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TRADA Integrated Rehabilitation Centre for Addicts (IRCA)

(Total Response to Alcohol & Drug Abuse)
(Reg.No.K.523/87)

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Sr. Dr. Joan Chunkapura, M.M.S.
Secretary

TO WHOMSOEVER IT MAY CONCERN

This is to certify that as part of curriculum requirement, **MS. VINAYA SARAH VINCENT**, 3rd Year B.A. Psychology & Economics student of St. Xavier's College, Mumbai has undergone 15 days internship training programme at our De-addiction Center during the period from 24/10/2019 to 9/11/2019. During this period she has attended our various lectures and therapeutic programmes. She was also actively involved in the various ward activities of TRADA such as community meetings, group meetings and other various psycho-social treatment programmes. She has been an earnest student and her performance during the training here was good.

09/11/2019


Sr. Dr. Joan Chunkapura
Secretary



INTERNSHIP REPORT

As a part of the internship in 'TRADA Deaddiction Centre', I learned the issues related to substance abuse and its effects on the person, their family and the society as a whole. Addiction is a disease that affects your brain. Once you are addicted to substance abuse you will always have the tendency to relapse into the previous condition which you were in; most of the times you tend to be in a worse condition. TRADA helps people who are addicted to substance abuse a chance to recover and they take people who has that will to recover. They let the patients be free and let them use their phones as most of them are there on their own will.

The works undertaken includes taking the case history with Mental Status Examination (MSE) of the patients, conducting and taking part in the group activities and taking part in the psychoeducation given to the patients. As I was there only for a brief period of 15 days, I could only take the case of three people. The time of work was from 9 to 4 for 6 days a week. I also got to conduct group activities for the patients two times in the brief time period I was there for. The topics on which I had to conduct the group activities were 'ways to prevent relapse' and 'art therapy'. In the group activities, you help the patients to participate in the activities and help them realize the situation they are in and the ways of recovering and maintaining their current situation of abstinence. The day starts with the psychoeducation to the patients in which many experienced people in the field of psychology will come and educate the patients about their physical and biological conditions and give them guidelines to recover and maintain their family life. They are also educated on the problems of addiction and the side effects of it on their family as a whole.

Even though it was only for 15 days I got to learn many things in those few days. I got to know how substance abuse affects a person physically and mentally. It also affects the people around the addict, mostly the family. All the patients in who were in the institution had family issues and many had huge financial issues also. The most affected area is the family. I was given classes on co-dependency. It is the situation where the people who are dependent upon the people who has dependency on substance abuse changes emotionally, behaviorally and psychologically. All of the patients blame their family as a reason for their addiction when in reality it is the other way around. The family has an issue with their addiction and that is why they may fight with you. The patients don't realize this and they are given classes about co-dependency because of that. I was also given classes on art therapy, counselling and counselling skills, Cognitive Behavioral Therapy (CBT), crisis and crisis management and Motivation Enhancement Therapy (MET). Apart from this I got to know much more about addiction as a disease as a part of the psychoeducation given by the psychoeducators. We were using the questionnaire method as an assessment tool for collecting information from the patients in order to make a case history. The case history included information from all stages of his life and also included the issues they are facing now and it also had their MSE to know whether they have any other psychological issues comorbid to this.

I learned many things from my experience at TRADA. As for practical experience in the field. The institution was also supporting and gave me classes about many areas in the field which I was unaware of. Practical knowledge includes the use of questionnaire as an assessment tool, art therapy, counselling etc. It was a really good and informative experience. Personal learning included the issues of addiction and its effect on the family and the society.

