

AFGHANISTAN - 2019

Early in 2019, Emily Allan, the Mental Health and Peacebuilding Director for the International Assistance Mission (IAM) in Afghanistan contacted ICDP to explore the possibility of including ICDP parenting programme as part of their mental health programme.

IAM is a non-profit Christian development non-governmental organization working in Afghanistan since 1966. IAM is registered in Geneva, Switzerland, and is the longest continuously serving NGO in Afghanistan, and only works in Afghanistan.

An agreement with ICDP was reached to start training a small team from Afghanistan in England. The first part of the training at caregiver level was accomplished by each member of the team prior their visit to England.

In the summer a small team travelled to London to receive training and they afterwards tried out the ICDP methodology with groups of professional colleagues and parents.

Having completed the requirements for certification the team returned for the final workshop at facilitator level in December. The workshop was held at Ashridge house, near Berkhamsted, and it was conducted by Nicoletta Armstrong.



The workshop was attended by 6 participants (on photo above), three doctors, one psychologist and one researcher.

An extra day was included in the training, in order to focus specifically on the topic of how to evaluate the work with the ICDP programme. Three researchers participated via skype, from India, Norway and England.

At the certification workshop, the trainee facilitators reported about their practical work with the ICDP programme. They presented in great detail the way they applied and adjusted the content and delivery of the programme to fit in with the context and cultural background of the people they were working with.

The team demonstrated through video footage some of the positive reactions by those they trained.

The first experience of applying ICDP in Afghanistan was successful – not only did the programme have a positive effect on adults but it seemed to impact the sons and daughters of those who participated – the children kept asking about the programme and wanted to know when the next meeting would take place.

The local team together with their trainer examined each principle and component of the ICDP programme discussing future adaptations.

AFGHANISTAN: comments from facilitators

It was moving to see how the participants' children appreciated ICDP. Eager for their parents to receive ICDP, they kept asking "when are you holding the next ICDP meeting?"

A particularly meaningful and successful activity was when parents had to write a letter to their child; one father wrote 6 letters, one letter to each of his 6 children.

The four team members of ICDP Afghanistan received their ICDP Facilitator level diplomas in December 2019 and expressed commitment to continue to roll out the ICDP programme in 2020, through IAM and also through a Women's organization in Harrat and other places in the region.

