



ANNUAL REPORT 2023



Website: www.icdp.info

ICDP Charity Registration number 92/04227

Org.no. 971259906N



Introduction

ICDP began developing in the 1980s, with the intention to help disadvantaged children by applying psychological knowledge and scientific research in a practical intervention programme. Psychology professors, Karsten Hundeide and Henning Rye, from the University of Oslo, and in cooperation with a small international team, gradually developed the ICDP programme and registered the ICDP Foundation in 1992. Hundeide's vision drove the team forward during 19 years of his chairmanship.

Ethos

The Ethos of ICDP is to provide for human care by activating empathy and education of both caregivers and their children. The work of ICDP is based on the principles that are laid down in the UN Convention on the Rights of the Child.

Approach to training

The ICDP approach is based on the idea that the best way to help children is by helping the children's caregivers. Research shows that normal physical development of the brain depends on proper interaction between a caring adult and the growing child. In normal circumstances such learning happens naturally. However, when families are uprooted through social changes, migration, catastrophes, children losing their parents, or having been numbed by severe deprivation and emotional shock, this care often breaks down and has to be reactivated through skilled help. If children do not receive sufficient love and attention while they are young, the problem can perpetuate itself because they can themselves become inadequate parents. Therefore ICDP's focus is on trying to break this cycle.

The ICDP Programme

ICDP is a flexible and culturally adaptable programme, based on research in child development that sensitises and enriches the relationship between caregivers and their children. The programme was originally developed for parents/caregivers of young children. However, ICDP's broad principles proved to be relevant for caregivers of older children and adolescents. More recently, it was successfully applied in the care of the elderly.

Implementation

The aim is to build relational competence and confidence in the members of a community or an existing child caring system and to transfer the project to local resource persons. Local child rearing practices are identified in order to stimulate truly authentic and long-lasting development.

Training

The ICDP Foundation offers workshops at caregiver, facilitator and trainer level. These are followed by practical application of ICDP in 'self-training projects'. ICDP facilitators are entitled to implement the programme to train parents/caregivers, whereas trainers are qualified to train new groups of facilitators. ICDP issues diplomas and agreements are signed with trained individuals and partner organizations.

Evaluation

ICDP policy is to encourage its partner organizations to monitor and evaluate ICDP. Many studies can be found on the [ICDP webpage](#)



COMMENT FROM THE CHAIR

2023 was a successful year for ICDP during which our partner organizations continued to flourish in many corners of the world. Here is a brief overview:

There were developments in new countries, such as Tunisia, Azerbaijan, Ivory Coast, Switzerland, South Korea and Thailand and at the same time some of our existing projects upscaled to national levels.

ICDP implementation by large numbers of facilitators continued in all Nordic countries, as well as Colombia, Mozambique, Somalia, Burkina Faso, Zambia, China, Nepal among others.

UNICEF continued to support nation-wide implementation of our programme in El Salvador and in Bangladesh. UNICEF has sponsored a similarly large project in 2023.

A government approved ICDP national programme began developing in the Philippines, and ICDP Norway continued to oversee their government's ICDP wide reaching programme.

Long-standing initiatives by partner institutions, such as ICDP at Roda Viva in Lisbon, Vida Plena in Paraguay, ACARI in Brazil, all continue to use the programme. More recent partners in Uzbekistan, South Africa, and Botswana are showing equal commitment. In Nepal, both Save the Children and ECEC are extending the coverage in the country. Norwegian Church Aid has been a staunch supporter in Malawi for many years.

ICDP strengthened the work of a local team at INPRHU in Nicaragua through a refresher course in 2023 and a similar plan is made for Bolivia for 2024, whereas in Tanzania plans for training of experienced facilitators to trainer level have been put in place.

Determined ICDP trainers maintain "the ICDP torch" through single handed efforts in Ethiopia, Mexico, Guatemala, Ghana, Panama and South Korea, whereas in Germany and USA there have been real breakthroughs for ICDP after years of dedicated work by talented individuals.

Despite severe hardships and danger the indomitable teams in Ukraine, Afghanistan and Mozambique, managed to carry on with ICDP trainings alleviating some of the suffering.

Save the Children facilitated the formation of ICDP teams and development of projects in 7 countries so far: India, Nepal, Philippines, Somalia, Zambia, Burkina Faso and the Ivory Coast, and organized evaluation studies about the impact of ICDP on participant families, as well as children – these studies showed positive results and that opened doors for significant government support.

Normisjon has emerged as another important partner. After informing 11 countries about ICDP, Normisjon intends to use ICDP as a means of achieving their goals - to bring a child perspective to their worldwide engagements. So far, Normisjon has promoted ICDP in Senegal, Bangladesh and Thailand, and facilitated an initiative in Ecuador. They are also in process of bringing ICDP to Azerbaijan and Mali, with plans to start in 2024.

ICDP China expanded its work in 2023 and by early November there were 2000 facilitators in the Yunnan province. However, unexpectedly, ICDP activities had to be stopped due to procedures dictated by the government. We extend our gratitude to the chair and team of ICDP China recognizing their significant achievements, hoping they will be able to resume their activities soon.

With sadness I report that our colleague Dr Hitoshi Maeshima from Tokyo is no longer with us, after a sudden and short illness. He will be remembered very fondly for his often deeply meaningful comments and contributions to ICDP in Japan over many years.

Through online meetings in 2023 our board created exchanges among some of ICDP network partners exploring different aspects of implementation, which we all found rewarding.

This annual report illustrates ICDP achievements worldwide that together make up an impressive portfolio reflecting the vast richness of experience from many diverse cultures and environments.

Nicoletta Armstrong

ICDP in Africa

Mozambique, Tanzania, Ghana, Ethiopia, Malawi, Burkina Faso, Botswana, Zambia, Somalia, South Africa, Ivory Coast, Senegal, Tunisia

OVERVIEW:

MOZAMBIQUE



ICDP has been working in Mozambique since 2002. The domain of work and expertise is competence building in the field of psychosocial and emotional care of disadvantaged children, through upgrading the quality of care of their caregivers, parents, and networks of care. An experienced ICDP team of trainers is mobilized according to request to train in different parts of the country. ICDP work has proved to be effective and has a wide outreach impact. ICDP Mozambique is a technical partner and member of the Psychosocial Group coordinated by the Government and belongs also to the Intersectoral Group for OVC, which plays an important role in influencing children's policies. There has been a particularly close cooperation with the local ministry, UNICEF and IOM. ICDP Mozambique had also been giving technical assistance to social workers involved in The Child Grant (0-2 years) programme, which is an unconditional cash transfer programme targeting children living in poor or vulnerable households with the objective of reducing poverty, improving child wellbeing, and promoting access to social services. Report about activities in 2023, by country representative, Santana Momade:

In 2023, after one year of operation, the Technical Assistance Programme for the Elimination of Child Marriage is expanding to the province of Sofala, covering two districts. This news is important as using the ICDP programme we focus on combating both violence against children and early unions, which

disrupt the comprehensive development of children, their pursuit of dreams and academic aspirations, and consequently, hinder the country's overall progress.

The programme is already present in 11 districts spanning the provinces of Nampula and Zambézia, and now, Sofala. This expansion serves as a significant benchmark of our performance. In addition, it is a notable achievement that over the past year, we have exceeded the goal of 37 cases per district, with 500 cases being treated in each district.



Early unions represent a cultural challenge that affects many families. Often, young individuals are pressured to marry early in search of improved living conditions. Our programme aims to break this cycle with the involvement of government institutions, community leaders, traditional and religious leaders. We work not only on prevention but also on treating existing cases, referring them to the justice system and reintegrating young women into their families and communities while providing crucial psychological care and support.

This expansion marks a significant stride in our mission to eliminate early unions and ensure a brighter future for the young women of Mozambique. We extend our gratitude for the continued support from our partners, as together, we are making a difference in the lives of young individuals and communities across the country.

TANZANIA

In Tanzania the first initiatives with the ICDP programme took place in 2004 and since then many groups of parents have received training. The local partner from the start has been KIWAKKUKI, a women's organisation working with matters related to HIV/AIDS. During 2018-2019, KIWAKKUKI developed a project with the aim of enabling children (0-6 years of age) with HIV and AIDS to attend a Care and Treatment Clinic. In connection with this project, the participant children's parents were invited to attend courses in ICDP and their responses were very positive. By 2020, a group of 16 new facilitators were formed and 160 parents were reached with the ICDP programme.

In 2011, the ICDP developments in the Manyara region in Tanzania started at Haydom as a cooperation programme between the Haydom Lutheran Hospital and the Sorlandet Hospital in Kristiansand. Since 2013, their cooperation has continued, and it was later extended to include Taswo (Tanzanian organization of social workers) and Fo (Norwegian organization of social workers).

