



ICDP NEWSLETTER

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ICDP at trauma conference in Antalya



Three Ukrainian psychologists, Maria Bingol, Viktoria Sidorenko and Larysa Konarska, attended a trauma conference in Antalya, Turkey, which took place 2-5th of November 2023. The conference was the 5th Mediterranean Regional conference – Link to conference site: <https://www.iagptraumadisasterconferenceantalya.org/> It was organized by the International Association for Group Psychotherapy and Group Processes (IAGP). The organizers received support from the Muratpaşa Antalya municipality.

The chair of the local organizing committee was Caner Bingol, founder of the Dr Ali Baboglu Jungian Psychodrama and Public Mental Health Institute. One of the aims of this institute is to implement ICDP and train others in the ICDP programme and for that purpose it has recently signed a partnership agreement with the ICDP international foundation.

The three psychologists first presented ICDP and afterwards conducted a workshop for participants from USA, Turkey, and Ukraine. [Read the report by Viktoria and Larysa.](#)

“Many participants showed interest after our presentation, and we talked about ICDP with quite a few, including professionals from Italy, Australia, Georgia, Lebanon and Kurdistan. A psychotherapist couple seemed very interest to start using ICDP at their own therapy centre. It was a very good experience and exciting to present ICDP at this platform. Especially meaningful and touching was to present our ICDP work in the context of war trauma in Ukraine. This was not the first time that I presented the ICDP perspective in such a context. It is a painful topic since trauma in Ukraine is an ongoing daily feature of people’s lives. In our workshop we showed ways to work within this kind of context when traumatic events are not stopping and therefore it is extremely difficult for people to find emotional stability. We demonstrated how ICDP creates a possibility for parents to receive support and find relief through the application of the emotional and mediational dialogues. This in fact has been my experience after working with children and adults from military families involved in the war in Ukraine. Karsten Hundeide’s [“Essays on war traumas, adaptations and rehabilitation”](#) has been amazingly helpful in our work in this area.“ – Maria Bingol.



Update from Addis Ababa



ICDP is continuing to develop in Ethiopia thanks to the efforts of ICDP trainer, Atnaf Berhanu. Atnaf spent six weeks in Addis Ababa during the autumn of 2023.

During this time, she conducted ICDP facilitator level training for a new group and she also held a workshop aimed at raising awareness about the programme.

She has also been working on producing a new and better translation of the ICDP material for use in Ethiopia, as the previous translation of the handbook proved not to be good enough. As soon as funding is secured, she hopes to have the new ICDP material printed.

[Read brief report from Atnaf.](#)



New horizons for ICDP in Germany



From the report by Rita Crecelius:

For 5 years now, I have been trying to establish the ICDP programme in the field of health care for professional caregivers in Germany, particularly focusing on daycares, nurseries and institutions for people with special needs.

During this year, the ICDP approach had a better reception than before. I think this is because most of the institutions in the country seem to be facing health problems. Issues such as shortage of staff, high sickness rates and more bureaucratic duties than ever, are generating high stress levels in caregivers, and that is negatively affecting their relationships with the recipients of their care. Consequently, children are showing more behavioural problems. The rates of depression, panic symptoms and suicide among children are on the increase. There is a growing awareness, that children's health and wellbeing depend on the resilience of their caregivers, a notion that is also at the core of ICDP intervention: to strengthen caregivers experiencing difficulties. Some of my ICDP activities in 2023:

ICDP in daycares which had already been involved in ICDP training:

1. In the St. Thomas daycare in Hildesheim, which is the first daycare where I trained staff members in ICDP, I conducted a refresher programme to strengthen their application of the ICDP relational approach. They are always very grateful for staying in touch with the ICDP wisdom. Together, we had a wonderful start in 2023, we made a circle of appreciation for keeping children safe, secure, soothed and seen (D. Siegel) in difficult times.

2. In the Kinderhaus FrechDaxe in Braunschweig, (a daycare of Impuls Soziales Management), the training of 50 FrechDaxe staff members, started in February, albeit with a small delay due to financial problems. This was the training of the first of five teams, and by the end of August two

more teams followed, and the remaining two teams will be starting their training in ICDP in January 2024. Over a period of 5 sessions, each team is given the opportunity to practice their skills in video analysis and drawing interaction profiles. After this phase of instruction, the teams should be able to supervise each other in reflecting on their daily interactions from the point of view of the 8 ICDP guidelines. All daycare workers, who had done the training in 2021, reported that they were happy to be back in the ICDP world. They said that ICDP had always accompanied them and that they still enjoy the benefit of applying the guidelines, especially when working with very young children during their adjustment phase.

