



The Psychosocial Support Services (PSS) Training Program

*Hosted by the Center for Mental Health and Psychosocial Support Services
based at Koya University
Kurdistan Region, Iraq*

The PSS Training Program is an intensive training and supervision program building the skills of mental health and psychosocial support service providers in the Kurdistan Region to respond to today's crisis and the mental health needs of tomorrow.

Applications Now Being Accepted for:

PSS Training Program - ARABIC April 08, 2018 – July 12, 2018 in Dohuk



PSYCHOSOCIAL SUPPORT SERVICES (PSS) TRAINING PROGRAM OVERVIEW

Program Objective

To increase the level of skills of those providing mental health and psychosocial support services (MHPSS) to clients in the current crisis, including refugees, internally displaced people (IDPs), host communities, and survivors of sexual and gender-based violence (SGBV) and other forms of trauma, by enhancing knowledge, building practical skills in MHPSS service delivery, and providing ongoing supervision.

Program Description

The training includes 4 weeks of classroom instruction delivered over a 6-month period, in a sequence of one week of instruction followed by 4-6 weeks back at the participant's place of employment to utilize new skills in the field. During the time back at work, participants will receive supervision from the PSS Training Program via site visits, group supervision, and remote individual supervision.

Training Location

Training to be held at a venue in Dohuk with the support of Department Of Health (DOH).

Training Dates:

- April, 08 2018 – July, 12 2018, plus one required graduation day (TBD) in July.

Eligible Participants

Helping professionals working in the field of MHPSS services, including social workers, psychologists, case managers, psychosocial support workers, counselors, and other relevant professions working in both governmental and non-governmental organizations are encouraged to apply. Relevant education and professional experience is not required, though priority will be given to participants currently working with individuals impacted by conflict and survivors of SGBV and other forms of trauma.

Application Process

Applications will be accepted for this Arabic language PSS Training Program application form available at [MHPSS Center - PSS Training Program](#). For applicants who are currently employed, acceptance is dependent upon approval from the applicant's supervisor, confirming the participant will be allowed the necessary time to fully participate. Candidates will be assigned to a PSS Training Cohort in accordance with availability, language, and location.

Language

The course will be offered in Arabic language.

Program

Program includes:

- Lunch will be provided.
- Accommodation will be provided during the four weeks of instruction only for participants residing outside of Dohuk.
- Transportation to-from the training place will be provided during the four weeks of instruction only for participants residing outside of Dohuk.
- Course materials and instruction.
- Supervision by a seasoned professional; and
- A Certificate of Psychosocial Support Services, issued by Koya University, for those who meet course completion requirements.

Transportation from the students' workplace or home to the training place will not be provided.

Certificate

Students who meet completion requirements including attendance in 4 full weeks of instruction, participation in all supervision sessions, and satisfactory performance on assessment results, will receive a Certificate from the Center for Mental Health and Psychosocial Support Services, based at Koya University, a public university accredited by the Kurdistan Regional Government's Ministry of Higher Education and Scientific Research.

Contact Information

For further information please email us at MHPSSCenter@gmail.com or contact Dalya Abdulrahman, Project Officer, Center for MHPSS at 0751-740-2883, or visit our website at Center for MHPSS.

To learn more about SEED Foundation's partnership with Koya University through the Strengthening MHPSS Capacity Project, visit our website.

PSS TRAINING PROGRAM SCHEDULE

WEEK 1 INSTRUCTION: FOUNDATIONS					
	Sunday	Monday	Tuesday	Wednesday	Thursday
9:30 AM	Introduction to the PSS Training Program	Overview of MHPSS Services	Values & Ethics, <i>continued</i>	Communication and Basic Skills for Helping Professionals	Communication and Basic Skills for Helping Professional, <i>continued</i>
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM					
1:30 PM	Introduction to the PSS Training Program, <i>continued</i>	Values & Ethics	Foundational Paradigms,	Communication and Basic Skills for Helping Professional, <i>continued</i>	Communication and Basic Skills for Helping Professional, <i>continued</i>
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity

WEEK 2-6: PRACTICE

After the first week of instruction, participants will return to their place of employment for 4-6 weeks. During this time, participants will have two supervision sessions with their assigned supervisor.

