

Course Brief and Rationale:

In a life stage inherently characterised by change, adolescents and young people not only need to transition into adulthood but also be able to navigate through social structures and identities in ways that promote growth and resilience. In addition, a significant portion of this group remains vulnerable to socio-economic marginalization and complex challenges, all of which impact their psychosocial well-being and development.

The focus of existing training programs for helping professionals working towards psychosocial well-being of adolescents and young people tends to be restricted to: an individualistic paradigm, disengaged from social realities (courses in Psychology / Counselling), to an overarching policy and advocacy level, with a lack of emphasis on individual distress (short-term training programs by community-oriented / advocacy organizations) or to a public health perspective with the medicalization of adolescent and youth concerns, disconnected from psychosocial experiences (trainings by government and health systems).

The need then, is to develop a training programme which builds sensitivity to individual distress in professionals working towards psychosocial well-being of adolescents and young people. Such a curriculum should also equip these professionals to locate this distress within the social, political, legal and economic spheres around the individual. iCALL and Vishakha have jointly developed such a training programme for professionals working towards psychosocial well-being of adolescents and young people.

iCALL Psychosocial Helpline & Vishakha

Tata Institute of Social Sciences, Mumbai

Fostering Strengths

A Certificate Course in
Psychosocial Work with
Adolescents & Young
People

iCALL
आय कॉल


Vishākha

 mariwala
health
initiative


भारतीय प्रतिष्ठान
NATIONAL FOUNDATION FOR INDIA


T I S S
Tata Institute of
Social Sciences



Objectives of the Course

- To help professionals develop a deeper understanding of psychosocial issues faced by adolescents and young people
- To acquaint professionals with perspectives and frameworks for conceptualizing psychosocial issues of adolescents and young people
- To help professionals learn psychosocial skills and interventions to work directly with adolescents and young people
- To help professionals build programmatic skills for engaging in preventive as well as interventive work with adolescents and young people

What makes this course unique?

- Focus on range of psychosocial concerns of adolescents & young people
- Psychosocial skills to work with various stakeholders
- Multi-disciplinary perspectives & frameworks
- Multi-Modal: Case discussions, role-plays, audio-visual aids, body-based experiential activities
- Contextually relevant research & facts
- Focus on teaching self-care strategies
- Experts as guest faculty
- Continued support after contact class
- Compendium of readings & resources

What will be covered in this course?

- Socio-cultural Context of Adolescents & Young People in India
- Gender, Sexuality & Body Image
- Interpersonal Relationships: Peers, Family & Romantic
- Academic & Career Concerns
- Common Mental Health Concerns
- Suicidality & Self Harm
- Substance Abuse & Addictions
- Technology & Young People
- Burnout & Self-Care for Helping Professionals
- Programmatic & Research Skills

Course Structure

The course comprises of an on-campus residential institute & an off-campus practicum mode

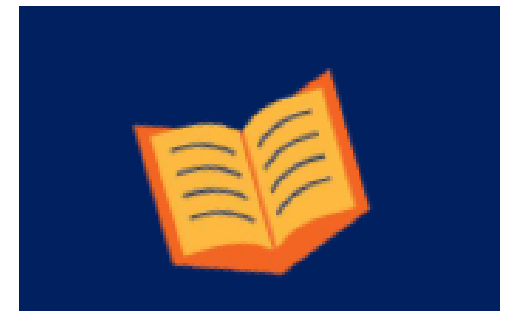
- 10 days of on-campus residential workshop mode institute
- 3 months of practicum component initiated within the professional's organization/setting which works towards psychosocial wellbeing of adolescents and young people
- Weekly supervision during the practicum
- 3 days of follow-up (on-campus residential contact class)

The course delivery will be in Hindi & English

Requirements for course completion

The professional must have:

- Attended all 13 days of contact class
- Initiated & completed 3 months practicum component
- Completed all required assessments



Eligibility

- Bachelors in any applied social sciences discipline* + Min. 3 years of direct work towards psychosocial well-being of adolescents and young people
- Masters in any applied social sciences discipline* + Min. 1 year of direct work towards psychosocial wellbeing of adolescents and young people

**Applied Social Sciences disciplines include: Social Work, Psychology, Human Development, Education*

Note: Preference will be given to individuals with experience and those associated with an organization working towards psychosocial well-being of adolescents and young people

Application Procedure

1. Please fill out the application form available on the following [link](#) and submit it.
2. Telephonic/Skype interviews will be scheduled with the shortlisted candidates.
3. The course organizers reserve the final right with respect to the selection of participants.

Logistical Details

- No. of Seats Available : 20
- 10 Day Contact Class Dates: 25th April – 4th May 2018
- Venue: TISS Campus, Mumbai
- Last date of application: 15th March 2018
- Course Fees: Rs 20,000/- per participant

(This is a subsidized fee inclusive of tuition, course material, hostel/ dormitory accommodation and meals for the duration of the contact classes)

Contact us at:

icallhelpline@gmail.com

info@vishakhawe.org

About iCALL

iCALL is a field action project initiated by TISS, which provides immediate, anonymous and professional counselling services over telephone and emails to individuals in psychosocial distress. iCALL also undertakes mental health outreach activities, capacity building and

consultancy for corporates, educational institutions, government agencies, and NGOs along with generating research and publications with respect to concerns of adolescents and young people as well as for mental distress and counselling in general.

About Vishakha

Founded in 1991, Vishakha has been a part of the Women's movement in Rajasthan and has been working towards empowerment of Women, girls & youth through mobilization, capacity building & community led advocacy in rural & urban communities. Vishakha implemented state-wide violence intervention programmes with a focus on holistic redressal & well-being of women & trained personnel for implementing the PWDVA in several states. Identifying gaps in psychosocial support available to young people, in 2013, Vishakha proposed to develop & demonstrate "youth pertinent", empowerment oriented counselling framework, particularly from socio-economically marginalised communities. This experiment has been carried since 4 years through two distinct modules of psychosocial interventions integrated with a youth resource centre & counselling services in educational & training institutes, reaching over 1000 youth. The emergent counselling framework is being consolidated now.