[Read here the full report.](#)

ICDP training and plans for the Ivory Coast

We were delighted to start the process of bringing ICDP to Cote d'Ivoire in 2023. This has been a project that we have long awaited, and we know that many parents and children will benefit from the caregiver course that ICDP has to offer.

In 2023, three employees in Mission Evangelique Luthérienne en Cote d'Ivoire (MELCI) began training to become ICDP facilitators, with the aim of starting ICDP in the Youpogon district of Abidjan.

First part of the training was given online by trainer Gerd Eli Haaland (started in the fall of 2022), and the second part took place in Kedougou, Senegal, together with the Norwegian mission Normisjon, from February 27th, 2023, to March 3rd, 2023. The trainer was Lea Aubin Sanou from Burkina Faso, who works with Save the Children in Burkina Faso. The training to become facilitators continued throughout the spring of 2023 where we were able to give the caregiver course to eight other MELCI employees in Abidjan.



We had our third training session from Sept 4th to Sept 7th in Abidjan, Cote d'Ivoire, where we received our diplomas as ICDP facilitators alongside the group from Senegal (on photo above).

[Click here for full report.](#)



Enhancing facilitators' skills, Ocotal workshop

A refresher workshop for ICDP Facilitators took place in Ocotal, Nicaragua. It was organized by the “Instituto De Promocion Humana” (INPRHU) and it was conducted by ICDP trainer, Monica Andersson, over a period of two days on 6th and 7th of November 2023. The workshop was attended by 17 participants, consisting of INPRHU staff, teachers, and community leaders from the neighbourhood.

“This was a workshop full of joy, with good participation from the facilitators. The whole group of new facilitators attended the workshop and received their diplomas, having done their practical tasks prior the workshop. They showed their videos, shared their experiences, enjoyed analysing interactions and learning from each other in a warm and fruitful atmosphere.” – Monica Andersson.



[Read a short report.](#) Here are some of the evaluative comments by facilitators, in answer to the question, “What do you take with you from this workshop?”:

- I take with me the 3 dialogues of the ICDP programme, which served to encourage others to grow in their abilities. This is an important programme that can help to live life positively.
- This is going to continue to help me help me to keep improving in my work and life.
- ICDP’s applied methodology is the key for developing happy childhoods ...and for adulthood.
- The strategies, techniques, resources, 3 dialogues and 8 guidelines to deconstruct negative and build positive interactive relationships.
- Great empathy and experience that I received, sound advice and good concepts to share in future.

- I'll take the positive atmosphere and behaviour we all shared and I take all the learning with me.
- This was an opportunity to learn more about the ICDP programme. It will help me to work and share teaching with our families and groups that we work with.
- New knowledge about the ICDP method. Deeper insight about ways of caring for and understanding children and more knowledge about neuroscience in child development. New strategies to put into practice.
- More knowledge about how to apply ICDP in practice.
- I take away the teamwork, the peaceful, and empathic way we all worked with each one.
- I take with me new knowledge of the ICDDP programme. This will help me in my work with children, by implementing the 3 ICDP dialogues in the classroom and also with my family.
- The knowledge of being able to interact more deeply by applying the ICDP processes. This will help me improve more personally and professionally. It will help me personally and in relation to the people I interact with on a daily basis.
- I have a good experience during this process. New things and good tools to work with. New aspects of interaction and knowledge that I shall use in my work with others.
- A great experience in understanding and learning about the subject and I take away a nice memory of our facilitator Monica.
- The methodology with new insights of the ICDP strategy. I liked the patience of the facilitator, the trust of the group. It will help me for my personal growth to implement it in my family and in my work – to be a better person.
- I take with me new aspects of the ICDP methodology, with a lot of warmth we shared in interaction with participants. The joy of the facilitator and the love with which she works.
- This is going to help me and help those I work with: mothers, fathers, children, adolescents, and young people. The opportunity to grow in love, to practice values, to live together in peace and harmony.



ICDP activities in Ukraine

From the update by Sergey and Anna Krasin:

Since February 2022, ICDP facilitators' activities in Ukraine have been different from those in peacetime.

In many cities, such as Kharkiv, Druzhkovka, Dnipro, among others, explosions are heard constantly, affecting the lives of adults and children, and causing enormous stress. Adults and children react differently to acute stress. In face of this situation, Hanna Krasina, Marina Sklyar, Serhii Krasin, developed a strategy, a model called STEP, in the spring of 2022. STEP was developed specifically to assist parent groups in cities that are constantly under fire. The STEP model is implemented through the use of ICDP principles.

STEP stands for:

S – self-help, support, psychological first aid

T – talking, clarification of the situation, facts, thoughts, emotions, experience, task

E – emotions, experience, analysis and study of emotions, the influence of personal factors

P – planning, productive, effective behaviour strategies, expansion of behavioural models, alternative attitudes.

