

## **My Reflections : (Part I)**

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Yesterday I was standing at the backdoor of the arts building waiting the shuttle bus to get back home. It was a typical hot and humid day and as I was sweating. I saw a bunch of our new clinical psychology trainees chatting away happily after coming back from a hard working day. It was Monday and I instantly knew from where they were coming. They just finished their placement work at city's one of the biggest psychiatry department where they constantly fight to have a share of their clients to whom they will soon be providing psychological support. Their faces were gleaming with sweat and none of them look exhausted even after walking almost a mile under the scorching sun. As soon as they saw me, their smiles broadened and everyone approached me and started telling about their experiences a while ago in the psychiatry department. I could see the hopes and liveliness through the glittering eyes in each of them as they were chirping away. I smiled at them and listened with patience to what they have to say. I acknowledged their struggles and tried to give them the hope that they are not to give up. We at the department will stand by them and will continue to support them.

Once again I realize they have a dream and once again I felt that we have the duty to keep their hopes alive and their dreams come true. This is not my own personal feeling that I reflect here but this is something we at the department of clinical psychology have in common and we are proud to have this. This is also something the graduates in clinical psychology working in this country or elsewhere have in common. This is something even shared by each of the member of clinical psychology at somewhere in their hearts even though they could not be able to complete their full training because of other responsibilities.

It is not written anywhere in the course book or in our job description, but we try our best to uplift the status of clinical psychology wherever we can, whenever we can. We strongly believe the success of our student is the success of

clinical psychology and in the long run, the success of psychology. This is what one of the main endeavors of clinical psychology when it started about ten years ago. We want to see our trainees get the best form of training available here in our country and at the same time want to see them practice what they have learnt by being a psychologist at respectable organizations both in the government and private sector. The department has failed in some instances but also succeeded in many, the last of which, achieved just a couple of weeks ago. There are examples of clinical psychology graduates achieving their own successes, even without the support of the department, by their sheer competency to work in the field of mental health care and prevention. The ability they have gained through years of rigorous exposures in different mental health care settings and hard works in the department.

When I see the article of Martinda', I could understand his desperation: when I see the email of Ms. Afrosa; I could understand the pain in her and when I see Kadir's rejoinder, I could understand the reasons for his frustration. It is because I have been through this process. I could remember those days of desperation and hopelessness slowly engulfing me while I started my graduation years at the department of psychology in Dhaka University. I am fortunate I could finally see some light at the end of dark tunnel when I got myself enrolled in the clinical psychology. This is where I got the opportunity to work with some of the world's renowned psychologists. I have seen closely how they think, how they work and what actually the true 'psychology' is. At the end I learnt that psychology could actually do something in Bangladesh.

One could clearly see that I am being a bit emotional after going through my writing but I couldn't help it. Martinda, in his writing triggered something in me that loosened my emotion and got me carried away a bit. But I think I deserve to have this when I look back at the last ten years of grudging works that each and every member of the clinical psychology put into for bringing the change in the history of psychology in Bangladesh. I agree with all of you that the department of psychology has miserably failed to uplift the profession of psychology in the last 37 years but I am not

afraid to say that clinical psychology is now in charge of bringing the change and carrying the uphill task of establishing psychology as a respectable profession. I am talking about creating role models and examples which the country seriously lacked few years ago. For the last ten years psychology now sees an upward curve in development as both government and non government and organizations started recognizing the profession. For very renowned government and non government mental health care centers, setting up examples and being a role model for others. It is indeed true that we still have a very long way to go and needs a lot of planning.

And to make our plan, the plan of establishing psychology as a respectable profession, we need a lot support as we believe this is not our own responsibility but the responsibility of all who wants to see the success of psychology.

Whoever comes to clinical psychology leaves a part of him or her. This virtual network of Bangladeshi psychologists is one of the very platforms where our members joined their parts and become one. In the process they draw others who are true well wishers of psychology in Bangladesh. We welcome every one of them and seek their active support.

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