WEEK 7 INSTRUCTION: INTRODUCTION TO TRAUMA & BASIC INTERVENTIONS

	Sunday	Monday	Tuesday	Wednesday	Thursday
9:30 AM	Practice Reflection	Introduction to Trauma, continued	Psychosocial Impact of Conflict & Violence	Suicide Prevention, Assessment & Intervention	Stress Management Wellness & Trauma Stewardship
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM					
1:30 PM	Introduction to Trauma	Introduction to Trauma, continued	Grief, Loss, & Bereavement	Crisis Intervention	Stress Management Wellness & Trauma Stewardship, <i>continued</i>
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity

WEEK 8-12: PRACTICE

After the second week of instruction, participants will return to their place of employment for another 4-6 weeks. During this time, participants will have two supervision sessions with their assigned supervisor.

WEEK 13 INSTRUCTION: CASE MANAGEMENT & PROTECTION

	Sunday	Monday	Tuesday	Wednesday	Thursday
9:30 AM	Practice Reflection	Case Management, <i>continued</i>	Case Management, <i>continued</i>	Case Management, <i>continued</i>	Sexual and Gender-Based Violence
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM	Case Management	Case Management, <i>continued</i>	Case Management, <i>continued</i>	Child Protection	Sexual and Gender-Based Violence, <i>continued</i>
1:30 PM					
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity
4:30 PM					

WEEK 14-18: PRACTICE

After the third week of instruction, participants will return to their place of employment for another 4-6 weeks. During this time, participants will have two supervision sessions with their assigned supervisor.

WEEK 19 INSTRUCTION: ADDITIONAL INTERVENTIONS

	Sunday	Monday	Tuesday	Wednesday	Thursday
9:30 AM	Practice Reflection	Psychological First Aid, <i>continued</i>	Family Engagement & Group Work	Community Engagement & Advocacy	Planning for Practice
10:00 AM					
10:30 AM					
11:00 AM					
11:30 AM					
12:00 PM					
12:30 PM	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1:00 PM					
1:30 PM	Psychological First Aid	Psychological First Aid, <i>continued</i>	Family Engagement & Group Work, <i>continued</i>	Introduction to Best Practice Interventions	Course Closing
2:00 PM					
2:30 PM					
3:00 PM					
3:30 PM					
4:00 PM					
4:30 PM	Self-Care Activity	Self-Care Activity	Self-Care Activity	Self-Care Activity	

WEEK 20-24: PRACTICE

After the fourth week of instruction, the supervisor will ensure a closure session with participants to discuss application of plan for practice completed in Week 19 of instruction, and a graduation ceremony will be held at the Center for MHPSS.

Following successful completion of instruction and practice, successful participants will be awarded a Certificate in Psychosocial Support Services from Koya University and final evaluations will be collected.

