

## ICDP Facilitator training in Dhaka, 2020



On 19-21<sup>st</sup> of January, the second batch of Facilitator level training started in Dhaka, Bangladesh. Normisjon Bangladesh organized the training that was conducted by Gerd Eli Lindtjørn Haaland and three trainee trainers, Sajeda Aktar, Shahnaz Parveen and Edna Velasco

A total of 21 participants from 5 different organisations joined the training, as follows:

Normisjon Bd, 2 participants

Basha Enterprises Ltd: 2 participants

AG Mission: 3 participants

Lamb project: 4 participants

Salvation Army: 8 participants.

Most of the participants work with projects addressing mothers and children. Three of the organisations work with victims of trafficking, by serving mothers who are still in brothels or have come out of prostitution.

All participants expressed gratitude for receiving the ICDP practical training, which can be applied in their workplace, and there was a strong sense of gratitude that this training has now reached Bangladesh.

The first part of the participants' training was at caregiver level. They shared childhood memories and were gradually able to put themselves in the place of their own children. The workshop was over three emotional days that were filled with laughter, tears and hope.

Many participants had never shared about their childhood in a safe way like this before. Several expressed that they wished they had received this training when their own children were babies. "We have all struggled and made mistakes we wish could be undone. By having this training we can now forgive ourselves and move forward. Although it may be hard sometimes, we will do our best to apply what we have learned. Our children deserve that".



After the first three days all the participants went home and did a one month self-training focusing on their own children and how they are as caregivers.

From February 16<sup>th</sup>-18<sup>th</sup> we all came together again. Even though we have not known each other for a long time, it now felt like meeting dear old friends again. Sharing and hearing the experiences from the past four weeks was an inspiration to all of us. One man shared: " Before ICDP, my family was in a very dark place. ICDP has saved and changed my life".



*Here one facilitator practices how to communicate with a caregiver who has a negative conception of her child. She is practicing how to give help to the mother to see the situation from her daughter's perspective, and maybe to experience something new and positive about her child.*

For me as trainer, it was very inspiring to see how thoroughly they had done their self-assessments. Many had taken videos of their interactions with their children and had evaluated it according to the 8 guidelines they had learned previously. By doing such active self- reflection exercise they had initiated positive changes, and could now already see the outcome.

One father shared his experience: “ I never knew that I needed to have a shared focus with my two-year old. If he asked me something I hardly answered him. Now I know that I need to give my full attention and provide meaning to what he is interested in. Now I enjoy helping him to expand his ideas. When he asks me where this and that food comes from, I explain it to him and I always try to find photos or visit places so that he will understand even more. Now he asks even more questions, but it is all good. I enjoy to spend this time with him”.

By looking at the interaction videos they had made, we could point out what they did well and thereby give them more self-confidence as caregivers.

In the second workshop the participants learned how to convey the ICDP message to others. We discussed and role-played the 7 ICDP principles of sensitisation. On the last day all the participants did mock session where they acted out as facilitators.

For us giving the training, it has been a joy to see that the trainee facilitators are capable to bring ICDP to their areas.

Now is the time for the trainee facilitators to do their first caregiver groups. They will work in pairs, and will receive follow up and a visit from an ICDP trainer.

On May 31<sup>st</sup>- June 2, we will all meet again for the third and final workshop.