



Administrative Report for year 2018

Sunna Al-Amal Organization

Content

An Overview	3
History & Establishment	3
Vision	4
Mission	4
Strategic Objectives	4
Core Values	4
Programs & Activities	5
High Diploma/Master in Psychotherapy	5
Activities	6
Summary	8

An Overview:

Psychological & Social Counseling Development Center (Sunna Al-Amal): is an independent human rights, non-profit, and developmental organization committed to strengthening the national Palestinian mental health system and improving the mental health services provided for individual Palestinians and marginalized communities in Palestine. We believe that mental health is an essential part of the overall well-being of Palestinians. Therefore, we contribute to and work in line with national and global guidelines for improving mental health and psychosocial well-being among affected population in Palestine as well as advocate for their rights. Our vision, mission, programs and relationships are defined by our Palestinian culture and the principles of international human rights law and humanitarian law.

Sunna Al-Amal adopts a bottom-up strategy for social and policy change. We believe that only collective civil society action can create pressure and change in the field of mental health stresses and psychosocial support. Sunna Al-Amal sees its role mainly as a moving actor and catalyst of capacity building, awareness raising, empowerment of rights holders and advocacy.

History & Establishment:

Sunna Al-Amal for Therapeutic Training and Counseling was established in 2014 and is registered as a limited non-profit organization with the Palestinian Authority – Ministry of National Economy under no. (562535005) and owned by its general assembly members.

In March, 2018 “Sunna Al-Amal” (Hope Makers) has changed its name from “Sunna Al-Amal for Therapeutic Training and Counselling” to “Psychological & Social Counselling Development Center” and is now registered as Non-Profit Organization (Ministry of Interior) in the competent department according to the bylaws of Benevolent Societies and Civil Entities Law Number (1) of the year 2000 under no. BL-3419-SD. The organization is owned by its general assembly members and managed by its board of directors who are composed of Human Rights Defenders, Social workers, Psychologists, and Researchers.

The name change is a consequence of a joint decision by the board members during the organization latest board of directors’ meeting which was taken to position Sunna Al-Amal better on the sector of Mental Health and to better engage Sunna Al-Amal into other fields: “Psychological” and “Social” by adopting a human rights based approach (HRBA) that is holistic, participatory, results based, top down and bottom up.

Vision Statement:

“We envision a Palestinian society that values and promotes high quality of psychosocial support and mental health as an essential part of the overall well-being of Palestinian people”

Mission Statement:

To promote and improve mental health and psychosocial well-being for Palestinian people and marginalized communities affected by the ongoing/long-standing conflict and enhance the quality of psychosocial support through capacity building, education, research and advocacy, taking into consideration the complexities of the Palestinian humanitarian, legal and political context.

Strategic Objectives:

- 1.To build the capacity of rights holders, marginalized communities, civil society and community-based organizations in order to act collectively and create holistic strategies for improving mental health and psychosocial well-being in Palestine
- 2.To influence Palestinian duty bearers to facilitate access to services for marginalized groups that suffer from social, psychological and mental problems.
- 3.To produce effective and reliable scientific researches and studies on mental health and psychosocial well-being in Palestine.
- 4.To strengthen partnerships, networking and advocacy at local, regional and international levels.

Core values:

Compassion: We respect our society, partners and colleagues, and acknowledge people’s struggles for better life, while remaining supportive, productive and hopeful.

Commitment to engagement and connectivity: With an innovative and spirit, we engage all stakeholders, and the greater society at large, through solutions and ideas that shape psychosocial well-being trends and advance sustainable, effective philanthropy.

Integrity: Our main principle is honesty and we adhere to the highest moral principles. We earn and maintain our organization’s utmost trust.

Leadership: We engage and collaborate with every local, regional and international organization and network that share our goals and believes, our mission towards building a better future can only be achieved by working together. Our partnerships are divers and innovative, and we all share the same believes and principles.

Accountability: We set challenging, but achievable goals. We are open and transparent about how we conduct our activities, and accurate in reporting our outcome.

Programs and activities

"High Diploma / Master in Psychotherapy 2017-2020 "

Sunna Al-Amal organization continues to implement the second phase of "High Diploma/Master in Psychotherapy" program which is implemented in partnership with Al-Quds University - Faculty of Public Health - & funded by Caritas Switzerland and MISEREOR. The program aims to create a human resource basis and a sustainable mental health infrastructure in the West Bank that is capable of delivering high-quality mental health services.

The program offers a new approach in teaching Psychotherapy through the High Diploma program that combines Theory with Practice consisting of two years for each group of participants in the program, and is offered to the largest possible number of Professionals benefiting from this program. After completion of the program each participant receives an accredited certificate from Al Quds University certified by the Ministry of Higher Education. The program focuses on topics related to Psychological trauma, Mental disturbances & disorders and working with clients. It also takes into consideration the sensitivity of the Palestinian situation and culture in the curriculum adopted.

Each participant in the program receives a grant covering 70% of the program fees (45% contributed by Sunna Al-Amal and 25% contributed by Al-Quds University). The student has to cover the remaining of 30% to accomplish the High Diploma.

Activities:

This report covers implemented activities in 2018 year.