This approach helps stabilize the psycho-emotional state of parents and contributes to the development of their resilience.



[Click here to read the full report.](#)

Technical Assistance Programme to Combat Child Marriage Arrives in Sofala, Mozambique

In Mozambique, after one year of operation, the Technical Assistance Programme for the Elimination of Child Marriage is expanding to the province of Sofala, covering two districts. This news is important as using the ICDP Programme we focus on combating both violence against children and early unions, which disrupt the comprehensive development of children, their pursuit of dreams and academic aspirations, and consequently, hinder the country's overall progress.



The programme is already present in 11 districts spanning the provinces of Nampula and Zambézia, and now, Sofala. This expansion serves as a significant benchmark of our performance. In addition, it is a notable achievement that over the past year, we have exceeded the goal of 37 cases per district, with 500 cases being treated in each district.

Early unions represent a cultural challenge that affects many families. Often, young individuals are pressured to marry early in search of improved living conditions. Our programme aims to break this cycle with the involvement of government institutions, community leaders, traditional and religious leaders. We work not only on prevention but also on treating existing cases, referring them to the justice system and reintegrating young women into their families and communities while providing crucial psychological care and support.

This expansion marks a significant stride in our mission to eliminate early unions and ensure a brighter future for the young women of Mozambique. We extend our gratitude for the continued support from our partners, as together, we are making a difference in the lives of young individuals and communities across the country.

News from Tashkent

The ICDP training in Tashkent has been gradually expanding in 2023.

[ICDP trainer, Magdalena Brannstrom sent this report.](#)

From the report:

Some of the feedback from the attending parents:

“Before I participated in the course, I had some difficulties with my sons. During the course I started to understand my sons better and I have also learned how to show in different ways my sons that I love them.”

“After attending one of the meetings and learning the guidelines I saw my neighbour’s child teasing and harassing my daughter. And instead of shouting at the child, which is what I would have done before, I started talking in a nice voice: “Stop. look at my daughter. Can you see that she really does not like it? So, it is important that you stop.” She stopped, but then she started crying. I hugged her and asked her why she was crying. She told me that she missed her mother very much, who is working in Russia. I comforted her.”

“My husband and I are now raising our son together. We discuss how we should do things and so we are learning together how to raise our son”

“I have become calmer and more confident about what I am doing.”

“My child has become less aggressive.”

“I now avoid responding too quickly to conflicting or stressful situations, I often wait to consult with my husband first, so that we can agree on what to do in this or that situation.”

“I observe more and I stopped punishing my child.”

“I began finding a common language with my son. I now know how to find a way out of the situation and as a result I started to react more calmly.”

“I became more patient, and began to practice the principles that we talked about at meetings.”

“I have more constructive dialogues with my children, so the atmosphere in the house has become increasingly calmer. “





National implementation in the Philippines



The year 2023 has been a great year for ICDP in the Philippines. It saw the start of the national scale up of the ICDP parenting programme, which is the flagship intervention of the Save the Children's Child Sensitive Social Protection (CSSP) project.

The ICDP programme is being rolled out in close cooperation with the government who approved the scale up and the target group in 2023 are the families that belong to the Pantawid Programme in Region 8 of the country.

For more details about this development, [read the report by ICDP trainers linked to Save the Children Philippines.](#)



ICDP begins cooperation with UNICEF in Bangladesh

During 2023, there has been a new development for ICDP in Bangladesh. After presenting the ICDP programme and the work that has been done so far with it in the country, UNICEF Bangladesh became very interested in collaborating on a new project.



The ICDP team in Bangladesh currently counts with 12 assistant trainers and 3 fully formed trainers. Among the assistant trainers 4 will receive their diplomas in December of 2023. A group of 18 facilitators received their certificate and 23 facilitators will complete their training in December. During the year, 28 caregiver groups completed the course, and 38 groups are still running in different parts of Bangladesh. It was noted that the ICDP training brought positive changes in family relationships.



Boby Sajeda is the new Trainer of trainers and Gerd Eli Haaland is the new international trainer linked to the project in Bangladesh.

Left to right on photo below Gerd Eli and Bobby during a celebratory ceremony in Dhaka in November 2023.

The roll out of the ICDP programme will gradually be upscaled, through step by step training with the aim of eventually establishing facilitators all over the country. This is planned in cooperation with UNICEF Bangladesh who are sponsoring the training. To find out more about the developments of ICDP, read the [report from October 2023](#).



Abidjan workshop



As part of their development activities and to respond to the thorny issue of difficult relationships between children and their parents, the Evangelical and Lutheran Mission in the Ivory Coast and the Norwegian Protestant Mission (MPN) in Senegal, initiated a training of their partners on the International Child Development Program (ICDP) approach.

