

## Community Mental Health Training Program

Narrative Therapy is a respectful, non-blaming approach to counselling and community work that is relevant in the Indian context. Some of the key ideas and practises include viewing the problem as separate from the person, using people's knowledge and skills in reducing the influence of the problems and creating an identity that fits better with their hopes, dreams and values. It also explores ethics and values in helping relationships. Through supervision, linking lives of community workers in ways that support their work. The program is conducted in 4 teaching blocks of 5 days each. Participants will be supported in their work through weekly supervision meetings.