The current funding for the ICDP work in the Manyara region comes from FO. Gunnar Eide from the Fo association for social workers in Norway has been responsible for the project in Tanzania since 2015 and she explains about the situation in 2023:

"The training of ICDP facilitators took place at four separate occasions, each time a new group of facilitators was formed. Currently there remain around 40 active facilitators and their work is spread out over the whole region. Over the years, only two trainers were engaged, Eglá Matechi and VERNICE Fredrick from Moshi. They conducted workshops that formed ICDP facilitators. However, now there is a need for more trainers who could take some of the burden from VERNICE and Eglá. The ICDP coordinating team has been searching for talented facilitators to take the next step to become trainers and they have come up with a group of nine candidates. There was a meeting with all the candidates in Tanzania in the summer of 2023, and they are now well prepared for taking part in the trainer level training, which will start in January 2024. Chiku Ali, from Bergen who knows the region well, was asked

to do this training together with Patrick OLoughlin. Chiku and Patrick are both experienced trainers who have worked together in an African context before, by training facilitators and trainers in Botswana. Once the whole process of training has been completed, the trainer candidates will receive their final confirmation as ICDP trainers from Nicoletta Armstrong.”

GHANA

ICDP Ghana website: <https://icdpghana.org/>. ICDP Ghana has been active since 2012. The work started on the initiative of Joyce Larnyoh, with a series of ICDP workshops for key staff and community workers, initially in the Upper Manya District of the Eastern Region of Ghana and later in other areas too.

ICDP Ghana was soon established and it continues to work with the aim of improving the psychosocial health and wellbeing of vulnerable children by increasing the relational competences of adults in charge of their care.

ICDP Ghana counts on a small team of facilitators, trained and supervised by Joyce.

A special focus has been on training teachers and inserting ICDP in more complex educational projects through cooperation with well-established organizations, such as PLAN Ghana, T-Tel and STAR Ghana. ICDP was elected as a Co-chair member of the Civil Society Platform on the Sustainable Development Goals (CSO Platform on SDGs), and a Convener for the SDG Goal 4.



The ICDP principles are used to sensitize families that are often reached by community projects run in partnership with other organizations, and these initiatives have addressed a wide range of issues. For example, over the past 6 years, ICDP Ghana through its Village Savings and Loans Association (VSLA) initiative aims at providing simple savings and loan facilities in communities that do not have easy access to formal financial services. ICDP Ghana in partnership with Ultrasound Consultants International LLC-USA, introduced a new initiative which will improve healthcare access and contribute to improving maternal health. The project is piloted in 5 communities in the Akwapim-South municipality, eastern region of Ghana.

In 2023, through the Village Savings and Loans Scheme, women in the Otwetiri Community received ICDP training. The initiative improved their relationship with their children and it gave the women easy access to small loans to enable them to support their children with their educational and health needs. At the Early Childhood Centre of Grace Early Childhood School twenty teachers were trained and benefited from the ICDP empathy-based approach to caregiving. Through the collaboration with OCC USA, the school children received gift boxes from OCC USA. This was to support their literacy skills. [Read here the report from Joyce Larnyoh.](#)

ETHIOPIA

Atnaf Berhanu, who is based in Norway, has been training staff from different organizations in Ethiopia on voluntary basis since 2013. Two, three times a year she travels to Ethiopia to run workshops for new groups of facilitators, and engages in giving conferences on ICDP. Hundreds of facilitators have been formed so far. The demand and the requests for ICDP training have been increasing in Ethiopia but the challenges are the internal armed conflicts and lack of sponsorship.

In 2023, Atnaf conducted 3 workshops to create awareness about the ICDP programme and in addition, she held 3 training workshops to form new ICDP facilitators. These workshops were all held in different parts of the country. It was a great effort, particularly as Atnaf continues to expand her work with the ICDP programme on voluntary basis. Despite the lack of financial support, Atnaf is determined to continue because she feels that ICDP is important. A total of 180 church leaders attended the awareness raising workshops. This effort was very successful and the church leaders decided to have groups of facilitators formed in all 3 areas, as follows:



Shashemene, West Arsi Zone, Oromia Region, 250 km from Addis Abeba:

Facilitator level training was given to 22 members of different local churches. There after the trained facilitators recruited parents and ran parent groups. Atnaf provided a support session to this team.

Wolayta Sodo, Southwest of Ethiopia:

A group of 55 Church leaders were introduced to the ICDP principles, who found ICDP to be relevant to their congregations and asked for ICDP training. As a result, 33 members from different local churches attended the training to become facilitators – their training was in February and March. Some of the facilitators started to run parent groups immediately after the training. By the autumn all had run groups. Parents participated well and were engaged with each topic and facilitators said that they will continue with many groups as they have about 2500 members.



Debreberhan, about 120 km northeast of Addis Ababa:

ICDP facilitator training is continuing in Addis Ababa with religious organizations. Total of 45 church leaders asked for ICDP training to be given to 22 members of their congregations. Facilitators came from 13 congregations with about 6500 adult members and 5000 children. During the training the participants shared their experiences on how they tend to treat badly their children and after the training some of them said that they asked forgiveness from their children for the way they behaved before receiving ICDP. In October, facilitators (who have a lot of experience of working with families in their congregation) said that ICDP is unique, that it can help them to follow children's lead and be sensitive to listening to children.

Continuation of the work in Hawasa:

A group of previously trained ICDP facilitators have been giving parental guidance to families in their congregations. One local church carried out an evaluation with a group of 31 parents after they attended ICDP. The evaluation was based on the following questions and with following results: Have they benefited from the training: all benefited very much, 1 to some extent; About the impact of the intervention: 24 answered it was very good; 6 said it was medium; Was there anything they did not understand: 24 said all was clear, 7 said it was clear to some extent; Asked if they will share ICDP with others: 21 said they will share it with others; 9 said they hope to share it with others.

MALAWI

In the period from 2007 to 2013 ICDP training was conducted as part of the project called "Psychosocial Support for orphans and vulnerable Children" in cooperation with the Vestfold Mental Health Care Trust (PiV) and the Norwegian Church Aid.

The first ICDP initiatives gradually developed into systematic training for workers at the Alinafe Community Hospital and the Chisomo Children's Club. ICDP training for community caregivers has been sustained over the years. The Nutrition Unit at Alinafe has been particularly effective in using ICDP.

ICDP Malawi trainers have also conducted training for caregivers from kindergartens, nurses and clinicians under Lighthouse. Lighthouse learnt about ICDP from one ICDP facilitator who briefed them about the programme, and they saw the importance of inviting trainers to conduct the training. Through ICDP sessions caregivers were guided to see and understand their children, improve the quality of interaction and the relationship with their children. An important focus was also on raising awareness about the needs of the children in their communities and workplaces. Lighthouse is a registered public

trust that exists to contribute to Malawi's national response to HIV as a model providing a continuum of high-quality care while building capacity in the health sector



Paul Mmanjamwada is one of Malawi's trainers who is also the leader of ICDP in Malawi. He was instrumental in achieving the integration of the ICDP programme as a permanent part of the strategic plan by the Malawi Norwegian Church Aid organization. The work has been ongoing, except in 2021 – a hard year when ICDP team found it difficult to support

BURKINA FASO

ICDP started a training programme together with Save the Children (SC) in 2017. To improve child protection in Burkina Faso, Save the Children International has undertaken to implement projects that consider the strengthening of parenting skills.

The ICDP programme was well accepted by the communities, however, several facilitators became unable to sustain the ICDP work for different and unforeseeable reasons, and for that reason Save the Children decided to make new ICDP training plans in 2019.

A new group, comprised of staff from SC and from their partner organizations was trained by the end of 2020 and in addition two of the more experienced facilitators were trained at trainer level. The adapted ICDP materials were tested out in the field and finalized in 2021. Since then, the ICDP work has been ongoing.

2023:

Aubin Sanou, one of the key ICDP trainers shared about the ICDP work and its results – here is a summary:

Two Save the Children projects implemented the ICDP programme, and as a result, 4 out of 13 regions were reached by the programme.

This was achieved by a group of 70 facilitators who were trained in ICDP and who come from 2 local NGOs. In addition, 20 state social workers were trained.

Nearly 500 groups of parents (with 12 parents per group) benefited from the programme



Some of the results:

- The facilitators themselves put into practice the 8 guidelines to improve interaction with their children.
- The programme succeeded in breaking some negative social barriers through the promotion of dialogue between parents and children, as well as between parents themselves.
- Discussions started between parents and children on topics considered taboo such as excision, sexuality, menstruation.
- Parents talk to children before making decisions about them.
- The exchanges between parents during the meetings allowed some of them to change their behaviour towards their children.
- A close bond was created between the parents who participated in the meetings.
- The establishment of a club for women was successful after raising awareness among parents with the programme. Club members/mothers continue to meet and share with each other and with other parents about ICDP's guidelines for good interaction. A group of women took upon themselves to look after young orphans in Kogsablogo, in the commune of Dargo.
- There was an improvement in school results of children whose parents benefited from the ICDP programme (Ziséguéré village in the commune of Dargo).

BOTSWANA

ICDP's partner is the Ark and Mark Trust (<https://www.arkandmark.org/>), who piloted the ICDP programme in the Thamaga village, during 2017, thanks to the support from RVTS west Norway. Thirty-six facilitators were formed, among them five social workers who later became country coordinators for ICDP. Training was attended by parents, couples, youth, elderly people, pastors and traditional leadership and most participants found ICDP profoundly helpful. There was a gradual increase in the number of male participants.

The ICDP project was rolled out with organizational precision and monitoring over the following years. The initial group of facilitators and those facilitators who were subsequently formed, all meet with the coordinating team to receive updates and guidance on monthly basis.

