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Thought process re-engineering, the blue brain and sleep learning: Some techniques to face the challenges in clinical psychology

The challenges faced by the clinical psychologists are manifold. That can be categorized under manifestations, assessment or diagnosing causal factors, techniques of treatment procedure and strategies to prohibit, control and manage the manifested situations. To say it in other words - it is really difficult to have a cut-off line between normality and abnormality; whether it matter i.e., the intensity, duration and frequency, in classifying, diagnosing and defining the diseases; whether some mental disorders lend themselves to treatment better than others; whether same disease can be in different forms in different people; whether there is high incidence of co-morbidity (occurring together) in the same person and how to face it, etc. Thus the first challenge of a clinical psychologist is to assess the problem stated by the person concern, then to specify the treatment procedure fit to the patient, then by using appropriate techniques about how the manifestations can be prohibited, controlled, cured, and managed by the patient with the people around them. Keeping in view the above said focuses, this presentation is an attempt to place some innovative concepts which can act as a mile stone in facing and managing the mal-adaptive behavior, like, 'Thought process re-engineering', Concept of 'Blue Brain', stimulating the subnormal state of mind by 'Sleep Learning' etc.

Biography

Santa Misra is at present Reader and Head of Department of Psychology at Sri Sathya Sai College for Women, Bhubaneswar, Odisha, India. She has done her PhD in Utkal University Vanivihar, India. During her 33 years of career, she provided PhD guidance for more than 10 students. She was also a PhD Evaluator for 3 years. She has published 22 national and 29 international journal articles.

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