

## **Mental Health and Psychosocial Support (MHPSS) Online Training**

**February 2026 | For Healthcare & Mental Health Professionals in NGOs**

### **Introduction to Institute of Psychotherapy and Psychotraumatology (IPP)**

The Institute of Psychotherapy and Psychotraumatology (IPP) at the University of Duhok is a leading academic and training institution dedicated to provide MA in Psychotherapy and Psychotraumatology and to strengthening mental health and psychosocial services in conflict-affected and humanitarian settings. Through evidence-based education, clinical training, and international academic cooperation, IPP aims to build sustainable professional capacity and promote ethical, culturally sensitive mental health care.

In cooperation with the Institute of Transcultural Health Sciences at Baden-Württemberg Cooperative State University (DHBW) and funded by the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH – Syria Portfolio, IPP is pleased to announce an online MHPSS training program targeting mental health professionals working in North-East Syria.

### **Training Objectives**

By completing this training, participants will be able to:

- Develop transdisciplinary competencies in mental health and psychosocial support
- Apply theoretical knowledge and practical skills in individual and group therapeutic settings
- Identify and manage common mental disorders using DSM-based diagnostic frameworks
- Deliver trauma-informed, ethical, and culturally sensitive care for adults and children
- Respond effectively to complex, changing, and emergency contexts
- Strengthen professional decision-making, adaptability, and problem-solving skills
- Enhance self-care and stress-management strategies to prevent burnout.

### **Supported by:**

## Training Structure & Modules

The training consists of two interrelated modules, delivered through interactive lectures, case studies, and supervised practical exercises:

### **Module 1: Comprehensive MHPSS Training (80 hours – Theory & Practice)**

Focuses on core therapeutic and psychosocial skills, including: - Foundations of mental health and communication - Ethical therapeutic relationships - Psychological First Aid (PFA) and emergency psychosocial support - Stress management and self-care - Individual, couple, family, and group interventions - Cognitive Behavioral Therapy (CBT) principles - Trauma-informed care and stabilization techniques - Child-focused interventions (behavioral, art, and play therapy) - Suicide prevention and Working with Gender-Based Violence (GBV) cases

### **Module 2: General Disorder Identification Based on DSM (80 hours – Theory & Practice)**

Focuses on assessment and intervention for common mental disorders, including: - Anxiety disorders and exposure-based interventions - Obsessive-Compulsive Disorder (ERP) - Mood and depressive disorders (CBT & behavioral activation) - Post-Traumatic Stress Disorder (NET & imagery describing) - Somatoform and psychotic disorders - Child psychological disorders (Autism, ADHD, intellectual disabilities) - Sleep and eating disorders – substance use disorders

## Learning Outcomes for Participants

After completing the training, participants will:

- Gain practical, job-ready therapeutic skills applicable in humanitarian and clinical settings
- Demonstrate confidence in diagnosing and managing mental health disorders across age groups
- Apply evidence-based interventions aligned with international standards
- Improve their ability to work independently and within multidisciplinary teams
- Enhance career opportunities in clinical practice, NGOs, and strategy-oriented mental health roles
- Receive structured professional development through an international academic collaboration

## Supported by:

## Training Schedule

<b>Duration</b>	40 days total (20 days per module)
<b>Schedule</b>	3 days per week over 7 weeks per module
<b>Time</b>	16:00 – 20:00 (Afternoon sessions) (To be changes based on situation)
<b>Language</b>	Arabic
<b>Cost</b>	Free of charge (attendance is compulsory)
<b>Mode</b>	Online

## Target Group

Psychologists, psychiatrists, psychological counselors, social workers, and other qualified mental health worker and service providers.

Participants will be selected based on professional background and application review.

## Registration & Selection

**Application deadline:** 20.02.2026

**Registration link:** <https://forms.gle/6AKAzjFcsfLHa9HP6>

Selected participants will be contacted directly and provided with the detailed training schedule.

## Data Protection

All personal information collected will be used only for training purposes. Data will be handled confidentially and accessed only by authorized project staff.

## Supported by:

## Contact Information

Institute of Psychotherapy and Psychotraumatology (IPP)

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## **Supported by:**

Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH

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