



Department of Psychology and Medical Humanities

PRESS RELEASE

SHORT COURSE SERIES

The Department of Psychology & Medical Humanities is pleased to announce a series of short courses. The aim of these short courses is to build, improve, or refresh the capacity of people who provide psychological or psychosocial services or those whose work involves dealing with people and seek to better understand human behaviour and mental processes. Further, given that psychology is an important life tool, the short courses are designed to accommodate individuals who simply want to gain an understanding of this amazing discipline of psychology.

Target audience: Anyone interested in deepening their understanding of human behavior and cognitive processes:

- Practitioners such as psychosocial counsellors who simply want to refresh or as part of their continuing professional development.
- Non-psychologists who work with people in other helping professions.
- Lay people who simply seek to broaden their understanding of human behaviour and cognitive processes.

There is something for everyone!

Short course 1: Basic Counselling Skills I – Building an Effective Counselling Relationship (MK250,000.00 per participant)

This short course in Basic Counselling Skills is intended to embed in the participants a basic understanding of the skills needed in order to meet the goals of counselling, and equip them with the fundamental skills to be a helpful listener within a counselling context. Once completed, participants will be able to demonstrate the necessary skills for the provision of effective counselling services to a variety of people depending on their needs.

Topics to be covered include introduction to counselling; understanding communication; key counselling skills; the counselling process; listening skills; questioning skills; and reflecting skills.

Dates: 19-23 August 2024

Venue: University of Malawi, Zomba

Short course 2: Basic Counselling Skills II – Counselling in Specific Contexts (MK250,000.00 per participant)

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This short course in Basic Counselling Skills is intended to embed in the participants a basic understanding of the skills needed in order to meet the goals of counselling in specific contexts, and equip them with the fundamental skills to be helpful in specific contexts. Once completed, participants will be able to demonstrate the skills required in the provision of effective counselling services in a variety of contexts such as groups, marriage and family, child counselling and virtual contexts.

Although this short course builds on Basic Counselling Skills I, it can be taken as a stand-alone short course. The key thing is that participants would have already been working in specific contexts, such as those working with children or students, or those whose work involves group counselling.

Some of the contexts to focus on in this short course include grief counselling, group counselling; counselling children; Substance use and abuse (addiction)/ behavioural and substance addiction.

Dates: 26-30 August 2024

Venue: University of Malawi, Zomba

Short course 3: Psychological First Aid (MK120,000.00 per participant)

Just like physical first aid, psychological first aid is everyone's business. We all need to be able to identify that someone is stressed. Instead of trivializing their symptoms, we need to know how we can help them make the right decision in their help seeking process.

This short course is suitable for those whose work is not psychosocial or psychological in nature but who, nonetheless, interact with people in a supervisory or managerial capacity and would benefit from a basic level understanding of how to identify situations that may require intervention. For those in school or university settings, it is important to recognize that pupils or students may be going through crises that, if not appropriately handled, may push someone over the edge.

This short course is therefore tailored towards those who simply wish to gain a general understanding of how they can intervene or those who are actively involved in interfacing with people who are at risk of crises.

Dates: 15-16 August 2024

Venue: University of Malawi, Zomba

Short course 4: Workplace Mental Health – Understanding the Interplay between Workspaces, Mental Health and Productivity (MK150,000 per participant)

The interplay between workplaces, mental health and productivity is very clear. Studies have shown that a decent work environment is good for mental health while a poor working environment poses a risk to mental health. Safe and healthy working environments are more likely to improve the retention of an organization's key human resources, work performance and productivity. In short, overlooking workplace mental health is bad for business and bad for people.

This short course seeks to help participants on how best to protect and promote mental health at work. It will equip participants with skills and tools which they can use to recognize and respond to employees experiencing poor mental health or those at risk of mental ill health. At the intrapersonal level, participants will build skills to manage stress and reduce mental health symptoms.

This short course primarily targets managers and supervisors although all other workers are welcome. By targeting managers, HR practitioners and supervisory level staff, the short course seeks to help organizations build or strengthen a true culture of wellness where, when these supervisory level employees return to their workplaces, they will foster an active dialogue on the promotion of mental health.

Dates: 13-14 August 2024

Venue: University of Malawi, Zomba

Short course 5: Career Development for School Leavers (MK100,000 per participant)

This course is for secondary school teachers and people who help young people make career decisions. The course seeks to equip secondary school teachers with tools and skills necessary to guide students and school leavers to answer questions on their future occupational life. The course provides a step by step approach on how to choose a career. Framed around career guidance and counselling principles, this short course provides rich tools for self-assessment in making career choices. The course prepares participants on how best they can help students and school leavers make right career decisions as a key step for their future.

At the end of this short course participants will have acquired a greater understanding of career choices and career development, skills and tools to use in assessing personal skills and interests related to career development, and development of career development plans.

Dates: 29-30 August 2024

Venue: University of Malawi, Zomba.

Information on Fees

The fees cover tuition, cost of morning and afternoon teas, and certificates. Participants will have to find their own lunch and accommodation.

Group participation offer: Organizations that fund the participation of their employees shall have one free slot for every five slots paid for.

Partner organizations offer: Organisations that work in partnership with the Department of Psychology and Medical Humanities will enjoy a discount of 10 percent for the attendance of their employees.

Application Form

<https://forms.gle/gZD2VpMr93UPPnSP7>

Registration and payment

Account Name: School of Humanities and Social Sciences

Account Number: 293989

Reference: PSY Short Courses

Further Inquiries

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All inquiries should be titled PSY Short Courses