Twelve experienced facilitators became candidates for training at ICDP trainer level in 2021. The trainees then formed a new group of 50 facilitators, including 40 people from Ramotswa and 10 from Thamaga. The practical work of the trainees in Thamaga had the support of the village leadership and the Social Welfare office. Ark and Mark Trust mobilized 26 facilitators who managed to implement ICDP with 110 caregivers and 364 children.

In Gaborone, the Ark and Mark Trust initiated the implementation of ICDP at one of Botswana Defence Force (BDF) camps. These camps are a community within the greater community of Gaborone and face unique difficulties because members of the force often leave their families for long periods of time – as result of which, the army families face significant challenges. The ICDP programme was introduced as a possible solution. The participants were happy with the ICDP course and there were improvements in their homes regarding their family interaction.



In 2022, the Ark and Mark Trust received funding from the Department of Social Protection (DSP) to reach out to more localities in Botswana, as parenting continued to be a challenge across the country. New facilitators were trained in Ramotswa, Gabane and Molepolole villages through funding from DSP. There were 50 new ICDP facilitators (40 female and 10 male) and 470 parents and 2012 children were reached with the ICDP programme.

By the end of 2023, a group of ICDP trainers were qualified and they will make the expansion of the programme sustainable in future. Ark and Mark hope to increase the roll out of ICDP by replicating it to more areas of the country. Over 800 parents and 2400 children have benefitted from ICDP.

ZAMBIA

In 2015, ICDP signed a training agreement with the Primary Health Care Education and Training Trust (PHC-ETT) in Lusaka, Zambia. The project helped parents from diverse backgrounds develop positive relationships with their children, and trained teachers with the view of transmitting the ICDP skills to students in schools and higher educational institutions.

In 2019, ICDP established cooperation with Save the Children Zambia in a different area of the country. Nicoletta Armstrong trained a team of facilitators whose ICDP work has been ongoing.

The ICDP programme's core principles serve as the foundation for promoting sensitivity towards the needs and rights of children among parents and caregivers in the Child Sensitive Social Protection

Project (CSSP) project in Lufwanyama. Members of SC staff and their partner organizations have been implementing the programme as ICDP facilitators in their respective communities.

They expressed that the ICDP guidelines made a difference to their way of relating at home with children. Many said that they are now more aware and try to spend a lot more time with their children, that they now hold longer conversations and follow their children's interests in the way they failed to do before.

A special focus has been to increase the uptake of parenting session among identified households through conducting awareness raising activities. These activities resulted in an increase in the number of parents and caregivers who attended the parenting sessions.

A post parenting assessment was undertaken for the ICDP parenting programme 2019-21 with the following results reported in the 2022 report:

- *There is a significant overall increase in the parenting/caregivers' interaction with children.*
- *During the focus group discussions results such as some changes in beliefs on corporal punishment were attributed to the parenting programme; this is evident by what some interviewed children explained. The children said they had observed changes in their parents and caregivers' practices and attitudes towards them and their welfare; they said their caregivers showed keen interest.*
- *Generally, the post parenting assessment results show that parents/caregivers benefited from the parenting programme as they became more attentive, patient, caring and responsive to their children's needs.*
- *The results further indicate that the parenting programme had enlightened them on issues relating to gender roles especially when it comes to the traditional tasks which are given specifically to boys and girls.*

Developments in Kalalushi

A Parenting Handbook, based on ICDP (with additional modules on nutrition, budgeting and gender education) was contextualized to the Zambian context. The handbook was used for scaling up the parenting programme in another district in Zambia, i.e., Kalalushi.

In 2022, the project selected some members of the Twashuka Community Welfare Assistant Committee (CWAC) in both Kalulushi and Lufwanyama districts for the purpose of training them as animators. To this effect, 20 CWAC members (8 males, 12 females) were trained to run the ICDP parenting sessions.

In **2023**, the project had continued to train the same animators in additional / thematic sessions of the Child Sensitivity package (importance of education, gender, family budgeting, risk of child labour and nutrition modules).

The first training was conducted from the 9 to 12th of May, 2023, in Lufwanyama District drawing participants from both Kalulushi and Lufwanyama in all the project implementation sites.

A total of 20 (12 females and 8 males) parenting animators were trained in family budgeting and gender transformation.

Furthermore, the second training was conducted from 19 to 21st of July, 2023, and a total of 20 animators (8 males, 12 females) were trained in three of the additional sessions of the Child Sensitivity package (importance of education, risk of child labour and nutrition modules).

The purpose of these trainings was to fully equip animators with the necessary skills to be able to roll out the entire parenting package to the target population of 1000 households on Social Cash Transfer.

In March 2023, the CSSP project commenced with the roll out of parenting sessions targeting 1000 of SCT beneficiary households with children from 0-14 years.

By 30th of June, 2023, 914 caregivers (815 females and 99 males), representing 914 households were trained on the parenting part of the child sensitivity package.

The CSSP project has continued with the roll out of parenting sessions in the second half of the year and as of 20th of September, 2023, the project had rolled out the full Child Sensitivity Package to a total of **1066 caregivers (916 females and 150 males)**, representing 1056 households across Kalulushi and Lufwanyama.

The parenting sessions are now yielding results as evidenced by the high quality, positive interactions between caregivers and children as reported during the home task submissions, and their own testimonies.

The sessions are being conducted using a recommended hybrid approach as opposed to the back-to-back approach which was deployed in the first phase (2017-2021) due to Covid-19. The hybrid approach allows caregivers to have enough time to internalize, reflect and apply the lessons they are learning. Under this package, trained parenting animators working together with CSSP project officers are responsible for conducting parenting sessions for households in Kalulushi and Lufwanyama district.

Home visits

This is an ongoing activity which is being conducted by animators to mediate competence to the caregiver and make positive comments about the child. They are also using this opportunity to give alternative explanations and demonstrations and to clear up any misunderstandings regarding what they have learnt. The animator invites the caregiver to share her experiences in a friendly, interested way, avoiding the more general instructive voice. To this effect, two households are visited per month by each animator and by 20th of October, 2023, a total of **140 households** were visited.

Refresher boost and ICDP parenting sessions clubs

The CSSP team conducted refresher boost for the parenting session in both Lufwanyama and Kalulushi during the rest of the year. This helped caregivers not to forget the lessons but also encouraged them to learn and practice more with their children. At the end of the refresher boost for parenting sessions, coordinators among participating caregivers are chosen to head ICDP parenting session clubs across the two districts. One of the tasks for coordinators is to organize future meetings, which take place every month. The ICDP parenting session clubs provide a platform for caregivers to meet and share experiences in addition to organizing some activities together. From time to time the clubs could be joined by new parents from the community.

Challenges

There were more women than men who attended the sessions across the two districts (916 females and 150 males). However, project officers, animators and mobilizers have continued to encourage men to attend sessions and this is being done during the social cash transfer payment sessions when most men tend to show up in more numbers compared to the parenting sessions. This is also being done during follow ups and monitoring by CWAC members in which they encourage married couples to attend sessions and refresher boost parenting sessions.

Conclusion

Save the Children's Child Sensitive Social Protection project (CSSP) parenting programme is part of the cash plus approach that is layered onto the government social protection cash transfer programme. The CSSP project adopted and contextualized the "cash plus" ICDP parenting model where the project aimed to strengthen Community Welfare Assistant Committees (CWACs) to improve parenting practices and mobilize parents/caregivers to prioritize children's rights to education, nutrition and protection. The year 2023 has been great regarding ICDP work in Zambia. The CSSP built the capacity of animators, conducted home visits, conducted parenting sessions and refresher boost parenting sessions.

CASE STORY: MUKUKA CHISANGA

Mukuka is a 10-year-old girl in grade five at Twaiteka primary school. She is Mildred's third daughter.

Mildred is 32 years old and lives in the Twashuka Community Welfare Assistant Committee (CWAC) area in Kalulushi District. She lives with her husband and her 5 children.

Mildred is a CWAC secretary in Twashuka and she was trained in the ICDP programme in 2022 to facilitate community parenting sessions.



Save the Children through Child Sensitive Social Protection project began work in Twashuka community targeting social cash transfer beneficiaries in 2022.

One of the activities was to train parenting facilitators in the ICDP programme, which equipped animators to develop good parenting skills in caregivers. Mildred benefitted from this training and is now using the gained knowledge/skills to nurture her children at home.

Mildred helping her daughter with school home-work.

Mukuka narrated that, before Mildred was trained in the ICDP parenting session, interaction with her children was very poor, characterized by shouting and beating her children. Mildred confirmed this herself. Consequently, Mukuka feared her mother and did not feel free to have any positive interaction with her. After participating in the parenting session, Mildred slowly began interacting

positively with her children. Mukuka testified that her mother had changed ever since she returned from the training. She added: "My mother now creates time for daily interaction with us. For example, we have meals together, we have play times with her and she also sets aside time, to make drawings, read books, or help with homework and other activities together."

