

## ICDP PROGRAMME AND COMMUNITY BENEFITS

The programme is particularly relevant to children 0-6 years, but it is applicable with children of any age.

ICDP works both in the area of prevention and rehabilitation with programs adapted for use in different contexts:

- ✚ Through education, primary health care or social services supporting parents in general; or more specifically for minority groups, for families affected by HIV, families in prison, families with special needs children or children under child protection
- ✚ In emergency situations, to upgrade the quality of care of children placed in camps or institutions
- ✚ As competence building programme for staff in children's centres or hospitals
- ✚ Training of preschool and school teachers to enhance quality interactions in the classroom and with the parents
- ✚ Students are trained to apply ICDP in their future work; psychology students may evaluate the work of ICDP as part of their graduation and/or master thesis

# ICDP

## International Child Development Programme

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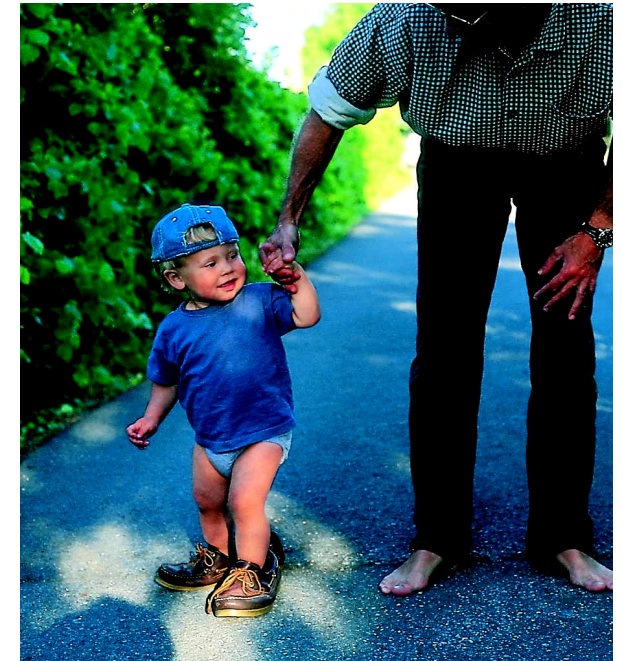
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## International Child Development Programme



*Empathy In Action*

## ABOUT ICDP

ICDP is a professional competence building organization in the field of psychosocial care for children.

The ICDP approach is based on the idea that the best way to help vulnerable children is by helping their caregivers. For that purpose ICDP has developed a cost effective sensitization program designed for international use.

The program is based on recent research in child development. It aims to enhance and enrich the quality of adult-child relationships, by developing in caregivers a positive conception of the child as a person and by facilitating relationships that support children's development whilst preventing those that may lead to neglect and abuse of children.

ICDP works on reactivating positive cultural practices in order to stimulate development that is truly authentic and long lasting. Ongoing self monitoring and evaluation are at the core of the ICDP strategy.

In order to sustain its work after the initial intervention has been completed, ICDP also aims to integrate its program within local networks working with children and families.

*As the ICDP programme focuses on developing meaningful dialogues with children and promoting children's active participation and initiative, it contributes towards the practical realization of the most fundamental of children's rights whilst at the same time it can be conceived as a tool for building peace from the very base of society.*

## HISTORY

ICDP represents the work of an international team, led by Professor Karsten Hundeide from the University of Oslo.

ICDP began developing its training program in 1985, but the organization was not founded until 1992 when it was registered as a private foundation with the mission to provide for human care, particularly in conditions where caregivers are uprooted through social changes, migration, war and natural catastrophes; in such situations ability for caring often breaks down and needs to be reactivated.

In 1992 the ICDP programme was evaluated and adopted as a mental health programme by the World Health Organisation (WHO). From 2001 close cooperation was also established with UNICEF, particularly in Colombia, Guatemala and El Salvador.

## TRAINING

After the initial workshop there is a period of practical training given by applying ICDP with children and caregivers. There are two levels:

- ✚ **Facilitator level:** ICDP qualified facilitators use the programme in their direct work with children and caregivers.
- ✚ **Trainer level:** ICDP qualified trainers train and supervise new groups of facilitators.



## EVALUATION AND VISION

Evaluation studies from Norway, Sweden, Denmark, Angola, Mozambique, Colombia, Paraguay, Russia, and Macedonia confirmed that ICDP can have a positive impact on caregiver-child relationships. As a result of ICDP, caregivers tend to respond to children with more positive emotion and sensitivity; they seem to talk in more meaningful ways with their children and learn to give more space to their children's initiatives and expressions. Violent behaviour has been shown to diminish or stop entirely in the majority of cases.

ICDP has implemented training in over 20 countries. The ICDP vision is to scale up its work in the world by establishing strategies for future cooperation and more partnerships with large-scale international as well as local networks.