



National Institute of Mental Health & Neuro Sciences (NIMHANS)

SHUT (Service for Healthy Use of Technology) Clinic

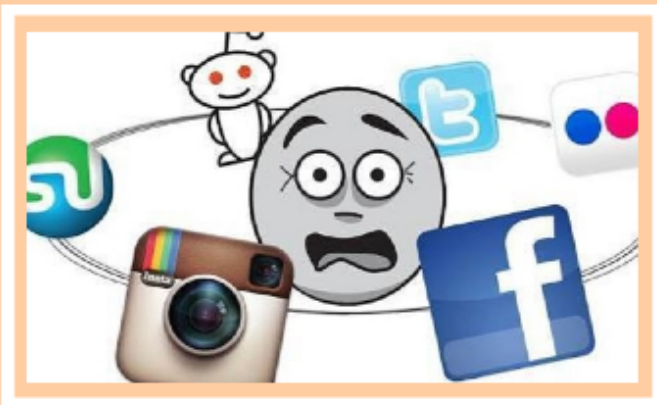
Early Career Professional training in assessment & management of Technology addiction

SHUT is the first clinic in India which has been established for assessment and management of technology addiction.

Excessive use of technology and the promotion of healthy use of internet is an emerging concern among mental health professionals. The SHUT clinic was initiated to bring awareness, train manpower as well as develop assessment tools & intervention programs for the promotion of healthy use of technology and management of internet/technology addiction.

22nd
November
2019

9.30 am to
4.00pm



In the background of the growing numbers of problems due to internet use and the dearth of trained professionals in this area. There is a need to have program for early career professionals in screening and providing intervention to this group.

- Aim:**
- To enable early career professional to understand technology use and its association with co morbid psychiatric problems
 - To enable them to screen the technology addiction
 - To enable them to promote healthy use of technology among the user



Facilitators:

Dr. Manoj Kumar Sharma, Dr. L.N.Suman,
Dr. Nitin Anand and Dr. Gitanjali Narayanan,
Ms. Pranjali C. Thakur, Ms. Ankita Biswas,
Mr. Akash Vishwakarma and Ms. Suma N
Department of Clinical Psychology,
NIMHANS, Bengaluru

Registration fee: Rs. 1000/- (Cash only)

For registration:

nimhans.wellbeing@gmail.com

Number of seats: 50

On first come first serve basis

Who can attend?

Professionals with MA/M Sc. (Psychology) /
M.Phil in Psychology/Clinical Psychology /
Psychiatric Social work/MD(Psychiatry) &
other professionals who are interested in
this area



**NIMHANS Centre for Well-Being
(NCWB)**

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