PSS TRAINING PROGRAM

MODULE DESCRIPTIONS

WEEK 1: FOUNDATIONS	
MODULE	DESCRIPTION
Introduction to the PSS Training Program	<ul style="list-style-type: none"> • Introduction of participants and trainers • Participants' expectations and goals • Getting-to-know-you and team-building exercises • Overview of objectives and requirements of the program • Review of schedule • Review of supervision requirements • Review of expectations for completing the course
Overview of MHPSS Services	<ul style="list-style-type: none"> • Defining terms and roles • Inter-Agency Standing Committee (IASC) Guidelines • Different methods of PSS delivery • Types of PSS providers
Values & Ethics	<ul style="list-style-type: none"> • Ethical values, principles and standards that guide practice • Review of Codes of Ethics (APA and NASW) • Applied ethics (case scenarios)
Foundational Paradigms	<ul style="list-style-type: none"> • Ecological Systems Theory • Bio psychosocial Perspective • Person-in-Environment • Strengths-Based Perspective • Systems Theory • Maslow's Hierarchy • Principles of Trauma-Informed Care
Communication and Basic Skills for Helping Professional	<ul style="list-style-type: none"> • Characteristics of the effective helping professional therapeutic alliance: trust, empathy, caring, nonjudgmental communication • Verbal and nonverbal communication and attending behavior • Approaches to Intervention <ul style="list-style-type: none"> ▪ Solutions-focused ▪ Motivational Interviewing • Interviewing Skills: active listening, open questions, reflecting, clarifying, paraphrasing, reframing, summarizing, affirming, empowering, normalizing, interviewing for goals and strengths • Creating safe spaces • Grounding techniques • Transference and countertransference • Working with clients who are different than me

	<ul style="list-style-type: none">• Considerations for marginalized groups• Considerations for working with individuals of a different age, sex, religion, ethnicity, nationality, sexual orientation, ability level, etc.• Application exercises
--	---

WEEK 2: INTRODUCTION TO TRAUMA & BASIC INTERVENTIONS

MODULE	DESCRIPTION
Practice Reflection	<ul style="list-style-type: none"> • Discussion regarding application of Week 1 instruction to practice
Introduction to Trauma and Trauma Informed Care	<ul style="list-style-type: none"> • Definitions, theories, and types of trauma • Trauma versus stressful life events • Trauma in adults: symptoms and short-term and long-term reactions • Trauma in children: vulnerability, symptoms, reactions at each developmental stage • Risk and protective factors: individual, family, community • Impact of Trauma: PTSD, PTS, and Acute Stress Reaction <ul style="list-style-type: none"> ▪ Diagnosis, symptoms, triggers ▪ Impact on brain structure, neurotransmitters, development, etc. • Assessment and Assessment Tools (Harvard HTQ, Johns Hopkins Symptom Checklist) • Recognizing Dissociation • Co-Morbidity <ul style="list-style-type: none"> ▪ Depression, anxiety, dissociative disorders, etc. ▪ Symptoms ▪ Differential diagnosis • Principles of Trauma Informed Care
Psychosocial Impact of Conflict & Violence	<ul style="list-style-type: none"> • Consequences of war, genocide, displacement, SGBV, torture and detention on vulnerable populations, communities, and societies • Impact of various types of trauma <ul style="list-style-type: none"> ▪ Natural and Man-Made Disasters ▪ War and Conflict ▪ Persecution and Genocide ▪ Displacement /Resettlement Experience ▪ Torture and Detention ▪ Living with Missing Loved Ones • Specific considerations given developmental stage and considerations for ethnic, gender, ability, and sexual orientation of individuals
Grief, Loss & Bereavement	<ul style="list-style-type: none"> • Types of Loss <ul style="list-style-type: none"> ▪ Sudden loss ▪ Grief and loss in conflict/violent/traumatic circumstances ▪ Multiple losses (loss of: loved ones, property, livelihood, security, trust, control, dignity, roles,

	<ul style="list-style-type: none"> social infrastructure), injury and loss of body function <ul style="list-style-type: none"> ▪ Complicated grief, grieving process ▪ Supporting individuals with missing loved ones • Process of bereavement • Developmental impact of bereavement • Coping mechanisms • Healing rituals
Suicide Prevention, Assessment & Intervention	<ul style="list-style-type: none"> • Defining the problem • Warning signs • Suicide myths • Risk and protective factors for suicide in adults and youth • Interventions • Safety plan • Practical application
Crisis Intervention	<ul style="list-style-type: none"> • Brief assessment • Techniques for trauma-informed intervention • Collaboration with multidisciplinary actors • Communication network for emergency cases • Practical application
Stress Management, Wellness & Trauma Stewardship	<ul style="list-style-type: none"> • Impact of stress: physical, emotional, cognitive, social and spiritual • Stress management • Building/encouraging resilience in helpers, individuals, families and communities • Post-traumatic growth • Definitions and symptoms of Compassion Fatigue, Vicarious Traumatization and Burnout • Recognizing stress in yourself and colleagues and seeking help • Relaxation, mind-body techniques, and anxiety management • Developing a Self-Care Plan

