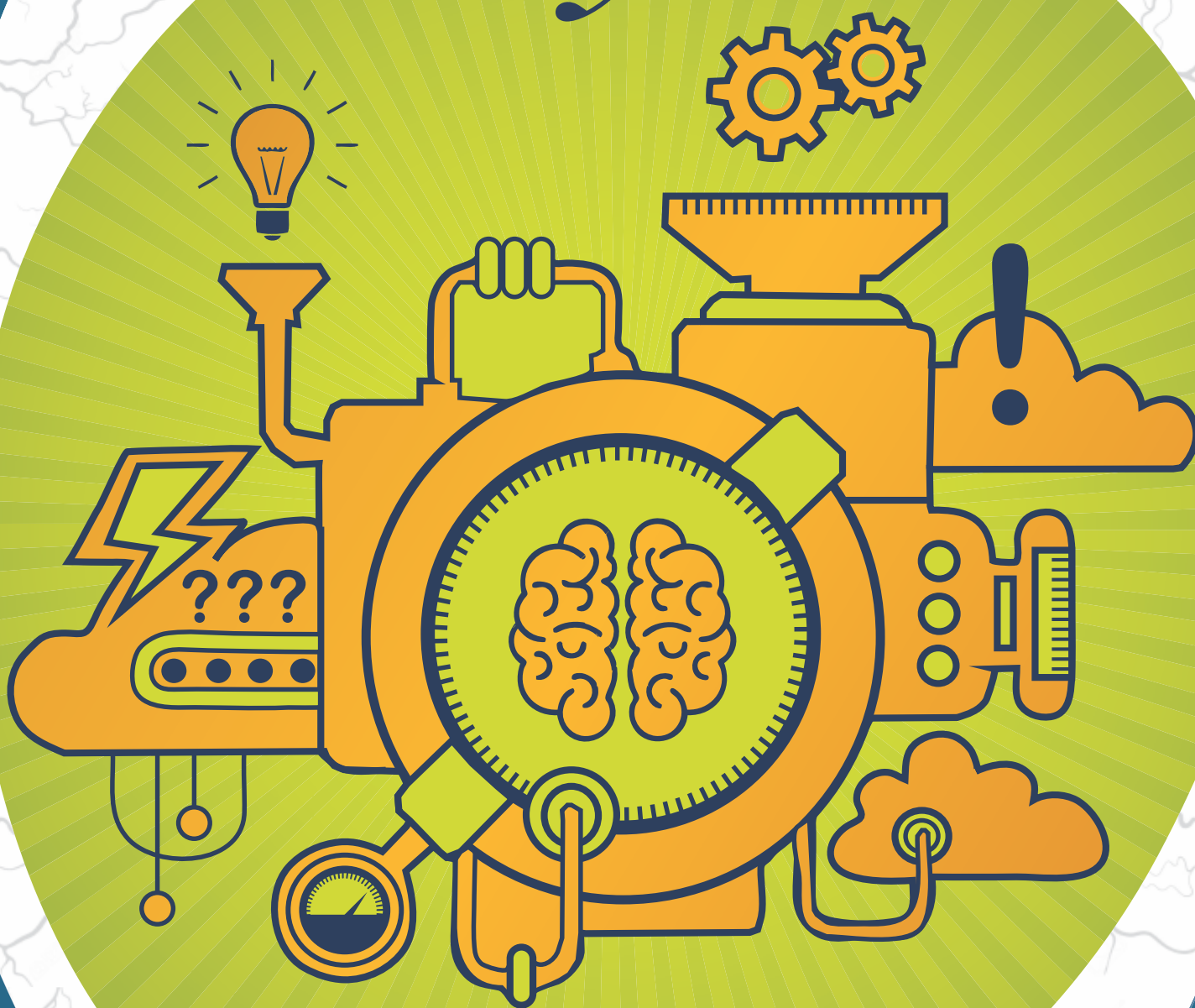


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Pearson

The Mind's *Eye*



Dear Colleague,

I am happy to communicate with you through the medium of this newsletter. This newsletter reaches out to a wide spectrum of professionals in education and clinical settings. With this newsletter, we hope to raise awareness about pertinent mental-health issues and start an ongoing dialogue with professionals who care to change mental-health services in this country. This first issue of our newsletter is significant as it coincides with our releasing the India edition of our web-based platform for test administration, scoring and reporting – Q-global™. The first assessment to be launched in Q-global is Beck Youth Inventories with India norms, from the respected Beck series of tests. This test is our first digital only assessment that marks the digital direction we'd like to take in our solutions, in the coming years. I am confident Q-global will change the psychological assessment landscape in India over a period of time. I am pleased that as a leading test publisher in the world with over 100 years of assessment experience, Pearson is making available to professionals such as you best-in-class assessments that are trusted globally. Pearson is committed to bring to India scientific solutions that help improve standards of mental-health care in the subcontinent.