First: Sunna Al-Amal has completed the first phase of the project "In-depth Clinical Training Program for Mental Health Specialists in Palestine " which was implemented by Sunna Al-Amal in Partnership with Al-Quds University and funded by Caritas Schweiz and MISEREOR. The closing ceremony took place at Al-Shepherd Hotel on Tuesday, 6th of February, 2018 with the attendance of all partners, participating students and representatives of partner mental health organizations & institutions from both private & public sectors in addition to the public figures and news agencies. The ceremony celebrated the graduation of 13 students from different areas throughout the West Bank, who successfully accomplished the professional training requirements of the project.

Second: Continuation of activities related to the second group of students within "High Diploma in Psychotherapy 2017-2019" consisting of 15 students who were enrolled in the in September 2017.

1. Students finished the second academic semester (from January – May 2018) and the third academic semester (from September 2018 - January 2019) at Al-Quds University / Abu Dis.
2. Conduction of monthly group supervision sessions; by two sessions per month for 15 students conducted by professional specialists in Psychotherapy from the beginning of 2018 until the end of the year.
3. Conduction of monthly individual supervision sessions. One session for each student per month from the beginning of the year till the end.
4. Conduction of an end of semester evaluation workshop for the second group of students in February 2018. The workshop included group & individual supervisors, program coordinator of Al Quds University and Sunna Al-Amal staff.
5. Two Clinical seminars in Psychotherapy were held for participating students, the first clinical seminar titled "Cognitive Behavioral Therapy" and the second one titled "Play therapy" completing 20 training hours per each seminar, which took place in July and August 2018.
6. Study material books in topics related to Psychotherapy were printed out and distributed to the students of group2.

7. In February 9, 2018, Sunna Al-Amal conducted an evaluation workshop for the program "High Diploma/Master in Psychotherapy" which commenced in September 2017 with the presence of the individual and group supervisors, a representative of the public Department of Al-Quds University, the participating students and Sunna Al-Amal team. this workshop will help in opening communication channels between all related parties, involving them more in the evaluation process. Therefore, helping the project progression upon a shared vision by all parties.

Third: Signing a Memorandum of Understanding with Al-Quds University to enroll another group of students to join the program "High Diploma / Master in Psychotherapy for the year 2018 – 2020.

Forth: Enrollment of the third group of students within the project "High Diploma in Psychotherapy 2018-2020" consisting of 15 students:

1. Conduction interviews for "High Diploma / Master in Psychotherapy" applicants for the year 2018-2020 which took place on Saturday and Sunday (15+14/07/2018) at Sunna' Al-amal Premises located in Bethlehem.
2. Selection of 15 applicants who succeeded in the interviews and were officially enrolled in the program.
3. Holding an open and orientation day for the new enrolled students, to introduce them to the program and its requirements, as well as to introduce them to Sunna Al-Amal staff (employees, individual and group supervisors).
4. Commencement of the first academic semester at the university in September 2018.
5. Conduction of monthly group supervision sessions for students, one session per month in September-December 2018.
6. Conduction of individual supervision sessions, one session per month for each student, from September to December 2018.
7. Conduction of field visits to a number of partner mental health institutions in the West Bank.
8. Conduction of periodic meetings with Al-Quds University, lecturers and program coordinators at the university.

Fifth: Participation of Sunna Al-Amal's General Director, Mrs. Fadwa Abbad in a regional symposium entitled "Psychosocial support in Academia" on Psychosocial support for refugees that was organized by the German International Cooperation Agency (GIZ) in Jordan over two consecutive days with the participation of a number

of local and international experts and practitioners in the field of mental and social health. The symposium goal was to exchange information and experiences on best practices, concrete experiences and lessons learned regarding psychosocial support training programs in Academia on regional and international levels, so that these experiences and knowledge can be available to all involved and active actors.

Sixth: Participation of Sunna Al-Amal's General Director, Mrs. Fadwa Abbad in The first international conference titled "Arab Women Can" under the motto "Women Pioneers and Leaders, their Challenges and Achievements" which was held in Amman- Jordan 26-28 March 2018, under the Royal patronage of HRH princess Basma Bint Talal, launched and organized by ETAAM for Training and Development. The conference highlighted the pioneer role of Arab Women, and reducing the exclusion of women in the Arab communities.

The conference included presentations on the success of Arab women in the field of pioneer and leadership, and initiatives aimed to support Arab women and enhancing their role and contributions in the labor market.

A Number of leader & pioneer women from Arab countries participated in the conference, including Mrs. Fadwa Abbad, the director of Sunna Al-Amal Organization, who presented a short presentation about her career and a paper about the project implemented by Sunna Al-Amal "High diploma in Psychotherapy".

During the conference, a number of memorandums of understanding were signed, including signing MOU between Sunna Al-Amal Organization- Palestine and ETAAM for Training and Development- Jordan.

Summary:

Despite its new establishment and the limited administrative and financial resources of the organization, Sunna Al-Amal has accomplished a major achievement through this project, having established and implemented a unique program that combines theory with practice in partnership with Al-Quds University as the Academic Partner and a number of mental health organizations as local implementing partners which are in need of such in-depth specialization.

Sunna Al-Amal also seeks to expand its work scope by applying for new fundraising opportunities. Accordingly, it applied for new projects within the organization vision and line of work, in order to expand its intervention scope in the field of services provided to different target groups in the Palestinian society, therefore to reach out largest number of individuals in need, especially in marginalized communities.