

Master in Psychotherapy:

Trainees have an option to register for and continue into Community Mental Health Master's degree / Psychotherapy Track, which will require successful completion of 10 extra hours for research and thesis. Trainees wishing to apply and register for Masters must fulfil additional entry requirements.

Accreditation:

After the completion of two years of training for each group, graduates will receive an accredited Higher Diploma in Psychotherapy, which Al-Quds University, through Ministry of Education & Higher Education (MOEHE), agreed to certify the first two years of the training program with a Diploma in Psychotherapy. This will enable them in continue towards a Master's Degree, if they decide.

Program Tuition fees & Scholarships:

Each selected trainee will be offered a scholarship covering 70% of the tuition (45% covered by Sunna Al-Amal and 25% by Al-Quds University). Trainees are required to pay 30% of the remaining tuition fees.

Admission Criteria:

To apply for the program, an applicant must:

- Hold a BA, MA or High Diploma in Psychotherapy, Counselling, Occupational Therapy, Psychology, Social Work, Mental Health Nursing or from a college or a university of high standing (with an average not less than 70%).
- Be currently employed at an organization from the health field that offers mental health services.
- Be 25-40 years old.
- Have at least 2 years' relevant work experience working in Mental Health field.
- Be currently working with individual and group cases within his/her working organization.
- Have a reasonable command of English in writing, reading and speaking (preferably TOFEL Exam).
- Be motivated and determined to succeed and develop professionally.
- Be willing to commit to at least 2 years of training.



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SUNNA AL-AMAL in partnership with
Al-Quds University, Faculty of Public Health.

“High Diploma/Master in Psychotherapy” Phase II

3rd group: September 2018 – June 2020

Are you working with clients and need a qualification?

Do you want to develop your work to become a qualified psychotherapist?

“In-depth Clinical training for Mental Health Professionals in to Strengthen the Sustainability of Psychosocial Health Care in the West Bank”

The program is designed to provide a locally- based, long-term and culturally-adapted developmental psychotherapy training which combines theory with practice.

It is offered to experienced Counselors, Therapists, Psychiatrists, Mental Health Nurses, Psychologist, Occupational Therapists and Social Workers who wish to become qualified, self-reflected and practice-oriented psychotherapists

Sunna Al-Amal (Hope Makers) 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.

Program Levels:

Theoretical Level

Lectures at Al-Quds University

Practical Level

**Periodic Clinical Seminars,
Monthly Group & Individual
Supervision,
And Follow-up Supervision
at Sunna Al-Amal Organization**

Vocational Level

**In job-training at the Partner
Mental Health Organizations.**



Program Objectives:

- To create a human resource basis and a sustainable mental infrastructure in the West Bank.
- To train and prepare qualified, well-trained psychotherapists from West Bank.
- To deliver adequate and high quality psychotherapy services to the population.
- To strengthen the professional and technical capacities of Mental Health organization through the trainees.

Program Structure:

The uniqueness of this training program is due to the experience that trainees receive on the following three levels, Theoretical and Practical, and Vocational:

Theoretical & Academic Level:

Trainees will attend theoretical, intensive and specialized courses at Al-Quds University twice a week, in which they are exposed to different local and guest lecturers. The theoretical training program includes 27 credit hours during 4 semesters in (2 years).

First Semester	Second Semester
<ul style="list-style-type: none">- Psychopathology & Diagnosis- Theories of counseling & psychotherapy- Developmental Psychology- Diagnosis tests and psychometrics- Expressive Therapy	<ul style="list-style-type: none">- Individual therapy- Cognitive behavior therapy- Psychodynamic psychotherapies- Clinical practice in psychotherapy
Third Semester	Forth Semester
<ul style="list-style-type: none">- Child and Adolescent mental health- Group interventions- Family and Couples Therapy- Residency I	<ul style="list-style-type: none">- Elective courses:<ol style="list-style-type: none">1. Intervention in crisis and trauma2. Psychopharmacology3. Women's Mental Health-Residency II

Practical Level (monthly supervision and periodic seminars):

Clinical Seminars:

Clinical seminars aim to introduce the trainees to new approaches and experiences, including theoretical approaches that can be used in practical ways at work. Suggested subjects may include School counseling, Personality testing, Alternative therapies, Behavioral therapy, Trauma, Health education, Expressive Art Therapy, psychopharmacology. Other subjects will be integrated into the clinical seminars.

Group & Individual Supervision:

The supervision focuses on the practical psychotherapeutic work that is done by trainees and the intrapsychic and inter psychic process that trainees go through. Group and individual supervision are conducted at Sunna Al-Amal organization by approved psychotherapists. Group supervision will include presenting and analysis of cases, exchanging lessons learned and self-reflection. Individual supervision will be conducted monthly for each trainee by approved mental health professionals and supervisors through Sunna Al-Amal. Individual supervision will tackle the trainees' personalities and stressors that may affect them and tackling some of the interventions with cases especially the cases that trigger the trainees with emotions varied between anger, fear and sympathy.

Clinical Practice:

This supervised clinical practice takes place at Bethlehem Psychiatric Hospital during the first semester and exposes trainees to psychology and severe mental disorders.

Residency & Internship:

They will get practical training from another Mental Health organization, rather than just the one they work at (to take place during the summer between Year 1 and Year 2, when there are no university lectures taking place).

Follow-up supervision:

to provide the trainee with an alternate viewpoint, advice, and supervisory communication. It also represents a chance for trainees to discuss difficult cases and issues faced at the institutions where they work.

Awareness Raising Sessions:

Beyond the provision of productive tools and qualified skills, the trainees should implement raising awareness sessions during the program duration, in order to reduce the stigma associated with psychotherapy within the community in the marginalized areas.

Internal Training Workshops:

Each trainee will conduct internal training workshops for the staff of the partner mental health organization he/she is affiliated with to transform so they can transfer a therapeutic language, terminologies and knowledge to them.

Vocational Level (on the job-training):

Trainees will be subjected to a psychotherapist atmosphere and mental disorders during their regular work in their mental health institutions they work in on a usual basis under the supervision of their supervisors. Trainees will be experiencing direct contact with clients in which they can apply their acquired knowledge and experience whilst also documenting their cases. Sunna al-Amal follows-up with trainees regarding the vocational level via group and individual supervision, offering support with difficult cases.