WEEK 3: CASE MANAGEMENT & PROTECTION

MODULE	DESCRIPTION
Practice Reflection	<ul style="list-style-type: none"> • Discussion regarding application of the previous week's instruction to practice
Case Management	<ul style="list-style-type: none"> • Needs assessment • Treatment planning • Monitoring and evaluation • Data management: case management records, forms, and standard checklists • Direct and indirect disclosure • Referral guidelines, processes, and checklists • Terminating services • Tailored service mapping
Sexual and Gender-Based Violence	<ul style="list-style-type: none"> • Definitions: rape (including marital rape), sexual abuse, sexual exploitation, GBV, SGBV, etc. • Physical, psychological, social, societal, and spiritual impact • Power and control, cycle of violence • Gender norms and practices that do not prevent SGBV • SGBV in the family and community; effects on children and others • Risk and protective factors • Child marriage; forced marriage • SGBV in conflict and displacement settings • Helping and protecting SGBV survivors • Challenging community norms and values that permit SGBV
Child Protection	<ul style="list-style-type: none"> • Convention on the Rights of the Child • Definitions: physical/emotional/sexual abuse and neglect • Child labor and exploitation • Signs and symptoms of abuse - what to look for in identifying, reporting, referring, supporting, treating • Child abuse prevention • Parenting education • Child protection in crisis/refugee situations • Actions: register and document children, approve all workers, be aware of adults interacting with children, report any concerns, ensure accommodation for unaccompanied children, prioritize family reunification, believe children if they say they feel unsafe, support children who are bereaved • Working with maltreated or neglected children establishing trust, providing support

WEEK 4: ADDITIONAL INTERVENTIONS

MODULE	DESCRIPTION
Practice Reflection	<ul style="list-style-type: none"> • Discussion regarding application of the previous week's instruction to practice
Psychological First Aid	<ul style="list-style-type: none"> • Defining PFA • Role of PFA in response to crises and emergencies • Steps of PFA • PFA with young children (accompanied and unaccompanied), school-age children, adolescents, adults, elderly, people with disabilities • People who likely need special attention • Adapting PFA to the local context • Caring for yourself and for your team members in emergencies • Practical application
Family Engagement & Group Work	<ul style="list-style-type: none"> • Working with families • Developmental considerations in intervention • Stages of Group Process • Establishing Group Cohesion
Community Engagement & Advocacy	<ul style="list-style-type: none"> • How violence impacts communities • Process for engaging communities • Principles of advocacy
Introduction to Best Practice Interventions	<ul style="list-style-type: none"> • Basic strategies for anger management, affect regulation, handling flashbacks, and mind-body approaches • Brief overview of best practice approaches, including: <ul style="list-style-type: none"> ▪ CBT approaches and Cognitive Restructuring ▪ Common Elements Treatment Approach (CETA) ▪ Narrative Exposure Therapy (NET) ▪ Harvard Refugee Trauma Program ▪ Trauma-Focused CBT for Children (TF-CBT) ▪ Relaxation, mind-body techniques ▪ Coping with anxiety; affect regulation and anger management ▪ Expressive therapies (art, music, movement, drama)
Planning for Practice	<ul style="list-style-type: none"> • Review lessons learned and topics that need clarification • Practice skills learned • Create an Action Plan for implementation
Course Closure	<ul style="list-style-type: none"> • Sharing of Action Plans • Evaluations • Closure activity