This training took place, in its first phase, from February 27 to March 3, in Kédougou, in the south-east of Senegal and with participants from both countries.

The second session, which certified participants as ICDP facilitators, took place in Abidjan, in the Ivory Coast, on September 4, 5, 6 and 7, 2023.

[Click here to read the full report](#) in English, from the second workshop. [Click here to read the report in French.](#)



Nordic conference

The ICDP Nordic conference took place on 21st and 22nd of September 2023. Report from Merethe Kvernroed:

There were close to 200 participants – mainly from Norway – but quite a few also from our neighboring countries Sweden, Denmark and Finland. Day one was mandatory for trainers in Norway and day 2 was optional. Still, many joined Day 2 as well.

The theme of the conference, “Building robust and resilient relations”, appeared to be one of great interest to many participants. Interestingly, there is a fair amount of public debate around these questions in Norway at present.



We had two keynote speakers who addressed this theme, also with slightly provocative concepts, such as “helicopter parenting” (term used by Line Warholm, a psychologist and writer) and the role of optimal frustration for healthy development (discussed by psychologist Zemir Popovac, who came to Norway from Bosnia when he was 18 years old). The combination of these two speakers was very interesting, because Line Warholm stirred the waters, while Zemir Popovac provided some very interesting tools.

Participants had the opportunity to walk and talk on the same theme, including a fun task of creating a photo to illustrate core discussions. The photos were shown as a movie in the plenary session on the following morning.

There were two discussion panels; one on questions relating to **universal preventative** programming for parents and on the following day there were lively discussions on **implementation**. After lunch there were mini-workshops that worked on providing practical examples of implementation by sharing experiences from various settings such as: refugees and integration; ICDP for parents in prisons; ICDP implemented in the care of the elderly in Oslo; ICDP in schools (Denmark) and presentations from ICDP Sweden and Finland.

Participants were very satisfied with the content of the conference and felt the various discussions were useful and inspirational for their future work with ICDP.

Here is the link to some of the photos from the conference: [Nordisk ICDP Konferanse 2023 – Robuste relasjoner – ICDP Norge](#)



Psychologists become ICDP facilitators

As always for me it is my pleasure to share with the ICDP network that this year (2023), together with the Health Secretariat of Boyacá and the ESE Rehabilitation Centre of Boyacá, we completed the training of a new group of professionals.

Twenty-seven psychologists of the Boyacá department received their ICDP certificates as facilitators of the ICDP programme “Tambien soy Persona” (“I am also a person”).

Our enthusiasm for the programme and its implementation all over our department is not waning!

Luis Fernando Lopez Cardozo, Boyacá, July 2023.





News from Pargas

On this warm late summer's day here in Pargas, Finland, we are happy to announce 19 new graduates of ICDP basic training (on photo above).

In this group, with professionals from health care and social care working in early childhood education and schools, we have especially discussed the position and perspective of the child. Many deep thoughts and good laughs have accompanied us through the days!



The group was taught by early childhood special education teacher Christel Holmström and family counselling clinical psychologist Petra Zilliacus. August 2023



Church leaders give go ahead to ICDP in Ethiopia

Atnaf Berhanu is a long-standing trainer developing ICDP in Ethiopia. She was in Ethiopia from January to the end of March 2023.

During this period, she conducted 3 workshops to create awareness about the ICDP programme and in addition, she held 3 training workshops to form new ICDP facilitators. These workshops were all held in different parts of the country. It was a great effort, particularly as Atnaf continues to expand her work with the ICDP programme on voluntary basis. Despite the lack of financial support, Atnaf is determined to continue because she feels that ICDP is important.

A total of 180 church leaders attended the awareness raising workshops. This effort was very successful and the church leaders decided to have groups of facilitators formed in all 3 areas, as follows:

Shashemene, West Arsi Zone, Oromia Region, 250 km from Addis Abeba

Facilitator level training was given to 22 members of different local churches. There after the trained facilitators recruited parents and ran parent groups. Atnaf provided a support session to this team.

Wolayta Sodo, Southwest of Ethiopia

A group of 55 Church leaders were introduced to the ICDP principles, who found ICDP to be relevant to their congregations and afterwards asked for ICDP training to be conducted for new groups of facilitators; 33 members of different local churches attended the training – part one was accomplished in February and part two in March. Some of the facilitators started to run parent groups immediately after the training.

Debreberhan, about 120 km northeast of Addis Ababa

A total of 45 church leaders asked for ICDP training to be given to 22 members of their congregations. Part one of the training was given in February, and part two in March. During the training the participants shared their experiences on how they tend to treat their children due to lack of knowledge. After the training some of them said that they asked forgiveness from their children for the way they behaved before receiving ICDP.



