

Practice Oriented Course Mental Health and Psychosocial Support in Post Conflict Areas

General approach

The course is a joint initiative by three Dutch organizations: Cogis, War Trauma Foundation and HealthNet TPO. It offers a practice-oriented training for (future) fieldworkers in mental health and psychosocial assistance. Participants are prepared to develop and implement psychosocial programs or to train local mental health staff developing sustainable interventions.

The course has two options:

- Option 1: Project Design & Implementation. This option is meant for mental health workers who wish to develop mental health and psychosocial projects in post conflict settings.
- Option 2: Psychosocial Training & Supervision. This option is for experienced mental health workers who want to become involved as trainers and supervisors in community-based psychosocial projects.

Target group

This course is open to mental health professionals working for or preparing to work for international organizations, implementing mental health and psychosocial support projects in (post) conflict settings:

1. Professionals in mental health care (psychiatrists, psychologists, social workers, psychiatric nurses, general health workers with experience in mental health care and anthropologists)
2. Graduates in the above mentioned fields who wish to work in (post)conflict areas
3. Mental health workers from post conflict areas and project staff in those areas with a minimum of one year work experience

Due to donor requirements preference will be given to applicants working for organizations based in The Netherlands. If capacity permits applicants from other international organizations may be admitted.

Objectives

Upon completion of the course the participant:

- Is familiar with relevant debates in the field of Mental Health and Psychosocial Support (e.g. around psychotrauma, counselling, special programs for children, community based approaches, the role of international trainers, international guidelines and standards, care of the caretakers, etc.)
- Will have a better understanding of his/her role as 'expert' in different ethnic contexts. He also is aware of how to integrate contextual knowledge and practice with psychosocial interventions
- Will be familiar with basic principles of needs assessment, project design, monitoring and evaluation
- Will be familiar with basic principles of training and supervision

In addition, participants:

- in option 1: can design a project (program or intervention)
- in option 2: are able to provide training and supervision

Overall Course Format

The program includes:

- General introduction
- Workshop
- Field work
- Reflection meetings

General introduction (45 hrs plus 20 hrs literature study)

The course will start with an intensive 45 hours seminar on the following subjects:

1. Curative services, promoting development and social reconstruction
2. Needs assessment and participatory tools
3. The diversity of psychosocial interventions
4. Child-focused interventions
5. Designing a project
6. International guidelines and developing mental health policies
7. Learning from practice
8. Monitoring, evaluation and research
9. Basic principles of training
10. Care for the caretakers

Certification of this part depends on active participation in the course

Workshop (27 hrs plus 10 hrs literature study)

- Option 1: designing mental health and psychosocial interventions. This includes preparing a project, developing monitoring and evaluation tools.
- Option 2: training & supervision aimed at developing interactive training and clinical supervision skills.

Certification of this part depends on performance during the workshop

Field work (optional; minimum 5 days – 50 hrs)

In order to become acquainted with the field each participant is offered the opportunity to work in the field as a trainee (minimally five working days).

- Option 1: During this period the trainee will cooperate with local project staff. During this period the trainee will be coached in project planning and development, monitoring, reporting, evaluation, supervision, etc. We expect to offer possibilities for fieldwork in projects in Asia or Africa.
- Option 2: During this period the trainee will collaborate closely with an experienced trainer during training activities for local mental health staff in the field in e.g. basic helping skills, individual, group or family counselling, and specific counselling and mental health community activities. We expect to offer possibilities for fieldwork in several psychosocial projects in Asia or Africa.

Certification of this part is dependent on

1. *the evaluation of participants performance by the field supervisor*
2. *the participants report on the field work*

Reflection meetings (18 hrs plus 20 hrs preparation)

The participants are offered three additional meetings in which they will analyse and discuss their fieldwork and will present a report of their fieldwork.

Certification of this part is dependent on participation

Certification

A certificate will be issued for those parts that have been successfully completed.

Accreditation

In process (FGZP, NVVP, NVMW).