SOMALIA

The ICDP programme was incorporated in a project that is funded by the Finnish Ministry of Foreign Affairs, through Save the Children Finland. The ICDP programme is being used in connection with the Child Sensitive Social Protection project that supports and engages the most vulnerable and marginalized IDP (Internally Displaced People) households in Hargeisa. To ensure that the cash transfers being made to IDP households are child sensitive, complementary actions as part of the overall Child Sensitive Social Protection approach have been built into the project. The key complementary actions are i) enhancing child sensitivity of parents, caregivers, community members through ICDP and ii) improving transparency and accountability in the delivery of basic services relevant to Social Protection interventions for children.

This project started in January, 2017. The ICDP facilitators included staff from Save the Children and their partners, namely, The Horn of Africa Voluntary Youth Committee (HAVYOCO) and the Ministry of Labour and Social Affairs. All facilitators showed commitment in the field and contributed ideas when producing an ICDP module adapted to local culture and context.

In 2022, the ICDP parenting sessions were expanded to an additional district, Berbera, where they were rolled out to caregivers of 150 households.

The post assessment for the ICDP programme showed the following results:

Caregivers reported that they have learnt "proper parenting methods" since they participated in the ICDP parenting programme. Children across the project intervention area also reported that their caregivers talk to them kindly, spend more time with them and they have a more open relationship. Children are reported to be more involved in the household decisions and making rules together with caregivers, giving them a voice in the household.

The qualitative findings were corroborated by quantitative data which indicates that overall, caregivers who received the parenting intervention show an improvement in engaging in activities with their children such as having meals together, praising the child for good behaviour, showing physical affection, etc. to caregivers who received the cash-only intervention.

2023: Summary of key achievement

The ICDP sessions were delivered during June, July and August 2023. There were 19 sessions and the topics covered in addition to ICDP's content, included gender sensitization, disability inclusion, family budgeting, child and work, child's education.

The number of beneficiaries:

| No | Locations | # beneficiaries trained |
|--------------|----------------------|-------------------------|
| 1 | Sancaani | 26 |
| 2 | Sh. Omar | 98 |
| 3 | Magalo-Cad - Berbera | 51 |
| TOTAL | | 175 Mothers |

The sessions were delivered and facilitated by the SCI & HAVOYOCO's project staff who have been trained as Facilitators by a certified ICDP Trainer under the CSSP project.

CASE STORY

Jamila is a 33-year-old expectant mother of 6 children; the oldest is 14 and the youngest is 5. Jamila lives with her family on the outskirts of Hargeisa in an IDP camp. In April 2022, Jamila was identified as one among the 150 households in her IDP to benefit from a 4-year project on Child Sensitive Social Protection. She was trained on the 3 dialogues (emotional, comprehension and regulative) and the 8 guidelines for good parenting. She also attended additional sessions on early initiation of breast feeding, hygiene practices, and diversified dietary practices. She explains how these sessions have helped her as a mother as well as an individual:

"I now sit down and chat with my children more often than I used to; we became closer; I have stopped calling them bad names and do not compare them to my neighbour's children anymore. I have understood that each child is unique in their own way."

Also, Jamila mentions how there are many myths about child feeding, for example many mothers do not know what kind of food to feed their children when they reach the weaning period and the right dietary food for older children. According to her, the nutrition sessions, building on the back of the ICDP based parenting sessions, have greatly helped her to understand and ensure that her family, (especially children) consumes nutritious food and follows proper hygiene.

SOUTH AFRICA

ICDP developments between 2008 and 2013 represent cooperation between Dlananathi, the CINDI Network and ICDP. An ICDP core group was formed and the implementation of the ICDP programme took place through the Caversham Centre, near Pietermaritzburg.

In 2019, ICDP signed an agreement with The Ububele Educational and Psychotherapy Trust, based in Johannesburg -<https://ububele.org/about-us/>.

The aim was to integrate ICDP as one of their activities to strengthen child and family mental health in the township of Alexandra. The trust provides therapeutic services in Alexandra - a densely populated, impoverished community with a myriad of challenges.

The training of facilitators took place in 2020 and 2021, and it was conducted on voluntary basis by Silje Bjørnstad Holter. In 2020, most trainees delivered the ICDP programme to parents living in the township of Alexandra, ranging from people living in shacks (often illegal immigrants) to those living in small brick houses – this work was part of their self-training projects. Parent groups were mainly recruited by word of mouth, usually from people using other services at Ububele.

ICDP facilitator, Nicki Dawson reports: The last support meeting by Silje took place in January 2021 through a virtual platform and the last two facilitators completed their self-training projects in 2021. In total 13 new ICDP certified facilitators were formed and they continued to run parent groups in Alexandra during the rest of the year. Three different parent groups were started in March, May and September 2021.



The trained team discussed how to adapt the ICDP material to the South African context and produced a local booklet for caregivers. The leadership of the Ububele organisation hopes that Ububele may one day become a training site for new ICDP facilitators. In view of this, they are trying to provide as many opportunities as possible for the current facilitators to practice applying the ICDP programme – and not only by working in pairs but also each facilitator running a caregiver group alone. This is creating solid ground for trainer level work later.



In 2022 new groups of parents attended the ICDP course in Alexandra. There were also ICDP courses run through Ububele's partnership with the Field Band Foundation (FBF). FBF is a South African national non-profit organization that creates opportunities for the development and self-empowerment of young people through participation in music. Modelled initially on the American-style marching band, the FBF's performance style, choreography, rehearsal techniques, and uniforms draw on local traditions and practices resulting in a uniquely South African musical phenomenon. The parents of the young FBF participants attended ICDP courses during 2022. ICDP received very positive reception.

In 2023, there were 14 ICDP trainings. A total of 150 parents and caregivers participated across these 14 trainings.

Eight of the trainings happened in collaboration with Field Band Foundation.

Two trainings were held with staff from a children's home – an institutional care setting for orphaned abandoned and removed infants.

One training took place at a local Primary health care clinic with primarily clinic staff in attendance – nursing staff, clerical staff etc. who are also parents.

Two trainings were held on site at Ububele with Ububele preschool and therapy service beneficiaries attending; some Ububele staff also attended.

One training was conducted at a church in the informal settlement (Marlboro Transit Camp) with families from surrounding area.

IVORY COAST

ICDP developments started in October 2022. The first training in the ICDP programme took place in Bondoukou and Tanda and it represents a new initiative by Save the Children (SC).

The Ivory Coast is the seventh country where the ICDP programme is used as a central part of the of Child Sensitive Social Protection (CSSP) programme rolled out by SC. The aim of the training is to form social actors, SC staff and staff of its Rising Sun partner as ICDP facilitators.

The forming of facilitators was completed by ICDP trainers Alimata Sidibe and Aubin Sanou, ICDP trainers from Burkina Faso, in 2023.

A separate ICDP initiative developed in 2023, when three employees in Mission Evangelique Lutherienne en Cote d'Ivoire (MELCI) embarked on a training process to become ICDP facilitators, with the aim of starting ICDP in the Youpogon district of Abidjan.

The first part of their training was given online starting in the autumn of 2022. The second part of training at facilitator level was conducted in person and it took place in in Kedougou, in Senegal. Participants from the Ivory Coast joined a group from the Normisjion, to attend the ICDP workshop from 27th of February to the 3rd of March 2023. The trainer was Aubin Sanou from Burkina Faso.

The training to become facilitators continued throughout the spring of 2023 during which time the facilitators conducted a caregiver course to eight MELCI employees in Abidjan.



The third training session was held in Abidjan, in the Ivory Coast, from the 4th to the 7th of September. , This was the facilitators' certification workshop when they received their ICDP diplomas alongside the group from Senegal.

[Click here for full report.](#)

SENEGAL



Normisjon is promoting the start of ICDP in Senegal. At the same time, in the Ivory Coast, the Norwegian Lutheran Mission (NLM) together with its local partner, the Mission Evangelique Luthérienne en Cote d'Ivoire (MELCI), has also been making efforts to start ICDP. The two organizations contacted the ICDP foundation and it was agreed to start the training of future ICDP facilitators from both countries. at a workshop in Senegal.

The training was conducted in March and September by ICDP trainer, Aubin Sanou. Aubin has been implementing the programme in Burkina Faso for a few years now and he had previously been trained by Nicoletta Armstrong.

Report from workshop with facilitators in Abidjan, [September 2023](#). [\(Original in French\)](#)

TUNISIA

In 2022, Jostein Haugen and Signe Stensland, on behalf of The Norwegian Development Partners (NODEPA) sought ways to initiate ICDP in Tunisia. After consultation with ICDP, they discussed their vision with Sana Guebsi, the president of "Bright Women Association of Today" (BWAT) who after several meetings and discussion, became acquainted with the ICDP concepts and recognized the need for ICDP knowledge and its practical implementation in Tunisia. It was agreed to embark on close cooperation between NODEPA and BWAT to establish ICDP in Tunisia. The first step was to appoint a project manager and select a steering professional group.

This was followed by organizing an ICDP introductory workshop, which took place in February 2023. It was an opportunity to present the aims and content of the ICDP programme and at the same time to get to know a group of possible future facilitators. Trainee facilitators were selected from diverse backgrounds like kindergartens, schools, centres for autism, orphanages, and associations working directly with families. Two ICDP trainers conducted the workshop, Sissel Ånestad and Hilde Tørnes from Norway. ICDP was welcomed and the process of training continued during 2023. The trainers conducted the first Facilitator level workshop and kept in regular contact with the participants in Tunisia who are eager to start their self-training projects by doing a course for parents.