Based on the report by Atnaf Berhanu:

Continuation of the work in Hawasa

In Hawasa, a group of previously trained ICDP facilitators have been giving parental guidance to families in their congregations. One local church carried out an evaluation with a group of 31 parents after they attended ICDP. The evaluation was based on the following questions and with following results:

Have they benefited from the training: all benefited very much, 1 to some extent.

About the impact of the intervention: 24 answered it was very good; 6 said it was medium.

Was there anything they did not understand: 24 said all was clear, 7 said it was clear to some extent.

Asked if they will share ICDP with others: 21 said they will share it with others; 9 said they hope to share it with others.



Lessons learned in Colombia



The photo above was taken at an ICDP meetings held in Medellin in November 2023. The purpose of the meeting was to make plans for a new project that would involve training caregivers of older people. The ICDP Colombia team has been working on the creation of new ICDP materials adapted for training staff in care homes for older people.

Anisah Andrade, the ICDP Colombia chair, on far right on photo, earlier summarized key points from past experiences of upscaling ICDP in the country:

It is essential to have a strong, united local team - as we had, with deep knowledge of the components and contents of the programme. We also counted on permanent guidance from Nicoletta Armstrong (ICDP international). Starting a large-scale implementation process requires the following, according to our experience:

1. It was important to have an organization, our registered NGO, to be able to make agreements or contracts that conform to the legal requirements of the country. We had to have a consolidated administrative team (accountant, tax auditor, advisors), in addition to the operational team (trainers and facilitators).

2. Pre-implementation period is important:

- The project must have a very clear general and specific objective, as well as clarity on all the activities to be carried out.

- Having some indicators is very important to know what aspects the project is aiming at and that will later help with reporting.

- The project must be presented to the actors involved, especially the decision makers of the institutions involved, so that it is endorsed by the institutions' directorates, to secure human and economic resources and thus provide for the sustainability of the programme.

In our case, we had commitment from: the Governor, Mayors of the 123 municipalities, Director of the ICBF, Secretary of Health, Human Development, Education and others. Each one of these actors had a network in which the ICDP programme was carried out, by training their staff.

-We had a clear understanding at the onset with partners about the need for the continuity of positive processes in the communities and not just delivery of temporary programmes that do not have a long-term impact. It has to be emphasized to all actors involved that ICDP can have long term impact when used properly with all its topics, methodological tools, correct number of caregiver meetings, full training programme, and with a monitoring and sustainability plan.

3. It is also important for the success of the execution of the project to have criteria for the profile of the people who will be trained as facilitators; and to be able to allocate time inside their working hours. For example, facilitators were asked to sign commitments to carry out their ICDP practice as facilitators. Important considerations: whether they were able to embody an empathic approach, whether they were good and experienced community workers or leaders, who needed to have a professional profile and who did not, etc.

4. Managing a unified agenda and materials in the team of trainers-facilitators is also important to preserve the methodology.

5. The facilitators generally held 8 to 12 meetings with caregivers. Facilitators often needed funds for transportation and to provide a snack for their caregiver group. Sometimes personal conditions are difficult, therefore a reward system is important, even if it is not financial, for both facilitators and caregivers.

6. Within the project, a follow-up to the trained groups of facilitators and some visits to groups of caregivers should be considered. Each trainer visited the municipalities assigned by zone or province. This brought a closer relationship with facilitators and caregivers and, importantly, it allowed to see facilitators in action delivering ICDP to caregivers.

7. Whenever the ICDP material was given out, documents were signed confirming receipt of ICDP material.

8. It is important to have 1 or 2 monthly technical meetings with the key actors of the organizations involved in each network, to maintain awareness of the processes, work agendas, activities and observations that might improve the process.

9. Certifications as facilitators or trainers are delivered after each participant had made a report, with their field diaries, self-monitoring lists, general implementation scheme, attendance lists of their caregivers, and photographic and/or video evidence of interactions.

This served also as input towards a general picture of the implementation process within the country.

At the end of each training phase, it was important to have an evaluation and socialization of the experiences.

10. Partial or final reports must be made according to the donor's guidelines or, in this case, UNICEF, which had its own protocols and formats both for budget execution and for the technical part of implementation. They provide guidance for this.

11. Regarding the sustainability and continuity of processes with the networks of facilitators, it is necessary to continue strengthening the ICDP networks and to make sure that they will continue

to have enough resources within their own networks, after the initial donor funding has terminated.

12. It is important to seek to insert the ICDP programme in the public policy inside their development plans that ensure continuity - that was done within the premise of "good treatment", mental health enhancement, violence prevention or protective environments. For example, ICDP in the Health Departments was inserted as a prevention and mental health programme; whereas in education ICDP was placed as part of their annual plans. All this requires a lot of work on part of ICDP, time to achieve it and above all that there is institutional commitment.

