

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.

Two cohorts of this course were successfully organized and completed, total 37 persons from all over India have participated in two institutes.

Fostering Strengths: A Certificate Course in Psychosocial Work with Adolescents & Young People

Vishakha

iCALL & TISS, Mumbai



Vishakha

iCALL
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phf Paul Hamlyn
Foundation





Objectives of the Course

- To help professionals develop a deeper as well as broader understanding & knowledge of psychosocial issues faced by adolescents & young people & how they are intertwined with socio-cultural factors
- To acquaint professionals with perspectives & frameworks for conceptualizing psychosocial issues of adolescents & young people
- To help professionals learn psychosocial skills & interventions to work directly with adolescents & young people
- To help professionals build programmatic skills & interventions to mobilize stakeholders & the community at large for engaging in preventive as well as interventive work with adolescents & young people

What makes this course unique?

- Focus on Psychosocial Concerns of adolescents & young people
- Psychosocial skills to work with various stakeholders
- Multi-disciplinary perspectives & frameworks
- Multi-Modal: Case discussions, Art based exercises, audio-visual aids, 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- Demographics of Adolescents & Young People in India
- Self & Identity
- Gender & Sexuality
- Interpersonal Relationships: Peers, Family & Romantic Relationships
- Academic & Career Concerns
- Common Mental Health Concerns
- Suicidality & Self Harm
- Substance Abuse & Addiction
- Burnout & Self-Care for Helping professionals
- Working with communities and concerned departments

Course Structure

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

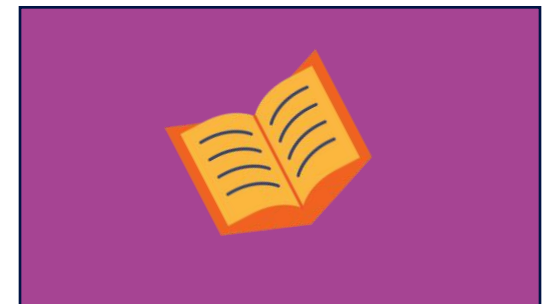
- 8 days of on campus residential workshop mode institute
- 3 months of practicum component initiated within the professional's organization/setting which works towards psychosocial wellbeing of adolescents and young people
- Weekly supervision during the practicum
- 3 days of follow-up (on campus residential;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

The course delivery will be in Hindi & English

Requirements for course completion

The professional must have:

- Attended all 11 days of contact class
- Initiated & completed 3 months of practicum component.
- Completed all the 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*

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 by **18th November 2018**. Or you can send us the filled application form to Vishakha office .
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
- Course Dates: 22nd November-1st December 2018
- Follow-up contact class : 1st or 2nd week of March 19
- Venue: Jaipur
- Course Fees: Rs 10000/- per participant

(This is a subsidized fee inclusive of tuition, course material, hostel/ dormitory accommodation as available and if required, and meals for the duration of the course)

(Participants can apply for scholarships. Limited scholarships are available; participants should apply only if urgently needed. Organizers reserve the final right with respect to selection of candidates for grant of scholarships)

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.

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.

Highlights from the previous 'Fostering Strengths' training programmes:

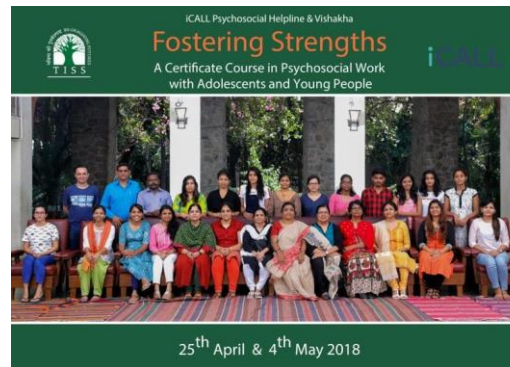
In the previous two batches of Fostering Strengths, there were 35 participants, including:

- Counsellors and researchers from educational institutes.
- Rashtriya Kishor Swasthya Karyakram (RKSK) counsellors from Madhya Pradesh.
- Medical professionals working in the communities.
- Social workers from various organisations across the country.
- Social workers and counsellors from committees/organisations working for VAW.

Contact us at:

vishakhasansta@gmail.com
Phone: 9116674769, 01412980614
icallhelpline@gmail.com

Submit your application@
<https://goo.gl/forms/63dgLskfedPNPAiu1>



Testimonials from the previous batch participants:

'Mentors from iCALL and Vishakha spread their positive vibes and gave sessions which were not only full of knowledge but also very interactive. Best part about the whole group was diversity in fields of issues they had been working on, different people from various states worked on issues like violence against women, addiction, sexual abuse, female education, teen depression, suicides etc. Everyone was doing their job dedicatedly but with less perfection. This perfection and support was provided by iCALL and Vishakha in 9 days.... The course was enlightening for our personal as well as professional lives.' – By a medical professional in Kota (46 year old)

"This course was a great opportunity to re-acquaint yourself with the theoretical knowledge, crosscheck your perspective as a therapist and test your hands on skills. The content of the course was selected thoughtfully and covered different topics. Facilitation was excellent including all the guest speakers. Most of them shared real life examples and cases which was great. I also enjoyed discussions with co-participants and I learned a lot from their experiences." – By a school counsellor (27 year old)