ICDP in the Americas

Colombia, Bolivia, Brazil, Paraguay, El Salvador, Mexico,
Guatemala, Panama, Nicaragua, Ecuador, USA

OVERVIEW:

COLOMBIA

ICDP developments started in 1993 and are still ongoing. ICDP Colombia was registered to start cooperation with UNICEF which lasted from 2000-2010, when large scale ICDP projects were developed that reached half a million children in most vulnerable departments of the country. In parallel ICDP also had a strong presence in Antioquia through the work of trainers at the university of FUNLAM. Dozens of projects were developed by ICDP Colombia since 2010. The work with the programme in the departments of Boyacá, Quindío and Antioquia has been ongoing almost 30 years.

Summary of activities in 2023, by ICDP Colombia chair, Carmen Lucia Andrade:

ICDP projects: As chair, I fulfilled all the administrative requirements of our ICDP Colombia foundation, but I took a break from my role as ICDP trainer. Nevertheless, I was able to supervise the training processes in 3 different parts of the country; in Antioquia, Boyacá and Santander.

Between April and June, several project proposals were prepared and we applied to Villa de Leyva for work with community leaders, to the Santander Secretariat of Mental Health, and to the University of Valle – but these applications were not accepted on the account of shortages in the budgets for 2023.

In **Quindío**, a project proposal was approved by the Guerrand Hermes Foundation for Peace, and it will be executed in 2024 – the ICDP programme will be implemented with adolescent girls.

In **Santander**, ICDP Colombia Foundation agreed with the Secretariat of Mental Health, for them to publish the ICDP material and to carry out the ICDP programme in the province of Santander by training their psychologists and in exchange they agreed to deliver some copies of the newly published material to the foundation.

In **Boyacá**, at the end of 2022, ICDP trainer Luis Fernando López conducted virtual facilitator level workshops for 90 psychologists in the ICDP programme “I am a person” and during 2023, he monitored their work. His monitoring work involved facilitators linked to the mental health secretariat in Boyacá and Santander. In Boyacá, 23 facilitators operating in 23 municipalities implemented the programme with 12 new families each, for a total of 345 families.

In the municipality of **Venta Quemada**, July Catherin, an ICDP trainer who has been working in ICDP since 2018, formed new groups of facilitators. They were selected from social services, kindergartens, as well as from health centres. After the initial training she was engaged in monitoring of the process. In addition, she supported the monitoring process in the Department of Boyacá and was involved in the evaluation of the work carried out with rural and urban communities.

July also carried out an ICDP pilot project with adolescents, by applying the ICDP material that was especially adapted by ICDP in El Salvador for working with adolescents. This pilot took place from August to November 2023.



In **Antioquia**, in July, the Mayor's Office of the city of Envigado, invited us to apply to become implementors of the project called "Strengthening Links for the Protection of Children and Adolescents". The purpose of this project is to promote the consolidation of family ties and the creation of positive environments for children, by using the ICDP programme, aimed at parents and caregivers of children and adolescents. The direct beneficiary population consisted of 30 adults, parents and/or caregivers, who received the full training cycle, with an indirect impact on family members. ICDP trainer Carolina Montoy carried out this training during the period between August and October 2023.

During 2023, an ICDP project was carried out in the eastern part of Antioquia, in the village of Santa Teresa. ICDP trainers Abel and Monica Salazar implemented the programme with 25 families living in this poor and remote village. The participants were women of different age groups, including older people without any schooling. The group bonded closely as the meeting took place twice a month during the whole year. ICDP was combined with small scale enterprise training and several psychologists were also invited to give talks about topics relevant to ICDP. The results were very positive and many participants said that their lives had completely changed and that their family relationships greatly improved. They asked the trainers to come back and hold ICDP courses for more families in 2024.

PARAGUAY

ICDP has a continuous presence in Paraguay since 2001, through the work of educator Elisabeth Gavilan and her Vida Plena Foundation. In 2002, Vida Plena joined the Paraguayan children's rights network and the civil society network for early childhood development with the objective of influencing public policy for the benefit of children's integral development. Over the years, Elisabeth conducted many workshops and courses in ICDP.

Since 2008 and ongoing, Vida Plena has been running a Day Care Centre for Children, situated near the Asunción Central Market in the Abastos area of the capital Asunción. They offer help to children working in the market and provide them with educational support.



In addition to their four members of staff, the ICDP team counts on volunteers and occasionally interns, either Paraguayan or from abroad, usually from Germany.

Approximately every two months Elisabeth carries out training courses, by running workshops for her team, each lasting 3 hours. The aim is to deepen the practice of the ICDP eight guidelines for good interaction and above all, to deepen the ability to apply empathy and emotional attunement in their daily work with children, aged between 3 and 18 years old.

The centre usually has between 40 and 60 boys

and girls who daily attend the centre's activities. In 2023, there were 102 registrations.

Among the former students, some are already mothers or fathers and they send their children to the centre, or recommend their relatives to send their nieces and nephews.

BRAZIL

In Brazil there have been three separate developments of ICDP; the first was from 2001 - 2010 when a series of seminars, meetings and conferences took place in Santo Angelo and Aguas de San Pedro, followed by several projects for teachers, adolescents and families in impoverished communities.

The second development was in the period 2010 - 2015, in cooperation with Save the Children Brazil when ICDP facilitators operated in 34 municipalities of the Pernambuco and Bahia states. It was sponsored by Save the Children UK and the project evaluation was very positive.

The third development is ongoing since 2015, with ICDP trainers from ACARI applying the ICDP programme in projects for families in and around the town of Petrolina and with sponsorships from different organizations.

Report 2023 from ACARI:



ACARI – Civil Association of Articulation for Citizenship is an organization located in Petrolina, in the Sertão of Pernambuco, Brazil. Its mission is to promote the exercise of citizenship and the defense of human rights, especially those of children and adolescents from a political, cultural, social and environmental perspective, aiming for an equitable and democratic society.

The ICDP team has been developing a project called Bem Me Quer since 2021 and it will continue till 2026. It is supported by Kindernothilfe (KNH), a German child support organization.

The project serves around 290 families in situations of social vulnerability in the city of Juazeiro in Bahia and in Petrolina, Pernambuco, using the ICDP methodology.

The project aims for families to experience a positive interaction and relationship with children and

adolescents, by living in a more positive environment with more dialogue, affection and understanding.

To this end, monthly family workshops were held in 2023 and “positive interaction kits” were delivered to encourage family participation in meetings. Families were invited to participate in meetings through WhatsApp groups and many exchanges of ideas and experiences also took place in this virtual space. Read the full [report about developments in 2023](#)

In August 2023, some ICDP members of ACARI: Simone Souza, Ilze Braga and Ailma Barros met virtually with Pollyanna Magalhães (ICDP Brasil) and Guillermo Navas (ICDP Internacional) to talk about future prospects for ICDP in Brazil. The steps were to start with the preparation of a Concept Note and seek partnerships to continue the work and extend the ICDP in Brazil.

EL SALVADOR

The work of ICDP started in 2006 upon invitation by Marina Morales from UNICEF El Salvador - and it is still ongoing.

After several years of successful implementation of the ICDP programme, (known as “Tambien Soy Persona”, “I too am a person”) by the Instituto Salvadoreño para el Desarrollo Integral de la Niñez y la Adolescencia - ISNA, (Salvadoran Institute for the Comprehensive Development of Children and Adolescents) and its 50 local partners, ISNA institutionalized ICDP as a nation-wide programme for parents and caregivers. In 2014, a video was made with sponsorship by UNICEF that shows some of the impact of ICDP on families - <https://www.youtube.com/watch?v=jDCefC-VjmU>.

Year after year, a core group of local trainers take ICDP to new areas and contexts and hundreds of facilitators are trained who apply ICDP with many thousands of families and caregivers all over the country.

In 2023, ISNA was replaced by the Consejo Nacional de la Primera Infancia, Niñez y Adolescencia – CONALPINA (National Council for Early Childhood, Children and Adolescence), and they continue to work on the expansion of ICDP. UNICEF has been behind developments from the beginning and is still overseeing ICDP developments.

ICDP contact persons in UNICEF El Salvador are Marta Navarro, Education Specialist, and Liliana Reyes, Education Officer. They summarized activities in 2023:



During 2023, the design and adaptation of the materials for the peer-to-peer version of the “I am a person” was finalized with CONAPINA and 500 sets of ICDP materials (backpacks) were reproduced, with the plan to benefit at least 1,500 adolescents. CONAPINA has started the piloting the peer-to-peer delivery of the ICDP programme at the end of 2023 and in 2024 the first results will be systematically observed.

In addition, with the support of CONAPINA and in coordination with EDUCO the ICDP programme version for families with adolescents was implemented, directly benefiting 2,804 mothers, fathers, or caregivers (women: 2,415 and men: 389), and indirectly benefiting 5,958 children and adolescents (girls: 3,032 and boys: 2,926).

GUATEMALA

From 2007 to 2016, upon invitation by UNICEF, ICDP was developing trainings in cooperation with Plan Guatemala. A group of 74 people were initially trained and among them was Julio Martinez, who coordinated the roll out of ICDP on behalf of Plan Guatemala for 9 years. The ICDP programme reached 200 communities in the country.