A good example of institutional commitment: from 2006, when we started in Boyacá to this date, the Health Secretariat uses ICDP as an annual strategy in the PIB collective intervention plan and each year 90 psychologists are trained in ICDP to carry it out in their localities. This was achieved thanks to the director of Mental Health at the Ministry of Health who was trained in the ICDP methodology and saw the results in parents' interactions with their children. He became convinced of the effectiveness of the programme at the level of his family and communities.



Photo report from Colombia



ICDP is very active in the department of Boyacá, Colombia, where facilitators continue to roll out the ICDP programme to parents in many parts of the department. Families have recently been trained in 23 municipalities, each facilitator on average trained 12 new families, for a total of 345 families.

ICDP has also reached families in the department of Santander – [see photo report](#).



New trainers to be formed in Tanzania

The ICDP developments in the Manyara region in Tanzania started at Haydom as a cooperation programme between the Haydom Lutheran Hospital and the Sorlandet Hospital in Kristiansand, in 2011. From year 2013, their cooperation continued, and it was later extended to include Taswo (Tanzanian organization of social workers) and Fo (Norwegian organization of social workers). The current funding for the ICDP work in the Manyara region comes from FO.

Gunnar Eide from the Fo association for Social workers in Norway has been responsible for the project in Tanzania since 2015 and she explains:

“The training of ICDP facilitators took place at four separate occasions, each time a new group of facilitators was formed. Currently there remain around 40 active facilitators and their work is spread out over the whole region. Over the years, only two trainers were engaged, Eglå Matechi and Velynice Fredrick from Moshi. They conducted workshops that formed ICDP facilitators. However, now there is a need for more trainers who could take some of the burden from Velynice and Eglå. The ICDP coordinating team has looked out for talented facilitators to take the next step to become trainers and they have come up with a group of nine candidates. There was a meeting with all the candidates in Tanzania in the summer of 2023, and they are now well prepared for taking part in the trainer level training. Their training will start in January 2024. Chiku Ali, from Bergen who knows the region well was asked to do this training together with Patrick OLoughlin. Chiku and Patrick are both experienced trainers who have worked together in an African context before, by training facilitators and trainers in Botswana.”

Once the whole process of training has been completed, the trainer candidates will receive their final confirmation as ICDP trainers from Nicoletta Armstrong.



Burkina Faso

In Burkina Faso, two Save the Children projects implemented the ICDP programme, and as a result, 4 out of 13 regions were reached by the programme.

This was achieved by a group of 70 facilitators who were trained in ICDP and who come from 2 local NGOs. In addition, 20 state social workers were trained. Nearly 500 groups of 12 parents have benefited from the programme. There are two ICDP certified trainers.



Aubin Sanou is one of the two trainers and he shared the ICDP work and results in a power point. [Click to read.](#)



ICDP initiative for Kolkata, India

Sarah Welch contacted ICDP to discuss her plan to develop an ICDP project in Kolkata, India. Sarah is a preschool teacher from New Zealand, but she is moving to Kolkata at the beginning of 2024, where she had previously worked as an early childhood education consultant. She will start to implement the ICDP programme by cooperating with the local NGO working with survivors of human trafficking.

In Bangladesh, Sarah has worked with the ICDP team for a couple of years, where she received ICDP training and worked as an ICDP facilitator in close cooperation with ICDP trainer Boby Sajeda. Her experience in Bangladesh will be very useful as in Kolkata they speak Bengali and the country has cultural similarities with Bangladesh, which also means that she can use the ICDP materials made in Bangladesh. Sarah intends to travel to Dhaka from time to time where she will continue to receive support from ICDP Bangladesh.



An overview of ICDP in China

Jean Qin, the ICDP China leader provided a brief overview of developments in China.

There are 2000 facilitators in Yunnan province, and they work in 5 project sites. Each site has minimum of two trainers, and some have up to 4 trainers. There is a total of 20 trainers in the country.

The ICDP system in which trainers support the facilitators has proven to work very well in China. This is because the trainers help to motivate and maintain the work of facilitators, they had initially trained in each project area. On the other hand, trainers themselves are receiving guidance and support through their regular contact with ICDP China whose team is situated in Kunming. Trainers from different project sites are invited to travel to meetings that are held in Kunming and are organized by ICDP China to maintain the quality and motivation of trainers' work. In addition, there are also direct meetings between ICDP China and the ICDP facilitators, and these are mainly online. ICDP China encourages facilitators to meet together in person in their respective localities, as a way of encouraging sharing and mutual support.

