



UNIVERSITY of
RWANDA



SOS CHILDREN'S
VILLAGES
RWANDA

Dulwich Centre
A gateway to narrative therapy & community work

UNIVERSITY OF RWANDA/CENTRE FOR MENTAL HEALTH

SOS CHILDREN'S VILLAGES RWANDA

&

DULWICH CENTRE

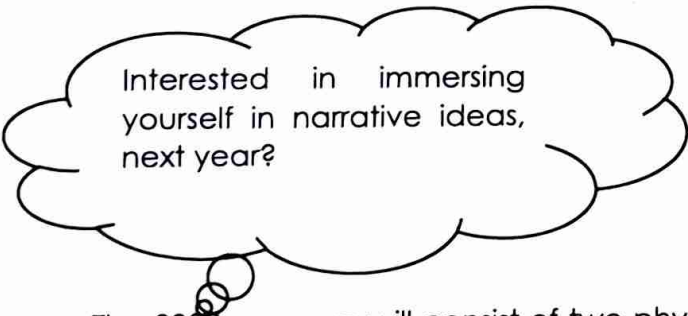
30th January 2022 to 7th October 2022 (8 months)

2022

Postgraduate Continuous Professional Development (CPD) Training Program 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, and their Partner Dulwich Centre, the UR/Centre of Mental Health is organizing a Postgraduate Continuous Professional Development (CPD) Training in Narrative Therapy and Community Work each year for the past 3 years. Previous graduates have come from different Countries across the Sub-Saharan Africa region including, Rwanda, Burundi, Kenya, Botswana, South Africa, Tanzania, Zanzibar, Somalia, Somaliland, Ethiopia, and Zimbabwe. Trained Narrative Practitioners continue to impact their communities through their day-to-day engagement with Narrative ideas.

About the Training



Interested in immersing
yourself in narrative ideas,
next year?

The 2022 program will consist of two physical teaching blocks in Kigali, Rwanda (one in January-February 2022 and another in August 2022). In between these two teaching blocks, participants will be engaged in a reading and writing reflections relating the ideas of narrative practice to their own contexts and staying connected with each other, online and tutors reading and offering feedback. 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)- Centre for Mental Health, 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 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, respectful and none retraumatizing 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. The narrative ideas embrace a decolonizing approach to therapy and acknowledges local knowledge contributions and innovations in therapy rooms.

Rwandan practitioners have significantly and continue to contribute to the field of Narrative practice ever since the Practitioners from Ibuka Association began engaging with Narrative Therapy and community work ideas in supporting survivors of Genocide against the Tutsi in 1994.

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 graduated 34 participants from different countries in Africa i.e., Rwanda, Kenya, Burundi, Tanzania, Botswana, Zimbabwe, Ethiopia, and Somalia. With Covid-19 Pandemic, travel restrictions and ensuring the course quality is maintained, the organizing team reduced the number of participants to 20 who graduated this year in August 2021. The graduates were from Rwanda, Tanzania, Zanzibar, Somaliland, and Ethiopia.

Accreditation

Participants receive a certificate of completion at the end of the program after submission of the final projects offered by the University of Rwanda. The program is also accredited by the Rwanda Health Professionals Council (RHPC) and provide to the trainees a 34 credits certificate.

1st Face-to-Face Teaching Block

Level One Intensive: 30th January – 5th February 2022

During this course, participants will engage in a 1-week physical intensive training, during the intensive training, participants and teachers engage in teachings and exercises related to narrative ideas.

All participants will be staying at the designated place in this week and evening cultural connections and sharing are planned to enable participants to connect and learn from each other's community of practice and culture.



The training content within this one-week are 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 engage with narrative practices more rigorously. This course will feature a review of key narrative ideas and practices including recent developments.

In each teaching block, teachings happen in conjunction with other fun activities such as singing, dances, telling stories and playing games, come ready to dance and sing.

2nd Face-To-Face Teaching Block

Level Two Intensive: 1st– 6th August 2022

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. 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 their 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.

Additionally, during this period, participants will present the draft of their innovative projects and get feedback from fellows and tutors. The draft will indicate how the participant has used narrative practice in their work.

Online Learning Component

In between these two teaching blocks, participants will be engaged in a reading/writing reflections relating the specific ideas of narrative practice that they have used in their own contexts. Each reflection is 500-word talking how you engaged with the reading and each participant will be hosted in the online book club session that happen Bi-weekly.

Final Project Submission: 7th October 2022

Participants will submit their final innovative projects that would potentially end up being published through different journals such as the International Journal of Narrative Therapy & Community Work. Publication of work will be based on a matrix for the final paper publication.

Who Is the Course for?

The course is made for all who are interested in using narrative ideas to support their communities such as those working with children, young people, adults, families, vulnerable groups, 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

Due to the University requirements for the postgraduate courses, those applying to undertake this course should be

An undergraduate degree in a related discipline:

- Psychology (Clinical Psychology, Counseling Psychology, Social Psychology, etc)
- Psychiatry (MMed in Psychiatry)
- Social Work (with an orientation in Clinical/Psychiatric/Community Social Work)
- Psychiatric Nursing
- Family and Community Medicine
- Education, psycho-pedagogy.
- Education, sociology, anthropology, and philosophy.
-

Individuals with a different background but with proof of experience in working in related field are also welcomed to apply.

Other requirements include;

- Evidence of two years of relevant work experience;
- Statement of up to 500 words by the applicant;
- English proficiency;
- Please note, it is necessary to be working/volunteering in a context in which you can 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 and Dulwich Centre through in-kind contribution. 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**

Participants will be allowed to pay their contribution in 1 to 3 instalments. Payment modalities will be shared to selected participants.

How to Apply:

Application is open until **December 15th, 2021**. Register online with the following link: <https://bit.ly/NarrativeTherapy2022>

Timeline:

- Until December 15th: Candidates applications
- 15th December: Candidate's selection
- January 30th to October 7th, 2022: Learning



Note: There will be an international Narrative Therapy and community Work conference in Kigali, from August 8th-13th 2022 and participants in the course will participate in the event.

Academic Team

The academic team will consist of leading international trainers. The faculty will be drawn from the Dulwich Center International faculty, the University of Melbourne and local facilitators will be narrative practitioners from SOS Children's Villages Rwanda, University of Rwanda, and other partner organizations.

For more information, please contact:

- Course Coordinator Joseph Kalisa at: josephka300@gmail.com

Kigali, 23rd August 2021


for
Prof Vincent Sezibera

**Director Centre for Mental Health
University of Rwanda**

