

Report of Ethiopian Mental Health Project of Peseschkian Foundation, March 2011

By Manije Peseschkian

Among the 30 participants of Block III of Training for Practitioners of Positive Psychotherapy in Addis Ababa, Ethiopia, were 24 % psychiatrists, 50 % psychologists and 26 % educators, social-workers and psychiatric nurses. This 80 hours of postgraduate training course in 3 blocks was created as a pilot project for "Basic Consultants of Positive Psychotherapy" in Ethiopia to offer them more practical tools of Positive Psychotherapy and to award them the "Advanced Practitioner of Positive Psychotherapy Certificate". These colleagues have now finished 200 hours postgraduate training plus practical training at the hospital and fulfil the entrance criteria for participating in Master Course of Positive Psychotherapy.

From March 21st to March 28th 2011 our international team Dr John Okoro, (international trainer from Austria), Mrs Helga Mengistu-Faust (representative of Foundation in Ethiopia), Mrs Shida Peseschkian and Mrs Manije Peseschkian (Peseschkian Foundation) was actively involved in Addis Ababa with the Foundation's Mental Health Project in Ethiopia.



Ethiopian Mental Health Project of Positive Psychotherapy was decided upon in 2006. Mrs Helga Mengistu-Faust a long term educator with cross-cultural experience, especially in Ethiopia, was nominated as representative of Prof Peseschkian Foundation for Ethiopia.

The first 30 alumni of Positive Psychotherapy Basic Course in the continent of Africa were finished in early 2010. These colleagues continued the Training for Practitioners Course. The trainer of the last section of this course was Dr John Okoro, whose teaching abilities and personality affected the participants positively. 16 participants have received their certificate

of Advanced Practitioners of Positive Psychotherapy. The others, who need another section to finish the course, will finalize the training in September 2011 with the international trainer and psychologist and psychotherapist Mrs Birgit Werner.

During the course the participants were invited to the hospital and had practical interviews with 3 patients.

Tasks:

- Psychotherapeutic training for medical doctors and psychologists and mental health professionals
- Teacher Training Project
- Publications of Positive Psychotherapy books

Project partners in Ethiopia:

- Mesfin Araya, MD, DPM, PhD
Academic Instructor; Provost St. Paul's Millennium Medical College. Consultant Psychiatrist, Zewditu General Hospital. Associate Professor of Psychiatry, Faculty of Medicine, Addis Ababa University
- Yonas Baheretibeb Alemu, MD
Assistant Professor Dept. Psychiatry Faculty of Medicine, Addis Ababa University
Department of Psychiatry, Faculty of Medicine
- Markos Tesfaye, MD
Psychiatric Clinic, University Jima

International trainers in charge of the project from Germany:

They are medical doctors from different fields of medicine and psychologists all with an additional psychotherapeutic training and the Representative of Positive Psychotherapy in Ethiopia. Special thanks and appreciation go to the trainers Dr Gabriele Emmerich, Dr Wolfgang Schuck, Dr Richard Werringloer and Prof Dr Helmut Woelk, who selflessly pay for their travel, accommodation and all their expenses during the courses, as their contribution to Ethiopian project. Foundation takes the responsibility for the hospitality for participants during the course, for rental fee of the conference rooms, printing materials and books, and in some cases flights and accommodation of the teachers.

The Foundation project regarding the Basic and Master Course of Positive Psychotherapy, started with a Basic Course in May 2008. Since then the courses have been continuing. Graduates of the Basic Course receive a certificate as „Consultant of Positive Psychotherapy“. Up to now several Basic Courses were held in Addis Ababa. The Positive Psychotherapy Courses in Jima are integrated in the Department of Psychiatry at the University and are displayed on the website of the University.

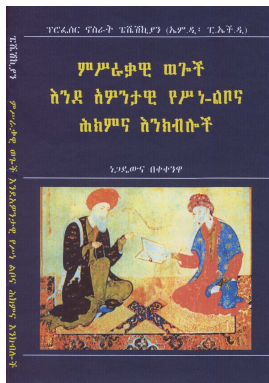
Center of Positive Psychotherapy in Addis Ababa:

In 2010 a Center of Positive Psychotherapy has been established in clinic, thanks to the efforts of Dr Yonas Baheretibeb. It is the first Psychotherapy Center in Ethiopia.