The exchanges that take place at all the above mentioned, meetings are very important to maintain enthusiasm and motivation at all levels.



Photo: from left to right, Jean Qin and Tatiana Compton, from ICDP board, in online conversation

Outside Yunnan, ICDP China have developed ICDP in two other areas, in the west and north of the country. Facilitators who work in these areas, find it harder to meet as they tend to live far from each other and far from the headquarters of ICDP China. However, they receive online support from ICDP China on regular basis and in addition, whenever possible ICDP China organizes visits in person.

ICDP WITH MINORITY GROUPS:

In 2023, the ICDP implementation with minority groups who live in different parts of the Yunnan province, was very successful. The ICDP training has reached 10 minority groups. Each group has its own dialect and consequently, ICDP was adapted to meet their individual language needs.

The facilitators reported that they encountered many family situations where parents are forced to leave their homes in search of work which is often only available far away from their villages. This means that it is left to the grandmothers to bring up the children. For that reason, many grandmothers received ICDP training over the years.

Jean explained that facilitators found grandmothers receptive to the first dialogue, but they were a bit at a loss with the second dialogue – they felt that their own lack of education made it hard to mediate meaning. Therefore, they needed to be given ideas how to mediate meaning, for example by talking about their own life experiences, from their childhoods or adulthoods, or by talking about things they like to do or have knowledge about (plants, animals, cooking), or by sharing stories they were told when they were little, or by describing what their environments and describing what life was like in the past, or simply by inventing stories, including using finger puppets, etc.



Expansion of ICDP in Nepal

The ICDP programme is at the centre of new plans for project expansion in the country under the steer ship by Save the Children and in context of their Child Sensitive Social Protection activities. Funding has been secured and plans have been put in place to start new training in 2024, the aim of which is national scale ICDP implementation.

An ICDP video is under preparation by a professional team hired by Save the Children. The content of the video is being formulated by Disa Sjoblom, Hemanta Dangal and Anita Temang, in consultation with Nicoletta Armstrong. The animation video will have a voice over and is meant to be given to parents after they attend an ICDP meetings, starting in 2024. The purpose of the video is to reinforce the topics covered by the meeting. The video is designed as a visual and audio reminder of key concepts covered by ICDP sessions that parents will have attended in person. Each time parents attend an ICDP meeting, they will receive a short video they will be asked to watch on their mobile phones at home. It is hoped that the video will reinforce their understanding of the ICDP guideline and other topics they were introduced to at the ICDP meeting on that day.



Russian professionals take on ICDP



Oksana Isaeva, on the left

The ICDP programme was implemented in Russia during the year with several groups.

Oksana Isaeva, is an associate professor, Head of the Department of Organizational Psychology at the Higher School of Economics in Nizhny Novgorod, and she is also an ICDP trainer. She has been working with ICDP for quite a number of years and in 2023, she conducted the training in the ICDP “Parent-Child Relationship Optimization Programme”, [Guided Dialogue ICDP Russia](#). The workshops for professionals took place in the city of Khartysytsk.

Training was given to two groups of specialists, including psychologists and teachers, who became acquainted with the ICDP programme and the basic principles of child-parent relations, during their internship at the Lada Family Centre in Nizhny Novgorod.



In addition, the specialists at the Lada Family Centre took it upon themselves to run ICDP courses throughout the year for 8 groups of families. These were families of children with special needs.

Links to Facebook with photos:

https://vk.com/wall-117351685_300

https://vk.com/wall-117351685_302



Nexus, a new partner in Thailand

In July 2023, ICDP foundation signed a partnership agreement with the Nexus organization in Thailand. Through the application of the ICDP programme in the country, Nexus “aims to offer much needed resources to parents and caregivers at all levels of society, as well as among minority and marginalized ethnic groups living in Thailand.” ICDP it is hoped will help alleviate some of the hardships met by families. In Thailand, domestic violence is on the rise. One survey showed that 75 percent of women in Thailand have experienced domestic violence more than once (Thai PBS, 2023). Many children are placed in children’s homes, even though they have living parents. This is because parents, for various reasons, are unable to care for their own children - this could be due to poverty, alcohol addictions, lack of resources, mental health issues, or when parents remarry children become unwanted by the new spouse.

In February, 2023, the first group of 13 facilitators (on photo below) received their ICDP certificates.



Most of the facilitators continued to run ICDP courses for parents during the year. At the same time a second group of facilitators embarked on their training which will be completed by the end of the year.

An ICDP committee was established, and efforts were made to start network with other local organizations. Throughout the year, a great deal of work was also carried out on preparing local ICDP materials.



Azerbaijan on the horizon

Mirjam Artmark Aanensen from the international department of Normisjon has been a great promoter of ICDP through Normisjon partners around the world. The latest initiative is to take the ICDP programme to Azerbaijan.

