



Brain & Mind Institute
from neuron to neighbourhood
Kenya | Pakistan



آغا خان یونیورسٹی
THE AGA KHAN UNIVERSITY



Pakistan Institute of
Living & Learning

Training to improve capacity of Pakistan Institute of Living & Learning (PILL) in Mental Health

May 2023

Training Report

Training Facilitators & Team



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Training Facilitators



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Acknowledgements: Amna Siddiqui (Research Fellow, Brain & Mind Institute, Aga Khan University).

Training Report

This report presents an assessment of the two-day training program conducted for Pakistan Institute of Living & Learning (PILL) Master Trainers, based on the mPareshan [Training Manual](#) for Lady Health Workers (LHWs). The training took place on **May 12th-13th, 2023**, with the aim of equipping trainers to deliver the mPareshan training to non-specialized mental health care providers using the mPareshan Manual. The training covered various topics, including the definition and significance of mental health, the prevalence of mental health issues in Pakistan, essential care and practices, symptoms of anxiety and depression, predicting factors, counselling strategies, and identifying danger signs that require consultation with mental health specialists. The copyrighted mPareshan Training Manuals (in 3 languages) are available here: <https://www.aku.edu/bmi/research/Pages/mpareshan-app.aspx>

A total of 10 participants from PILL attended the training, comprising M.Phil and PhD fellows in psychology, some of whom were practicing clinical psychologists. On average, the participants had five years of experience, primarily working with non-specialized mental health care providers and frontline healthcare workers in the outskirts of Karachi. The training employed a combination of presentation slides, videos, case scenarios, and role-playing exercises.

The sessions were highly interactive, and the participants actively engaged throughout. The training materials were well-received, being described as comprehensive, informative, and pertinent to LHW-P. The training methods received positive feedback as well, with participants appreciating the blend of lecture-style presentations, group discussions, and role-playing exercises. Upon completion of the training, participants were asked to provide feedback through a form. Additionally, a feedback session was conducted, offering participants an opportunity to share their experiences, thoughts, and opinions.

Overall, the participants expressed confidence in their ability to deliver the training to LHWs. Some suggestions were provided for improvement, such as:

1. Incorporating more examples to clarify stigma and discrimination in mental health.
2. Shortening the duration of the training to one day due to participants' existing sound knowledge and skills.
3. Allocating more time for role plays.

4. Adding guidance on the psychosocial management of individuals exhibiting danger signs before LHWs refer them to specialized mental health services.

The two-day training program on mental health and counselling strategies received positive feedback from participants and successfully accomplished its objectives. Valuable insights were gained from the feedback which highlighted the areas for improvement.

In conclusion, the training program was deemed successful and equipped participants to disseminate the training to frontline healthcare workers in Pakistan.

Training Participants:

Sr. No.	Name	Designation	Qualification
1.	Mr. Ameer Bux	Assistant Director Research Development & Dissemination	PhD (in process)
2.	Ms. Sehrish Tofique	Assistant Director Operations	PhD (in process)
3.	Mrs. Sana Fahad	Assistant Director NPLC	M.Phil in Psychology
4.	Dr. Sehrish Irshad	Research Associate	PhD in Psychology
5.	Mr. Nawaz Khan	Research Associate	M.Phil in Psychology
6.	Ms. Zaibunnisa	Research Associate	PhD (in process)
7.	Mr. Bilal Arif	Pre-Doctoral Research Fellow	PhD (in process)
8.	Ms. Maryam Tahir	Community Research Assistant	M.Phil in Psychology (in process)
9.	Ms. Uban Tirmizi	Community Research Assistant	M.Phil in Psychology (in process)
10.	Ms. Maha Farid	Community Research Assistant	Master in Clinical Psychology
11.	Ms. Haseeba Muqaddam	Community Research Assistant	M.Phil in Psychology (in process)

Training Highlights

Training participants & facilitators acknowledging the mPareshan manual



Training session in progress



Highlights from Certificate Distribution Ceremony