



UNIVERSITY of
RWANDA



SOS CHILDREN'S
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UNIVERSITY OF RWANDA, CENTRE FOR MENTAL HEALTH - COLLEGE OF MEDICINE AND HEALTH SCIENCES
SOS CHILDREN'S VILLAGES RWANDA
DULWICH CENTRE, AUSTRALIA

**2020 Postgraduate Continuous Professional Development (CPD) Training Program
(6 months: 29 JANUARY-14 AUGUST 2020) in Narrative Therapy & Community Work**

In the framework of the partnership between the University of Rwanda (UR) and the SOS Children's Villages-Rwanda Program, the Centre of Mental Health-College of Medicine and Health Sciences (CMHS) is organizing a Postgraduate Continuous Professional Development (CPD) Training in Narrative Therapy and Community Work.

RATIONALE OF THE TRAINING

Would you like to immerse yourself in narrative ideas next year? This 2020 program will consist of two teaching blocks in Kigali, Rwanda (one in January-February 2020 and another in August 2020). In between these two teaching blocks, participants will be engaged in a reading/writing program relating the ideas of narrative practice to their own contexts and staying connected with each other online. Therefore, if you would like to immerse yourself in narrative ideas next year, this postgraduate CPD course might be for you! We are very much looking forward to this practice-based training course, and we do hope you will join us. This course is brought to you by the University of Rwanda in collaboration with SOS Children's Villages Rwanda and the Dulwich Centre, Australia.

WHAT IS NARRATIVE THERAPY?

Narrative therapy¹ centres people as the experts in their own lives and views problems as separate from people. Narrative approaches assume that people have many skills, competencies, beliefs, values, commitments and abilities that will assist them to reduce the influence of problems in their lives. The word 'narrative' refers to the emphasis that is placed upon the stories of people's lives and the differences that can be made through particular telling and re-telling of these stories. Narrative therapy involves ways of understanding the stories of people's lives, and ways of re-authoring these stories in collaboration between the therapist and the people whose lives are being discussed. It is a way of working that is interested in history, the broader context that is affecting people's lives and the ethics or politics of this work. It is a hopeful approach. When using narrative approaches, it is often possible to address serious problems (depression, anxiety, trauma, PTSD, grief and loss, drug abuse, victims of violence, bedwetting, phobia, hearing voices, etc) in playful and respectful ways.

The approach is also embraced by those who don't necessarily have a diagnosable condition and simply wish to have a greater sense of control and well-being in their lives. It is also among the rare western therapeutic approaches that has accepted contributions from Rwandans and hence is easily adaptable to the Rwandan context both therapy rooms and community settings. There is a significant history of Rwandan practitioners making contributions to the field of narrative practice. Practitioners from Ibuka began engaging with narrative therapy and community work ideas over ten years ago. In 2018, a first cohort of 15 Rwandan practitioners completed a one year course in narrative therapy and community work.

FIRST FACE-TO-FACE TEACHING BLOCK

Welcome drinks at SOS Children's Villages Rwanda, Training Centre, Kacyiru, at 4pm on Tuesday 28 January 2020. The teaching blocks will take place at CMHS-Centre for Mental Health, UR-Remera Campus (Former KIE).

**Level One
INTENSIVE
29 JAN-5 FEB**

This one-week workshop has been specifically designed for those who are relatively new to narrative ways of working or those who have had some exposure to the ideas and would now like the opportunity to more rigorously engage with narrative practices. This course will feature a review of key narrative ideas and practices, including recent developments. For this week, participants will join a larger group.

¹ <https://dulwichcentre.com.au/what-is-narrative-therapy/>



AUGUST FACE-TO-FACE TEACHING BLOCK

**Level Two
INTENSIVE
3-7 AUG**

This one-week training program will extend participants' knowledge and skills of narrative therapy. This skill-building workshop will be tailored to the interests and contexts of group members. Teaching methods will include: reviewing videotapes; engaging together in interviews; exercises designed to practice skills and engage more fully in the narrative worldview. For this week, participants will join a larger group

ONLINE LEARNING COMPONENT

In between these two teaching blocks, participants will be engaged in a reading/writing program relating the ideas of narrative practice to their own contexts and staying connected with each other online.

Note: At the end of the course, each participant is expected to write a 5000-word project about how the professional has used narrative practice in his or her work over the year. The aim of this project is to support practitioners to be able to use narrative practices in their own context and in their own ways

WHO SHOULD ATTEND

Those applying to undertake the course would typically be professionals working with children, young people, adults, families or communities who are interested in enhancing their clinical and practice skills in narrative therapy and community work. The combination of intensive delivery supported by distance and on-line learning means it is accessible to candidates across Rwanda and other African countries.

ENTRY REQUIREMENTS

- An undergraduate degree in a related discipline:
 - ✓ Psychology (Clinical Psychology, Counseling Psychology, Social Psychology, etc)
 - ✓ Social Work (with an orientation in Clinical/Psychiatric/Community Social Work)
 - ✓ Psychiatric Nursing
 - ✓ Family and Community Medicine
 - ✓ Education, Psycho-pedagogy, ...
- Evidence of two years of relevant work experience;
- Statement of up to 500 words by the Applicant;
- A professional referee report;
- English proficiency;
- Please note, it is necessary to be working/volunteering in a context in which you are able to put narrative ideas into practice for at least 5 hours per week during the duration of the Postgraduate CPD course

COST OF THE TRAINING

1. *A part of the training costs will be sponsored by SOS Children's Villages Rwanda. However, participants will be requested to cover the following:*
2. US\$ 500/participant covering training materials, meals during face-to-face teaching blocks and tutor's fees for assessment of online assignments
3. For institutions sponsoring from 2 participants, the cost will be lowered to US\$ 450/person
4. Participants will be allowed to pay their contribution in 1 to 3 instalments. Payment modalities will be shared later.

HOW TO APPLY

Application is open until November 30, 2019. Register online with the following link: <https://iam.rw/3SRYm>



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TIMELINE

- Mid-September to end of November 2019: Candidates applications
- December 2019: Candidates selection
- 29 January to 14 August 2020: Learning

Note: there will be an International Narrative Therapy and Community Work Conference in **Kigali from 10 to 14 August 2020** (<https://dulwichcentre.com.au/conference/>). Learners in this course will be able to attend for free.

ACADEMIC TEAM

The academic team will consist of leading international trainers. The faculty will be drawn from the [Dulwich Centre International faculty](#) and the University of Melbourne. Local facilitators will be narrative practitioners from SOS Children's Villages Rwanda and other partner organizations.


FOR MORE INFORMATION, CONTACT:

- CMHS-Centre for Mental Health, University of Rwanda: Prof Vincent Sezibera, E-mail : vsezibera@ur.ac.rw, vsezibera@gmail.com
- SOS Children's Villages Rwanda : Serge Nyirinkwaya, E-mail : serge.nyirinkwaya@sos-rwanda.org,

Kigali, 18th September 2019


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