



iCALL
आय कॉल

COURSE BRIEF

Fostering Strengths is a training program initiated by Vishakhā in collaboration with iCALL & TISS. Fostering Strengths 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.

Fostering Strengths:

A Certificate Course in
Psychosocial Work with
Adolescents & Young
People



COURSE OBJECTIVES

- To help professionals develop a deeper as well as broader understanding & knowledge of psychosocial issues faced by adolescents & young people.
- 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

COURSE THEMATIC AREA

- Background & perspective for working with Adolescents & Young People in India
- Self & Identity
- Gender & Sexuality
- Interpersonal Relationships: Peers, Family & Romantic Relationships
- Strength based counseling
- Academic & Career Concerns
- Suicidality & Self Harm
- Substance Abuse & Addiction
- Understanding & prevention of Child sexual abuse
- Burnout & Self-Care for Helping professionals
- Project development & documentation

COURSE STRUCTURE

- 10 days 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 MAKE 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
- The course is bilingual (Hindi & English)

AVAILABLE SEATS: 25

- Course Dates: 15th to 24th November 2019
- Field work Practicum: December-Feb 20
- Follow-up contact class: 3 days (March tentatively)
- Place: Bhopal
- Course fee- 10000 INR
(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)
- 15 seats are reserved for individuals who have been working in Madhya Pradesh on the issues of child rights. 80% fees of these individuals will be sponsored by UNICEF Bhopal.

APPLICATION PROCEDURE

- Please fill out the application form available on the following [link](#) and submit it by 5th November 2019. Or you can send us the filled application form to Vishakha office /mail id.
- Telephonic/Skype interviews will be schedules with the shortlisted candidates
The course organizers reserve the final right with respect to the selection of participants.

REQUIREMENT FOR COMPLETION

- Attended all 13 days of contact class
- Initiated & complete 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 well-being 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 child, adolescents & young people.

Contact us at:

vishakhasansta@gmail.com

Phone: 01412980614

icallhelpline@gmail.com

Submit your application@

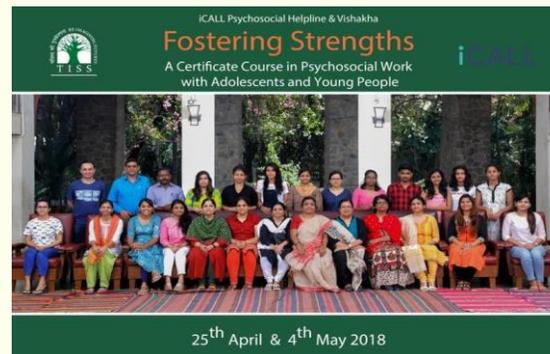
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PARTICIPANTS SPEAKS

"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

"This course changed my perspective about youth context and need. The things which I learnt through the course, I applied them in my behavior & now I am more concerned about mental health & well-being of myself & others as well"- Participant 2018.



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 for 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.

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.