



UNIVERSITY of
RWANDA



SOS CHILDREN'S
VILLAGES
RWANDA

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

11th January to 6th August 2021 (6 months)

2020 Postgraduate Continuous Professional Development (CPD) Training Program (6 months) 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 2021, program will consist of two teaching blocks in Kigali, Rwanda (one in January-February 2021 and another one in August 2021). 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 (UR) and the SOS Children's Villages Rwanda and the Dulwich Center, Australia.

WHAT IS NARRATIVE THERAPY?

Narrative therapy centers people as the experts of 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 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 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 do not 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 and in 2020, a second cohort is due to graduate with 38 participants from different countries in Africa i.e. Rwanda, Kenya, Burundi, Tanzania, Botswana, Zimbabwe, Ethiopia, and Somalia.

FIRST FACE-TO-FACE TEACHING BLOCK

Level One Intensive
11th – 15th January
2021

The teaching blocks will take place at CMHS-Center for Mental Health, UR-Remera Campus.

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.

AUGUST FACE-TO-FACE TEACHING BLOCK

Level Two Intensive
2nd – 6th August
2021

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 online 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 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.



UNIVERSITY of
RWANDA



HOW TO APPLY

Application is open until Mid-December 2020. Register online with the following link:
<https://bit.ly/NTCW-Rwanda>

TIMELINE

- Until Mid-December: Candidates applications
- December: Candidates selection
- January 11th to August 6th 2021: Learning

Note: There will be an international Narrative Therapy and community Work conference in Kigali, from August 9th-13th 2021

ACADEMIC TEAM

The academic team will consist of leading international trainers. The faculty will be drawn from the Dulwich Center 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, please contact:

- CMHS-Center for Mental Health, University of Rwanda: Joseph Kalisa.
➤ Email ID: josephka300@gmail.com
- SOS Children's Villages Rwanda: Serge Nyirinkwaya
➤ Email ID: serge.nyirinkwaya@sos-rwanda.org

Kigali, 18th November 2020



Prof Vincent Sezibera

Director of Centre for Mental Health

University of Rwanda/CMHS.



Mr. Serge Nyirinkwaya

Acting National Director

SOS Children's Villages Rwanda