Another strong partner during the same period, was SOS Children's Villages Guatemala who used ICDP as part of their child protection programme.

Since 2016 and ongoing, Julio has been giving ICDP training to students at the university (Universidad de San Carlos) as part of a course in neuroscience.

In 2021, Julio's students started to run courses for mothers and fathers and for this purpose they adapted the booklet for caregivers and used Facebook as well.



In the period 2021- 2023, Julio cooperated with Compassion International Guatemala. This is an organization that works through partnerships with local churches worldwide, in 25 countries (<https://www.compassion.com/>). Julio trained their staff and ran ICDP courses in their Centros de Desarrollo Integral (centres for integral development). Over 400 hundred families benefited from his work.

"We have been working with the Compassion Foundation (CF) involving both mothers and fathers in the ICDP courses. CF offers care to expectant mothers and children from birth to 18 years of age. We found that the ICDP programme fits in very well with their target group. I trained 14 facilitators and they in turn work directly with parents.

The impact of ICDP on parents was significant and visible. My vision is to scale up the work with the ICDP programme, and I hope that Compassion International will become interested in large scale implementation. " – Julio Martinez.

PANAMA

In 2017 and 2018, an ICDP training project was conducted for teachers and staff of the local organization called "Movimiento Nueva Generacion", situated in the El Chorrillo district in the Panama city. Teachers, psychologists and community workers were trained as ICDP facilitators and then they applied ICDP with preschool children, as well as older children and adolescents. Some of the facilitators also worked with parents.

In 2019-2020, ICDP training was requested by the parish of San Andres, in the district Bugaba of the Chiriqui province. The participants included teachers, mothers, fathers, parish workers and community leaders. The training project received support from the parish and community funds, and it represents cooperation between the ICDP and the local church. ICDP was implemented with community parents and their children.

In the period 2021-2023, ICDP trainer Antonio Mendoza continued to apply ICDP in the most western part of the Chiriquí province, in the district of Renacimiento, bordering with Costa Rica, in the poorest region of Panama. Here Antonio implements the content of the ICDP programme with families and children in the indigenous communities, covering 30 communities. In addition to ICDP this work represents cooperation with several organizations and the scope of the intervention includes consciousness raising, education, nutrition, and health components. They have so far reached out to

over 400 families with young children, up to 8 years of age, belonging to the Gnabe and other communities, who live in Santa Clara and San Antonio.



The emphasis is on providing guidance in early stimulation and teaching about ways to establish good communication between parents and children, as well giving nutritional advice. The participants are mainly mothers who attend sessions together with their children. The sessions are held in the district of Rio Sereno. Four facilitators meet the families on church premises and work during entire days, from 8 am till 4 pm. Each family attends 6 full days of training.

In 2023, the local authorities approved the building of a training centre, which is under construction, to facilitate the implementation of different programmes, including ICDP. The centre will serve children from both Panama and Costa Rica, as it is situated on the border of these two countries. In addition, in 2023, plans were made to start working with school teachers and young people.

MEXICO

ICDP was launched at the "First Pan-American Congress on Education for Peace" in 2009, at the University of the Americas, UDLA, Puebla, Mexico. The following year, la Casa de la Niñez Poblana, a government institution for abandoned children incorporated ICDP as one of their methodologies and all of its 72 members of staff received training in the ICDP programme.

Jose Luis Flores Jimenez was part of a team of seven psychologists that ran ICDP courses at Casa de la Niñez Poblana. Since that time he has continued to use ICDP in his own professional capacity as family psychologist. Jose Luis actively promotes ICDP at professional conferences in the municipality of Puebla.



He has trained teachers in several schools and ran courses for parents in person and through virtual platforms online. He worked in this way in 24 public schools and has also demonstrated that it is possible to offer direct support to children through virtual contact.

In 2023 Jose Luis trained in the ICDP programme a group of 33 volunteers who work with children at risk. He held both workshops in person and conducted online training. He continued to support their work after the initial training period had finished.

In addition, he had an opportunity to run ICDP course and sensitize 16 teachers from a secondary school. These teachers are now applying the ICDP programme in their school.

NICARAGUA

In the town of Ocotol in Nicaragua, the ICDP activities began to develop in 2016, on the initiative of the Swedish ICDP trainer, Monica Andersson, who had links with a local NGO, the Institute for Human Promotion (INPRHU). Training was provided to a local team at INPRHU and after several successful training projects within the local community, and in the search to improve the quality of relationship between adolescents and their families, the INPRHU leadership decided to train all its staff, who went on to implement the programme with teachers, prosecutors, parents, adolescents, women at protection centre and other community members. INPRHU has continued to work with the ICDP programme ever since.

ICDP training has also been given to teachers in the capital Managua.

Developments in 2023:

ICDP with families: A total of 78 families participated in ICDP group sessions in the Pedro Joaquín Chamorro school. Most participants talked about patterns of negative behaviours that have been learned since their childhood and they shared stories of the punishments they obtained from their parents. Sharing personal stories in a warm environment allowed each participant to recognize the importance of applying a different way with their own sons and daughters, by putting into practice the ICDP guidelines. They appreciated the importance of positive guidance that teaches children to achieve the goal of their activity step by step.

The ICDP course encouraged participant families to interact positively with their children, and all expressed that they started to involve their children in conversations by listening to their opinions, and making shared decisions. Participants emphasized how they observed their children gradually change as result of being listened to and how they are now maintaining a better family coexistence.

The group bonded during the course and showed initiative through active participation. Attendees expressed that they learned to become more tolerant, understanding and how to give better attention to their children. They said they became aware and able to create better family spaces for their children to grow up in, and they even managed to help other parents at the school to apply ICDP guidelines in their homes.

Radio programme: The contents of the ICDP programme are broadcast by the INPRHU Radio programme called “Our Voices for Change”. The radio programme is reaching the entire department of Nueva Segovia and promoting better relations between adults and children, especially in the rural areas. It inspires listeners to put into practice good quality interaction and thus enhance their parenting skills. International trainer Monica Anderson, who visited the team at INPRHU in the autumn 2023, had an opportunity to participate in the radio programme by sharing her experience of training foster families in ICDP, in her native Sweden.

Teacher Training at Facilitator Level: A total of 10 teacher training meetings were facilitated, distributed in two groups of 30 participants. Each group received 5 training sessions in person over approximately three hours. It was possible to achieve the objectives of the ICDP training by sensitizing a total of 52 teachers, 47 women and 5 men. Everyone was invited to show their short video recordings which were made earlier and through which they evidenced what they had learned through the whole process of training. They illustrated how they put into practice the three ICDP dialogues: emotional, comprehension and regulative.

A plan was initially agreed, with established timelines for using the ICDP interactive, participatory, and reflective methodology, to strengthen the teachers as people, first, and then to spread the programme

further by transferring it to the groups with which the teachers are working. This process was completed with the delivery of certificates to the teachers of six selected schools, including Montessori, Nueva Amanecer, Pueblos Unidos, Nora Astorga, Pedro Joaquín and San Martín de la Ciudad de Ocotal. They are now trained and qualified to replicate the ICDP programme by working with their groups of students and parents. They have all received relevant ICDP material which will allow them to work with their target groups, and this was delivered to Directors of each Educational Centre who participated in the training process.

New training of social actors: A new group of future facilitators was trained by Monica Anderson together with ICDP facilitators linked to INPRHU. Training was given to new members of staff, as well as social actors from outside, including community workers, preschool teachers, and municipal councillors. The overall aim is to spread ICDP more widely. The training process was completed with the delivery of certificates and accrediting 18 participants as facilitators of the ICDP methodology. They had fulfilled all their self-training and other required tasks, prior certification. Participants made a commitment to continue taking up what they have learned, to continue disseminating the ICDP work to empower more families and help them overcome negative behaviours they learned during their difficult childhoods.

Difficulties: Teachers have little time to replicate what they have already learned. Most families live in peripheral neighbourhoods and several times the ICDP facilitators did not have transportation to these vulnerable and dangerous places. Occasionally some of the parents who participate in the ICDP course had to spend all day working away from their homes leaving their children with other caregivers, so when facilitators visit their homes, they do not find the parents but their neighbours who are babysitting.

ECUADOR

An ICDP initiative has been developing in 2023 through Normisjón's contacts in Ecuador. They have a longstanding friendship with a church in Ecuador and with Actas International Choir concept "Soul Children" that brings together many children and young people.



Soul children choir leaders received ICDP training and an introduction to ICDP was given to parents in the network by Kathy Celi, who volunteered this work. Parents attended two group sessions, plus two days of workshops and three days of online meetings.

Normisjón hopes to find further openings that would allow the implementation of the ICDP programme through its networks in Ecuador.

BOLIVIA

In 2015, ICDP and ICEL (Christian Evangelist Lutheran Church) signed an agreement for cooperation, which was followed by an ICDP project that was rolled out in four municipalities of the country: in Cochabamba, Santa Cruz, Chuquisaca and Potosí. The objective of the project was to help reduce the problems of disintegration of the family, of neglect of vulnerable members and of abuse as a way of disciplining children and adolescents.

