

## ICDP PROGRAMME AND COMMUNITY BENEFITS

The programme is particularly relevant to children 0-6 years, although 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:

- ✚ As a parental programme applied through education, primary health care or social services; or more specifically for minority groups, for families affected by HIV, parents 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 a competence building programme for staff in children's centres or hospitals
- ✚ Training of preschool and school teachers to enhance the quality of interactions in the classroom and/or children's parents
- ✚ For university students to complement their theoretical studies, and/or to evaluate the impact of ICDP, as part of their graduation or master thesis



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## ABOUT ICDP

ICDP is a 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 to be flexible for international use.

The ICDP 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 the implementation of ICDP after the initial intervention is completed, ICDP strategy is to try to integrate its program within the existing work of local networks that offer assistance to parents, caregivers and children.

*As the ICDP programme focuses on developing empathy and meaningful dialogues between adults and children and it is promoting children's active participation and initiative, it contributes towards the realization of children's rights and towards building peace from the very base of society.*

## HISTORY

ICDP represents the work of an international team, which was formed and led by Professor Karsten Hundeide from the University of Oslo for 20 years.

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). Close cooperation was also established with UNICEF and the ICDP set of materials was published by UNICEF to help the implementation of ICDP on large scale.

## TRAINING

There are two levels of training. In between training workshops, it is necessary to do field work.

- ✚ **Facilitator level:** ICDP qualified facilitators are entitled to use the programme in their work directly with children and caregivers.
- ✚ **Trainer level:** ICDP qualified trainers are entitled to train facilitators and supervise their work.



## EVALUATION AND VISION

Studies about the impact of ICDP in Norway, Sweden, Angola, Mozambique, Colombia, El Salvador and other countries, confirmed that the ICDP programme can have a positive impact on caregiver-child relationships. It was found that caregivers respond to children with more positive emotion and sensitivity, talk in more meaningful ways with their children and give more space to their children's initiatives and expressions. Violent behaviour was shown to diminish or stop entirely in the majority of cases.

**VISION:** The ICDP vision is to establish new partnerships and strategies for cooperation with international and local networks, and to train their staff to implement the ICDP programme with a large number of caregivers and children in their respective countries and communities.