

[Sri Shakthi Association](#)

[IRCA Chickmagalur](#)

OUT PATIENT SERVICES

Our centre at Chickmagalur Karnataka provides a broad range of outpatient services for adolescents, adults, and the elderly. These programs offer individual/group psychotherapy for those not requiring rehabilitation or those who have completed an inpatient program, enabling them to continue treatment and maintain treatment goals while living and functioning in society.

Doctors, psychiatrist & psychotherapist at our Out Patient Department offers consultations, psychotherapy and pharmacological monitoring sessions. Our professionals implement short-term psychosocial interventions based on specific therapeutic objectives that are attainable in a short period of time. The clients' needs determine the frequency of the sessions.

The out-patient services aim at providing targeted clinical services along with dealing with cases that have multimorbidity. Diagnostic evaluations, specialized medical consultations, screening tests for alcohol & drug addiction, skill development therapy, awareness seminars and training programs for the community and exclusive workshops /training programs for corporates are a few amenities that are available at the outpatient clinic.

Rigorous Individual and Group Therapy

Our Out-Patient Services are geared towards increasing the functionality and self-sufficiency of individuals struggling with psychological disorders by offering a range of psycho-educational sessions and workshops. To combat the severity and the dysfunctionality the out-patient department aims to achieve harm reduction by emphasizing relapse prevention, motivation strengthening and teaching skills helpful in daily life. Treatment is provided through regular counselling sessions with a psychiatrist and (or) Clinical Psychologist.

Recovery Action Plan

Psychotherapy is available to individuals to help them make progress by familiarizing them to tools and strategies they can use to nurture their recovery. The goal is to establish clear and concrete action plans that are realistic and are graded from significantly easy goals to significantly difficult goals. Achievement of these goals through consistent behavioural efforts serve as evidence to the recovering individual and increases their self-esteem and confidence in themselves, thereby ensuring a surge in mental well-being. Mental health professionals at our Out-Patient Department help individuals make this transition.

Relapse Prevention Program

We offer individual and group therapy to individuals with addictions who have attained sobriety and want to avoid a relapse. The treatment draws strongly from the 12 Steps of Alcoholics Anonymous with a fine integration of several clinical techniques engineered to break denial, enhance motivation for recovery, sustaining relationships and work –leisure balance. The purpose of this service is to inform and support individuals during their recovery.

- Anxiety and Mood disorders

- Schizophrenia
- Sexual Disorders
- Alcohol and Addiction recovery
- Geriatric Psychiatry
- Depression
- Posttraumatic Stress
- Obsessive Compulsive Disorder
- Conversion Disorder
- Marital Therapy
- Family Therapy
- Vocational Counselling and Guidance
- Anger Management
- Stress Management
- Personality Building and Self- Esteem
- Hypnosis