Positive Psychotherapy Books for Ethiopia:

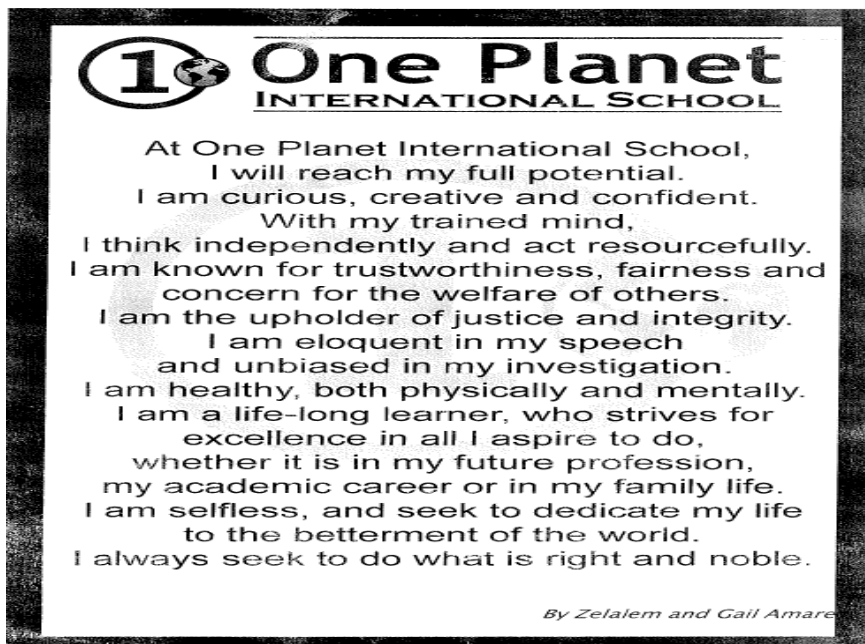
Two books of Positive Psychotherapy have been published in English in Ethiopia on behalf of the Foundation and were given to participants of courses: „Oriental Stories as Tools in Psychotherapy“ and “Positive Family Therapy“.

Apart from that the Foundation has ordered the translation of the book „Oriental Stories as Tools in Psychotherapy“ into Amharic language, which has been released in 2010. In 2011 the book “Psychotherapy of Everyday Life” shall be printed in Ethiopia.



Project Teacher Training:

In March 2011 during our stay in Addis Ababa we had contacted different educational institutions, among them an orphanage and the One Planet International School. We had team discussions about teacher training and consultant training in Ethiopia. The aim is the use of Positive Psychotherapy in schools and teacher training (Positive Pedagogic).



Photos of OnePlanetSchool:

<https://picasaweb.google.com/lh/sredir?uname=111596989554196710438&target=ALBUM&id=5589580461800047521&authkey=Gv1sRgCNu8kZWgn7jhVA&invite=CNj0qrEC&feat=email>

Orphanage:

<https://picasaweb.google.com/lh/sreidir?uname=111596989554196710438&target=ALBUM&id=5589555401074179265&authkey=Gv1sRgCJDR0vKKtfbwjwE&invite=CMPBlssK&feat=email>

Conclusion:

Professor Nossrat Peseschkian who was initiator of this project has never visited Ethiopia but nevertheless he always had a great interest in this country and its people.

We have been impressed by the way how our Ethiopian colleagues are interested to practice Positive Psychotherapy in different areas and thereby appreciate the work of Nossrat Peseschkian.

Psychotherapy has not yet been established in Ethiopia. And the number of psychologists and psychiatrists is very limited; in the field of child and adolescent psychiatry there are only two colleagues in the whole country.

The Foundation shall have Basic Courses for medical doctors in different fields to train them too in primary mental health care.

Future efforts for obtaining the Certificate of Basic Consultant of Positive Psychotherapy (WAPP standards) will focus on three fields:

- Basic Courses for medical doctors
- Basic Courses for people in fields of social sciences, counselling, humanistic sciences, psychological, educational and health care
- Teacher Training

Our major aim is that our Ethiopian colleagues will in the near future manage the project by themselves and become a member of the World Association of Positive Psychotherapy (WAPP).

We would appreciate very much if any of the International Trainers of PP would like to support the project by offering a basic course in Ethiopia. Please contact us for further information.

Any kind of contributions and donations for the Foundation's Mental Health Project are welcomed. We assure that donations will exclusively be used for our Ethiopian projects.

Photos of the training programme can be seen on:

<https://www.facebook.com/pages/World-of-Positive-Psychotherapy/147901875254692?ref=ts>