ICDP was very well received by participant parents and groups of facilitators started to operate in different municipalities, each year increasing their coverage. It was possible to reach with the ICDP programme around two thousand caregivers from the community and the church. Key areas for

programme implementation included municipalities of Santa Cruz, Cochabamba, Potosí, Tinguipaya, Acacio and Sucre. The ICDP training of parents took place both in person and using virtual platforms.

Two years after the training of facilitators who operated in different areas of the country was accomplished, the ICDP Red Bolivia organization was established to coordinate the work. The work in applying ICDP with families in poor communities is still ongoing, on voluntary basis.



The ICDP work **in 2023** continued under the umbrella of ICEL, through its Project "Family Strengthening for a Life without Violence". Seven facilitators executed the programme as part of the church's outreach programme in the community, by applying ICDP with teachers, families, and young people.

Some of the key coordinators and facilitators from Red Bolivia were unable to prioritize ICDP due to their other paid jobs, but hope to regroup in 2024.

After consultation with Rocio Cesares (who is coordinating ICDP progress in Cochabamba) and Olivia Sulca (who is maintaining ICDP in Potosí), the board of the ICDP international foundation decided to help strengthen the work in Bolivia by providing funds for refresher courses for existing and new facilitators, which will be run in 2024.

USA

Since 2011, ICDP USA has been operating under the Changing Children's Worlds Foundation (CCWF), whose founder is Kimberly Svevo-Cianci. CCWF applies the ICDP programme to serve children/youth and parents/caregivers, to implement and strengthen empathy-based behaviors, communications, and interactions into their daily lives.

It partners with educators, administrators, mental health professionals and community leaders to train them as community-based ICDP facilitators of learning and support. The ICDP's psycho-social curriculum is used to strengthen protective adult-child relationships. Over the years hundreds of professionals received the training.

The implementation of the programme was evaluated on several occasions, consistently showing positive results.

The **2023** update below was received from Kimberly Svevo-Cianci, who became the Department Director at the Lutheran Children and Family Services of Illinois (LCFS):

In 2023, the Changing Children's Worlds Foundation has adopted a new state-wide strategy to expand and build sustainability for the "ICDP: Best Start for Families-A Health Equity Approach in Illinois.

The Lutheran Child and Family Services of Illinois (LCFS) will launch the Best Start for Families to support more families involved with the Child Welfare system. This experiential training model provides families with the necessary motivation, tools, and skills to navigate the challenges of parenting successfully.

In parallel, the LCFS “Best Start for Families” Department will continue its commitment to partnering with schools, community organizations, jails and other agencies serving families and children.

The “Best Start for Families-A Health Equity Approach” curriculum is based on ICDP and it is recognized as an Effective Practice by the Centre for Disease Control (CDC).



Best Start for Families starts with the training of professional resource persons within institutions and communities who serve families. Its comprehensive parent learning group curriculum equips parents with a deep understanding of what they and their children need to thrive, as well as effective parenting techniques, communication strategies, and problem-solving skills, which strengthen and bring joy to family relationships.

The programme offers a range of services for caregivers, youth and children, including individual coaching, weekly group sessions, and workshops. By providing parents with the tools they need to foster healthy relationships and create supportive home environments, LCFS strives to strengthen families and promote positive long-term outcomes for children.

“The Best Start for Families programme felt like a natural fit for us,” said Mike Bertrand, President & CEO at LCFS. “It allows us to not only meet a significant need of the families we currently serve through our foster care programme, but also aligns with our organization’s strategic direction of providing more preventative services to families within our local communities before things get bad.”

By extending their expertise beyond foster care and their other DCFS-funded services, LCFS takes proactive steps to support families, preventing crises and creating stronger foundations for children’s well-being.

Already, LCFS has made tremendous strides in delivering parenting training to families in need by utilizing the Best Start for Families programme. The organization is currently successfully serving nearly 50 parents in their foster care programme and previously on a parenting class waiting list, underlining their commitment to ensuring access to vital resources and support.

LCFS is also excited to offer to train others in this effective model. By equipping social work and mental health professionals, educators, home visitors, childcare providers, nurses, community leaders, and all who work directly with parents and children, LCFS aims to create a ripple effect of positive change in the lives of families.

For more information about Best Start for Families and LCFS's mission to nurture and strengthen children and families in need, visit www.LCFS.org.

ABOUT LUTHERAN CHILD AND FAMILY SERVICES OF ILLINOIS (LCFS)

Lutheran Children and Family Services of Illinois (LCFS) is a non-profit dedicated to nurturing and strengthening children and families in need. After 150 years, LCFS has grown into one of the largest community-based child welfare agencies in Illinois. LCFS has regional sites in the Chicagoland area, Belleville, Decatur, Joliet, Kankakee, Mt. Vernon, Oak Brook, Oakbrook Terrace, Quincy and Springfield.

ICDP in Asia

Japan, China, India, Nepal, Philippines, Bangladesh, Uzbekistan, Afghanistan, Thailand, Azerbaijan, South Korea

OVERVIEW:

JAPAN

In 2011, Hitoshi Maeshima, a doctor by profession, and Setsuko Kobayashi, a psychotherapist, embarked on ICDP training. They received training in England and had opportunity to visit and participate in a workshop in Denmark. They completed the process to become ICDP certified trainers by the second half of 2012.

Since 2012, they have been conducting parent groups in Tokyo and other areas of the country. In the aftermath of the earthquake and tsunami that caused a humanitarian crisis, the Hitoshi and Setsuko went to hold ICDP meetings for families in Tomecho, Tome-City, Miyagi prefecture, in the Tohoku region on the Honshu island.



From 2019 onwards, they started to apply ICDP with groups of caregivers of older people. The participants of their workshops said that they benefited from the programme and as a result have a warmer and more efficient relationship with the older people in their care. Setsuko has not been able to continue with ICDP training in 2020, however, Hitoshi never stopped taking every opportunity to run ICDP courses to sensitize health professionals, as well as families.

In 2021, he introduced the ICDP programme in the Higashi Mikata Hoikuen nursery school. The nursery is located in the Hamamatsu (浜松市, Hamamatsu-shi) city in western Shizuoka Prefecture.

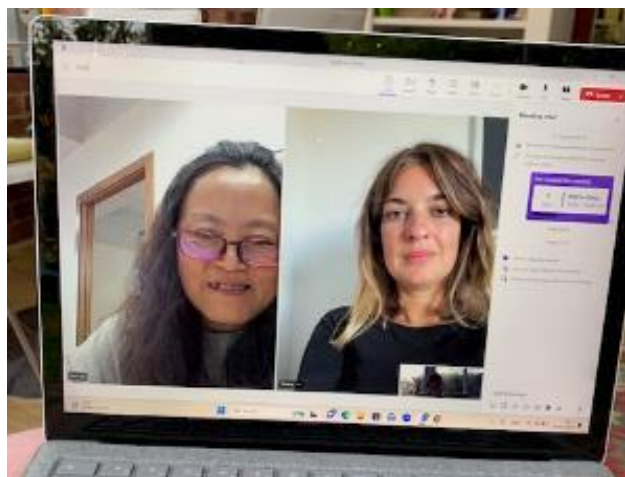
In 2022, Hitoshi introduced ICDP at his clinic, he explained: "Our team was learning how best to deal with children during vaccination. I thought it was important for all involved to become acquainted with the essence of the ICDP programme, to deepen their understanding about interactions between adults and children, and for that purpose I conducted ICDP sessions. During the ICDP sessions, we discussed what it means to see children as human beings, and how to treat them in line with the

ICDP's 8 guidelines for good interaction. I asked the staff members how they felt about different situations and they tried to interpret these from the standpoint of a child. All participants were encouraged to share some of their happy childhood memories in relation to their own parents. We also examined what would be the most appropriate way of dealing with a child who refuses to be vaccinated when faced with the injection." In 2023, Hitoshi held a course in ICDP in a health centre in Tokyo, attended by a group of parents. This was to be his last ICDP engagement.

CHINA

In the period between 2015 and 2019, the ICDP programme was a major part of a project called "Breaking the circle of leaving children – to reduce the numbers of children that are left by their parents and to improve the quality of life for children". This project represented a cooperation between ICDP, the Women's Federation Zhaotong, the Xishuangbanna Legal Aid Centre and the Shincon Kunming Rep Office. It was supported by the Norwegian government development funds, with matching funds from the Women's Federation.

The ICDP training of a local team of facilitators and trainers was completed over two years. Over time this team became well established and experienced, which resulted in deciding to form the ICDP China organization. There has been steady progress and expansion in the Yunnan, Sichuan and Guizhou provinces and other areas.



ICDP China leader, Jean Qin (on the left on the photo below) shared an update in November 2023:

There are 2000 facilitators in Yunnan province, and they work in 5 project sites; each site has minimum of two trainers, some have up to 4 trainers.

There are 20 trainers in total.

The ICDP system of trainers supporting facilitators works very well in China, as trainers help motivate and maintain the work of facilitators in each project area and on the other hand, trainers themselves are provided support

by ICDP China by travelling to meetings held in Kunming which are organized by ICDP China for that purpose. In addition, there are also direct meetings between ICDP China and facilitators, which are mainly online. But it is also aimed for facilitators to meet together in person, as a way of encouraging sharing and mutual support. The exchanges that take place at these meetings are very important to maintain enthusiasm and motivation at all levels.

