

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.

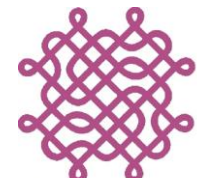
iCALL Psychosocial Helpline & Vishakha

Tata Institute of Social Sciences, Mumbai

Fostering Strengths

Skills and Perspectives for
Enhancing Psychosocial
Well-being of Adolescents
and 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 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 & Addictions
- Technology & Young People
- Burnout & Self-Care for Helping professionals

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 practicum component
- Completed all the required assessments



Eligibility

- Bachelors in any applied social sciences discipline* = Min 3 years if 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
 - Course Dates: 24th April – 2nd May 2017
 - Venue: TISS Campus, Mumbai
 - Last of application: 17th April 2017
 - 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)

- Reach us at:
icallhelpline@gmail.com/
info@vishakhawe.org

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 works towards Empowerment of Women, girls and communities and state through interventions using collectivising, capacity building, consciousness raising, self-transformatory processes, convergence building, holistic redressal along with gender equitable, empowerment and wellbeing focused approaches in rural and urban settings of Rajasthan, as a part of an experiment, Vishakha runs two different models for providing integrated counselling and supportive services to institutions and projects to take up comprehensive counselling framework for implementation.