Location

Conference centre ‚Kontakt der Kontinenten‘ at Soesterberg, The Netherlands.

Dates

- General introduction: 20 – 29th October 2008
- Workshops: 20 – 29th October 2008
- Field work: in period of November 2008 – February 2009
- Reflection meetings: December 20th, January 24th and February 24th 2009

Teaching staff

Course directors

- **Peter Ventevogel** is a psychiatrist and a medical anthropologist. From 2002 tot 2008 he worked in mental health projects in Afghanistan, Burundi, Democratic Republic of Congo and Southern Sudan. He is a regular consultant for UN agencies. Since May 2008 he is technical Advisor Mental Health to HealthNet TPO. He is the editor-in-chief of the journal Intervention
- **Ton Haans** is a clinical psychologist and psychotherapist. He works as a private consultant in cross cultural trauma. He is supervisor and trainer for the BehandlungsZentrum fur Folteropfern Berlin, MSF-Holland, International Rehabilitation Council for Torture Victims (IRCT) and the War Trauma Foundation. He is a member of the scientific board of the War Trauma Foundation. He has done projects in Sri Lanka, India, Congo Brazzaville, Democratic Republic of Congo and Turkey.

Guest faculty

The following teachers have been approached:

- Alastair Ager PhD (Professor of Clinical Population and Family Health in the Mailman School of Public Health, Columbia University New York)
- Janneta Bos (Clinical psychologist and trainer for MSF-Holland)
- Hafizullah Faiz MD (Programme Manager Mental Health and Psychosocial Support Programme HealthNet TPO, Jalalabad, Afghanistan)
- Ananda Galappatti (Medical anthropologist, The Mangrove Psychosocial Support and Coordination Project Batticaloa, Sri Lanka)
- Benoit de Gryze (Clinical psychologist, MSF-Belgique)

- Alcinda Honwana (Professor and Chair of International Development (Africa), Open University United Kingdom and Professor at the Prince Claus Chair, Institute of Social Studies, The Hague)
- Kaz de Jong (Clinical psychologist and psychotherapist, MSF-Holland)
- Mark Jordans (Child psychologist, Technical Advisor Child Psychosocial and Mental Health, HealthNet TPO, Katmandu, Nepal)
- Ivan Komproe PhD (Head of Research and Public Health Department HealthNet TPO)
- Annemiek Richters (Professor of Culture, Health and Illness University of Leiden)
- Willem F.Scholte (Psychiatrist, University of Amsterdam and Equator Foundation)
- Yvonne Sliedright PhD (Professor of psychology, University of KwaZulu Natal, South Africa)
- Marjan Tankink (Community psychiatric nurse, medical anthropologist, University of Leiden)
- Willem van de Put (Medical anthropologist, General Director HealthNet TPO)
- Mark van Ommeren PhD (Coordinator Mental Health in Emergencies, World Health Organization)

Literature

Each participant will be provided with

- a folder containing the most relevant publications
- copies of the journal Intervention (The International Journal of Mental Health, Psychosocial Work and Counselling in Areas of Armed Conflict)
- the book 'Where there is no psychiatrist' by Vikram Patel
- the Manual 'Training Counselors in Areas of Armed Conflict' by Guus van der Veer
- the IASC guidelines for Mental Health & Psychosocial Support in Emergencies
- a CD containing all course materials including powerpoint presentations

Entrance level

Minimum HBO or university in relevant areas.

Language

The course language and the literature is English.

Costs

As this course is subsidised by the Netherlands ministry of Health, Welfare and Sport the costs for participants are limited to:

- accommodation costs Kontakt der Kontinenten: approx. € 995,- and travelling expenses
- all costs in regards to the fieldwork trip (travelling expenses, accommodation, vaccinations, visa, insurance).

Applying

Please use the application form that can be downloaded from www.cogis.nl.

Contact

For more information please contact mrs. Renate van den Bronk at Cogis.

Telephone: 030 – 296 8000, or by email: r.vandenbronk@cogis.nl.