

Fostering Strengths is a training program initiated by iCALL, TISS in collaboration with Vishakha, an NGO in Rajasthan. It caters to helping professionals engaged with issues of psychosocial wellbeing of adolescents and young people. The course aims to equip helping professionals with knowledge, perspectives and skills that are contextualized, evidence-based and multi layered.

Informed by a participatory, empowerment-oriented approach, the course is guided by a uniquely designed curriculum which combines intervention skills along with a rigorous research component. The course is application-based, draws from research and theory contextualized to Indian settings and is facilitated by a team of experts specializing in different areas of work concerning adolescents and young people.

iCALL



Fostering Strengths

A CERTIFICATE COURSE IN
PSYCHOSOCIAL SKILLS FOR
WORKING WITH YOUTH &
ADOLESCENTS



COURSE OBJECTIVES

- 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 intervention work with adolescents and young people

COURSE THEMATIC AREAS

- Background & perspectives for working with adolescents and young people in India
- Strengths-based counselling
- Gender & sexuality
- Interpersonal relationships: Peers, romantic relationships and family
- Academic and career-related concern
- Substance abuse & addictions
- Self-care of helping professionals
- Suicidality and self-harm
- Project development and documentation

COURSE STRUCTURE

- 9 day contact class
- 3 months of supervised field work in an organization/setting which works towards the psychosocial well-being of adolescents and young people
- 3 days of follow-up contact class



WHAT MAKES THIS COURSE UNIQUE?

- Focus on psychosocial concerns of adolescents and young people
- Multi-disciplinary perspectives and frameworks
- Ready-to-use, hands-on skills and techniques to work with multiple stakeholders
- Multiple modalities: case discussions, art-based exercises, audio-visual aids, experiential activities
- Contextually relevant research and facts
- Focus on teaching self-care strategies to professionals
- Experts as guest faculty
- Continued support after contact class through weekly supervision sessions
- Compendium of readings and resources
- The course is bilingual (English & Hindi)

Dates & Application Procedure:

- The dates for the 9-day contact class are 30th April - 8th May 2019.
- If you wish to apply for this course, please fill out an application by clicking [here](#).
- The last date of sending your application is 25th March, 2019.
- Telephonic/Skype interviews will be scheduled with shortlisted candidates.
- Selections will be based upon an evaluation of the purpose statement, professional experience, understanding of work and reflection on personal practice.
- The course organizers reserve the final right with respect to selection of participants.

Fee Structure

Rs. 15,000/- per participant (a subsidized fee which is inclusive of tuition, course material, for the duration of the course).

Part scholarship will be offered for 3 out of the 20 seats. Please indicate in the application form if you wish to avail of it. Alternatives for accommodation such as on-campus and off-campus hostels, TISS Guest House, nearby hotels etc. will be suggested by us. The costs for the same is not inclusive in the course fees. and will have to be borne by you. Also, accommodation for the suggested options is subject to availability. Note: No travel allowance or DA will be paid.

Requirements for Completion

- Attend all 9 + 3 days of contact class
- initiate and complete 3 month practicum component
- Complete all the required assessments for the course



COURSE ELIGIBILITY

- Bachelors in any Applied Social Sciences discipline* + Min. 3 yrs. of direct work towards psychosocial well-being of adolescents and young people
- OR
- Masters in any Applied Social Sciences discipline* + Min. 1 yr. of direct work towards psychosocial well-being 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 to those associated with an organization working towards psychosocial well-being of adolescents and young people.

Participants Speak

“I was very apprehensive before I entered one of the classrooms in the quadrangle of TISS on the 24th April 2017. As I entered I was greeted by lovely smiling faces displaying warmth as well as happiness to see me there. I could never imagine unknown faces could be so welcoming and within few minutes we all were friends. 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.”

Participant, 2017

“सोच मै बदलाव आया| यूथ के बारे में सोच बदलने के लिए प्रयास कर रहा हूँ |”

Participant, 2018



Contact Us:

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ABOUT US

iCALL

iCALL is a field action project initiated by the School of Human Ecology, 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.

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. Identifying gaps in psychosocial support available to young people, in 2013, Vishakha developed a "youth pertinent", empowerment oriented counselling framework, delivered through a youth resource centre & counselling services in educational & training institutes, reaching over 1000 youth.