



SOUTH ASIA FOCUSED RESIDENTIAL TRAINING COURSE

Mental Health & Psychosocial Support in Conflict and Post Conflict
14-21 December 2011, Jaffna, Sri Lanka

In collaboration with
'ANTARANG' INDIA – Psychosocial Training & Research Organization, Bangalore

Course Concept and Programme

OVERALL OBJECTIVES

By the end of the course, participants will be able to:

- Comprehend the holistic nature of mental health that integrates psychosocial support within the development of geo-political, economic and other wider sectors at macro and micro levels
- Contextually conceptualize the mental health perspectives and psychosocial care of children, women, men, families and communities affected by and/or recovering from conflicts in South Asian region
- Assess the mental health status and analyse the psychosocial needs of individuals and of communities and respond skilfully with appropriate interventions
- Strengthen Self awareness and deal with stress/burn-out that one goes through as a mental health/psychosocial practitioner in conflict and post-conflict situations

COURSE PROGRAMME

This seven-day course is for Psychosocial Practitioners and Managers working in mental health/ psychosocial programming in conflict and post-conflict situations. This course will also prepare those who have educational background in mental health and psychosocial support but lack in skills and field experience.

This training promotes personalized learning through theoretical inputs, introspective exercises, group interactions blending it with experiential field exposures, face to face interviews and skills-practice, simultaneously building group synergy for shared peer wisdom and reflective edification.

The course will be most appropriate for psychosocial practitioners who are exposed to ground realities in field related or program related positions and feel strongly the need to work with improved clarity, advanced empathy, passion and personal effectiveness.

This course will introduce you to techniques in both training and in self exploration that one can effectively use in mental health and psychosocial support practice to reach out individuals, groups/families and community.

BACKGROUND

Psychosocial care/support and mental health is an integral part of our life. In every interaction & relationship that we build, in all events that we go through and throughout our journey of life, the psychosocial and mental health dimension remains a shadow that can neither be deleted nor ignored. When armed conflicts destroy normal life, the social web of interaction gets tattered, and often identity gets lost. Added to this, the loss of life and property numbs the mere existence, making it meaningless. Since the last decade of 20th century the field of Psychosocial care, interventions and allied Mental Health have broadened and got deepened in its vision to become more sensitive in both conflict and post conflict situations. Having been exposed to many intense and long drawn conflicts, South Asia has developed MHPSS interventions distinctively by responding contextually, blending it into its own socio-cultural uniqueness. This requires constant updating

This training would bring varied participants from across South Asia, both professionals and non-professionals with shared cultural background for a rich interactive exchange of ideas and feelings facilitated by trainers with years of academic and practical experience of building capacity to address MH & PSS issues in conflict and post conflict zones. It would address the significant influence of associated factors that exacerbate the fragile mental health and psychosocial well being that necessitates intervention at various levels concurrently. Apart from conceptual clarity, updating of knowledge and broadening of perspectives, a psychosocial practitioner should be skillful to be effective in the field. Skill practice is an essential focus of this training

MODULES:

1. **Concepts of Mental Health/Psychosocial Support and practice in South Asia**
2. **Mental Health/Psychosocial Well Being in Conflicts and Post Conflicts**
3. **Mental Health/Psychosocial Assessment and Analysis**
4. **Mental Health and Psychosocial Interventions**
5. **Psychosocial Support/Intervention Skills in Practice**
6. **'Self' as an Instrument**

APPLICATIONS & FEES

To apply online please go to www.pdisl.org or email frances@pdisl.org or info@pdisl.org

Application deadline: November 30th 2011

Course fee:

International organizations and institutions: USD 600.00

National organizations and institutions: USD 300.00

Early Birds (registration by 15 November) will get a discount of USD 50.00

Food & accommodation for the full duration of the training: USD 150

Please note that special discounts will be offered to organisations sending more than 3 participants.

NOTE TO PARTICIPANTS

ALL PARTICIPANTS SHOULD NOTE THAT THE RESIDENTIAL FACILITIES ARE BASIC ON ACCOUNT OF JAFFNA BEING A FORMER CONFLICT AREA IN SRI LANKA