Warm Regards
Philip Kurian - Country Manager, PCTA



About the author:

Dr. Diana Monteiro holds a Ph.D. in Counseling Psychology from the University of Southern Mississippi, USA and worked as a licensed psychologist in the USA before returning to India. Her ardour for providing psychological services to the community led to her founding The Hyderabad Academy of Psychology in Secunderabad, Telangana. She can be reached at dvmonteiro@yahoo.com

Professional Speak

Reading the Warning Signs for Suicide: A Professional Imperative

Despite growing awareness of suicide in our society, largely due to media, we don't tend to talk about it in our day-to-day lives, other than after an attempted or successful suicide. Rates of suicide in India are increasing, especially among the youth. This is disturbing, since suicide is truly the most preventable form of death. The decision to end one's life is rarely an impulsive one, with warning signs present all along that were missed and which surface in psychological autopsies conducted post a successful suicide. Despite myths around talking about suicide, the fact is, asking about suicide allows the person contemplating it to have a space to talk about it, which may lead to their seeking some much-required help. School and higher education professionals, along with medical personnel, due to their everyday professional interactions, might be the first set of people to notice warning signs for suicide. Unfortunately, many allied helping fields, including medicine and education, do not institute adequate training for their professionals in suicide prevention. This problem needs to be addressed on priority. Suicide prevention training involves teaching professionals to identify risk factors and warning signs so that appropriate actions can be taken to reduce the risk of suicide. Risk assessment should typically include objective psychological tests administered to the individual/patient that can support the conclusions drawn about the levels of suicide risk. Warning signs for suicide can be broadly bunched into three categories - verbal, behavioural and environmental. Verbal (direct or indirect) statements, such as, "I want to kill myself", "I don't want to live", "I want to sleep and never wake up", or "I won't be around much longer", are all indicators of suicidal ideation. Behavioural signs could include changes in mood, appetite, religiosity, irritability, unexplained anger, substance

abuse, among other signs. If a person's behaviour changes suddenly along with the presence of environmental factors such as loss of any kind, failure, death of someone close, especially by suicide, these ought to be read as warning signs for a high risk of suicide. Above all, if you as a professional or otherwise are wondering whether someone you know is thinking about suicide, then it is likely your gut is telling you something that you must act upon. What will help, as an initial step, is to talk to a suspected suicidal person directly and privately to understand if they are stressed. If they reveal a suicidal ideation, tell them that you don't want them to kill themselves and that you want to help. Help build a network of supportive people that the suicidal person can reach out to. Get them the help of mental-health professionals who can help them manage their suicidal thoughts and come out of their suicidal ideation. Remember, suicide is a last resort to a problem that is perceived to not have any other solution. Once such individuals are able to see a way out of their current circumstances, they can learn better stress coping mechanisms and become more resilient in current and future situations.

Professional Of The Month

Dr. S. L. VAYA

Dr. Vaya is a trained professional Clinical Psychologist and a pioneer in forensic psychology in India. She is the first accredited Forensic Psychologist in India for polygraph examination, narcoanalysis and brain signature profiling. Dr. Vaya is currently Director (R&D) at the Raksha Shakti University in Ahmedabad. In her past roles, Dr. Vaya started MA, MPhil & PhD courses in Clinical and Forensic Psychology, at the Institute of Behavioral Sciences in Gujarat Forensic Sciences University and PH.Ds in Behavioral & Forensic Science and Law & Cyber security in the Institute of Research and Development, at Raksha Shakti University. Dr. Vaya is credited with developing procedures and methodologies for suspect interrogation, using advanced technologies in forensic psychology. Her expertise in forensic psychology and forensic science spans 30 years and include forensic statement analysis, crime scene profiling, behavior profiling, polygraph examination, brain signature profiling and layered voice analysis. Dr. Vaya is also an accomplished speaker who is a resource person to national institutes and academies. She lives in Ahmedabad, Gujarat, with her husband & children. In her free time, she likes reading and embroidery. She can be reached at dir_rd@rakshashaktiuniversity.edu.in



Featured Institution

Institute of Human Behavior and Allied Sciences (IHBAS)

Address: P.O Box No. 9520, Jhilmil, Dilshad Garden, Delhi-110095, India

The Institute of Human Behaviour and Allied Sciences is a neuropsychiatric hospital-based teaching institution that offers tertiary level health care services in Clinical Psychology, Psychiatry, Neurology and Neurosurgery. It offers OPD and in-patient facilities in these areas. The institute also offers academic research and training, with post graduate courses in Clinical Psychology, Psychiatry and Neurology that are affiliated to the University of Delhi. IHBAS is an autonomous body under the Government of NCT of Delhi. The vision of IHBAS is to play a leading role in promoting mental health, neurosciences, behavioural and allied sciences through multidisciplinary multidisciplinary patient care.

What's new from us?

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About Us

Pearson Clinical and Talent Assessment (PCTA) is a part of Pearson, the world's leading learning company with 150 years of experience in publishing. PCTA has been at the forefront of test publishing for over 100 years. It is responsible for the publication of many tests which have now become the international standards in their fields. We are proud to carry forward the legacy of the Psychological Corporation, established in 1921, with our Psychcorp brand of assessments. Our mission is to promote mental-health and well-being through professional use of assessment and intervention solutions that help transform personal, educational and professional lives of individuals. We are committed to develop assessment solutions adapted and standardized for India.

Learn more about PCTA at www.pearsonclinical.in

Learn more about Pearson at www.pearson.com

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We'd like to
hear from you



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