Their American colleague, Neal Williams has already started looking at possibilities for implementing ICDP together with Normisjon's friendship organization in the country. Neal has years of experience in leading different projects in the country and has shown to be very interested in developing an ICDP training project. Eli Bolkesjø and Neal Williams have been discussing ways forward with ICDP international and began making plans. Selecting suitable candidates to be trained as facilitators is the next important step. The aim is to initiate the ICDP training process in Azerbaijan 2024.



Training in progress, in Tunisia

Jostein Haugen and Signe Stensland, on behalf of The Norwegian Development Partners (NODEPA) sought ways to initiate ICDP in Tunisia, and received guidance about it from ICDP in 2022. They discussed their ICDP vision with Sana Guebsi, the president of "Bright Women Association of Today" (BWAT) who after several meetings and discussion, became acquainted with the ICDP concepts and saw the need to introduce ICDP knowledge and to work on its practical implementation in Tunisia. It was agreed to embark on close cooperation between NODEPA and BWAT to establish ICDP in Tunisia. The first step was to appoint a project manager and select a steering professional group.

This was followed by organizing an ICDP introductory workshop, which took place in February 2023. It was an opportunity to present the aims and content of the ICDP programme and at the same time to get to know a group of possible future facilitators. Trainee facilitators were selected from diverse backgrounds like kindergartens, schools, centers for autism, orphanages, and associations working directly with families. Two ICDP trainers conducted the workshop, Sissel Ånestad and Hilde Tørnes from Norway. ICDP was welcomed and the process of training is currently underway.



ICDP: Best Start for Families - A Health Equity Approach in Illinois

The Changing Children’s Worlds Foundation has adopted a new state-wide strategy to expand and build sustainability for the “ICDP: Best Start for Families-A Health Equity Approach in Illinois.



The Lutheran Child and Family Services of Illinois (LCFS) will launch the Best Start for Families to support more families involved with the Child Welfare system. This experiential training model provides families with the necessary motivation, tools and skills to navigate the challenges of parenting successfully.

In parallel, the LCFS “Best Start for Families” Department will continue its commitment to partnering with schools, community organizations, jails and other agencies serving families and children.

The “Best Start for Families-A Health Equity Approach” curriculum is based on the International Child Development Program (ICDP), an internationally tested and supported psycho-social approach to strengthening adult caregiver/parent-child relationships. It is recognized as an Effective Practice by the Centre for Disease Control (CDC).

“Best Start for Families starts with the training of professional resource persons within institutions and communities who serve families,” explained Kimberly Svevo, Ph.D., Department Director at LCFS. “Its comprehensive parent learning group curriculum equips parents with a deep understanding of what they and their children need to thrive, as well as effective parenting techniques, communication strategies, and problem-solving skills, which strengthen and bring joy to family relationships.”

The program offers a range of services for caregivers, youth and children, including individual coaching, weekly group sessions, and workshops. By providing parents with the tools they need to foster healthy relationships and create supportive home environments, LCFS strives to strengthen families and promote positive long-term outcomes for children.

“The Best Start for Families program felt like a natural fit for us,” said Mike Bertrand, President & CEO at LCFS. “It allows us to not only meet a significant need of the families we currently serve through our foster care program, but also aligns with our organization’s strategic direction of providing more preventative services to families within our local communities before things get bad.”

By extending their expertise beyond foster care and their other DCFS-funded services, LCFS takes proactive steps to support families, preventing crises and creating stronger foundations for children’s well-being.

Already, LCFS has made tremendous strides in delivering parenting training to families in need by utilizing the Best Start for Families program. The organization is currently successfully serving nearly 50 parents in their foster care program and previously on a parenting class waiting list, underlining their commitment to ensuring access to vital resources and support.

LCFS is also excited to offer to train others in this effective model. By equipping social work and mental health professionals, educators, home visitors, childcare providers, nurses, community leaders, and all who work directly with parents and children, LCFS aims to create a ripple effect of positive change in the lives of families.

For more information about Best Start for Families and LCFS’s mission to nurture and strengthen children and families in need, visit www.LCFS.org.

ABOUT LUTHERAN CHILD AND FAMILY SERVICES OF ILLINOIS (LCFS)

Lutheran Children and Family Services of Illinois (LCFS) is a non-profit dedicated to nurturing and strengthening children and families in need. After 150 years, LCFS has grown into one of the largest community-based child welfare agencies in Illinois. LCFS has regional sites in the Chicagoland area, Belleville, Decatur, Joliet, Kankakee, Mt. Vernon, Oak Brook, Oakbrook Terrace, Quincy and Springfield. For more information, visit www.lcfs.org.