Outside Yunnan, ICDP China trainers have formed facilitators in two other areas, in the west and north. ICDP facilitators who work in these areas find it harder to meet as they tend to live far from each other and far from ICDP China. However, they receive online support from ICDP China online and occasionally through visits in person.

ICDP with minority groups: In 2023, ICDP implementation was very successful with minority groups living in different parts of the Yunnan province. There are 10 minority groups and each group has its own dialect. Therefore, ICDP was adapted to meet these language needs. The facilitators met many family situations where parents leave their homes to find work, which is often only available far away from their villages and as a consequence, it is left to the grandmothers to bring up the children. For that reason, many grandmothers received ICDP training over the years. Facilitators found grandmothers receptive to the first dialogue, but they were a bit at a loss with the second dialogue – they felt that their own lack of education made it hard to mediate meaning.

INDIA

From 2004 -2016, an ICDP training project was developed in West Bengal through the work of Professor Karl-Peter Hubbertz, and with funds from the Indienhilfe organization. ICDP facilitators included social workers, teachers, health workers, medical doctors and other professionals working in child development-centres, children's homes, schools, health education or with self-help-groups of mothers.

In 2016, ICDP established cooperation with Save the Children (SC) India. ICDP was adopted by SC as part of their Child Sensitive Social Protection (CSSP) project in the Dungarpur district, in Rajasthan. In 2017, Nicoletta Armstrong, trained 12 members of SC staff in Dungarpur, as ICDP facilitators and some of them went on to become ICDP trainers in 2019. The ICDP project has since then been taking place in poor villages near Dungarpur and it is based around developing improved caregiving skills in families that receive government cash support through the Cash (Palanhar) Plus programme.



In 2021, a meeting was organized with the Social Justice and Empowerment (SJE) department, as well as with key officials from all the concerned departments such as SJE, Education, Women and Child Development (WCD), Integrated Child Protection System (ICPS), Child Rights and Rural Development. The aim was to advocate for scaling up Palanhar Plus programme.

SATHIN (the frontline workers of WCD department) who were also present, shared their experience of receiving the ICDP training by Save the Children. This led to regular training of SATHIN workers which is ongoing.

In 2022, SATHIN workers of the WCD department of 26 Panchayats (Jothri-13, Kherwara-13) were trained and they conducted parenting sessions with 166 caregivers of the Palanhar scheme, in 27 Panchayats of the project area. The 166 caregivers have 246 children (134 boys and 112 girls) in the age group of 10-15 years.

An evaluation study consisting of pre and post intervention assessment was carried out for treatment and control groups in 2022, over a period of 13 months, to observe the impact of the parenting and life skills sessions on the caregivers and children. The study revealed that the children's social-emotional learning (SEL) skills (measured on empathy, relationships, stress management, perseverance, and self-concept domains) improved for the treatment group.

Caregivers' interactions with their children also became more empathic and encouraging, with a decrease in maltreatment practices and increase in positive engagement in the treatment group. Children in the control group did not show the same improvement in SEL skills.

The average caregiver engagement score reported by the children shows a significant increase from 1.71 to 3.04 in a scale of 1 to 5 points, which is a clear predictor of change in the behaviour of caregivers towards their children. In the study, the various forms of maltreatment were grouped in four sub-domains: non-violent discipline, psychological aggression, physical violence, and neglect. It was

observed that psychological aggression (shouting, threatening, giving insulting remarks) which was used by caregivers to control their child's behaviour was reduced during the post-intervention assessment. The average psychological aggression reported by children in the pre-intervention assessment (baseline) to post-intervention assessment (endline) shows a clear decrease, which went down from 1.75 to 0.6. The physical violence measures (such as hitting, spanking, slapping) used by the caregivers also showed significant decrease, which declined from 1.21 to 0.15.



2023, summary of the Palanhar Plus Programme activities:

Ten new SATHINS (government frontline workers from the Women Empowerment Department) were trained in the ICDP parenting programme. These ten new SATHINS conducted ICDP sessions with 59 Palanhar caregivers in the Dungarpur District of Rajasthan, India. Save the Children staff provided facilitation support to ensure the quality of delivery of these sessions.

The Sathins have successfully completed the sessions up to the regulative dialogue. They will finalize the training in 2024.

2023: Plans for training in Kolkata

Sarah Welch, a preschool teacher from New Zealand made plans, together with ICDP Bangladesh and ICDP international, for a new ICDP development in Kolkata, India, through cooperation with a local NGO working with survivors of human trafficking. Sarah has worked with the ICDP team in Bangladesh for a couple of years, where she received ICDP training. Since Bengali is spoken in Kolkata and there are cultural similarities with Bangladesh, Sarah will be able to use the ICDP materials made in Bangladesh. She intends to travel to Dhaka from time to time where she will continue to receive support from ICDP Bangladesh.

NEPAL

ICDP activities started in 2014 when ICDP, **Early Childhood Education Centre (ECEC)** and HimalPartner (HP) established cooperation on piloting ICDP in Nepal. After the initial training was completed, the ICDP programme was integrated as a permanent component of the work at ECEC in Kathmandu and the ICDP Nepal organization was formed.

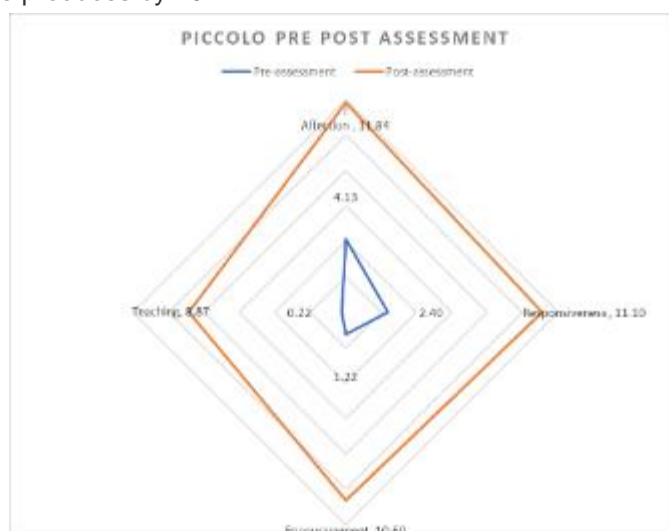
ICDP Nepal has a well-established format for training and its outreach is wide with hundreds of facilitators and caregivers receiving training each year. Website: <https://www.ecec.org.np/>

In 2018, ICDP was adopted by **Save the Children-Nepal** and since then it has been applied as part of the child grant plus initiatives in Nepal under its Child Sensitive Social Protection (CSSP) project. ICDP focuses on sensitizing parents and caregivers whose children receive a child grant from the Nepalese government. It is a cash transfer programme that is available to children up to the age of 5 years. The aim of the project, along with the cash transfer, is to support parents and caregivers to develop positive caregiving practices so that they understand and see their child/ren as a person, and to behave accordingly.

In 2023, a total of 99 facilitators (all female) trained by the ICDP team at Save the Children, were mobilized to run the parenting sessions throughout the 9 municipalities. Those facilitators were selected in close coordination with the local government.

Major achievements in 2023:

- After the rigorous efforts to implement the parenting programme, there was clear evidence of the effectiveness of it, as part of the child grant plus initiative. Nepali government has now endorsed a guideline naming "Parenting awareness programme operation standard 2023" and circulated to all 753 local governments for the implementation.
- Following the guideline circulated by the federal government, local governments are adopting cash plus parenting approach in their regular plans and budgets. In 2023, eight out of nine local governments from CSSP project area have endorsed parenting guideline out of which five municipalities had allocated USD 27309.00 in total from their internal sources.
- A total of 1806 (all mothers) caregivers participated and completed the parenting sessions, out of which 533 were covered by the local governments fund.
- Quantitative study of the parenting sessions and their impact on caregivers has been completed in four project districts and the detail report will be produced by 2024.
- Qualitative study (both pre and post) has been carried out observing parenting interactions with children, using the Checklist of Observations Linked to Outcomes (PICCOLO). The study brought significant changes in the interactions between caregivers and children. The pre and post assessment result showed significant changes like in affection pre=4.13 and post= 11.84, responsiveness pre=2.40 post=11.10, encouraging pre=1.22, post=10.60 and teaching pre=.22, post=8.87.



Challenge:

Save the Children in Nepal places a strong emphasis on the parenting programme being implemented through government structures as a means of ensuring the sustainability. However, there are concerns regarding cost effectiveness, leading to discussions on potentially mobilizing only one facilitator instead of two, to conduct the sessions.

Future goal:

Save the Children is collaborating with the government of Nepal to ensure the sustainability of the parenting programme (ICDP). Local governments, which are at the forefront of the government structure, are gradually incorporating and implementing the programme. The goal of the project is to integrate the ICDP into the government structure on a permanent basis.

Story summary

Moses is a 13-year-old boy who lives with his mother, father and three siblings in a populated village in the Copperbelt Province. He is in grade six. His parents are subsistence farmers, who grow maize and groundnuts for home consumption. In addition to farming responsibilities, Moses's mother actively engages in her community as a caregiver and takes part in Save the Children's parenting sessions. Moses shared that before his mother started attending these sessions, her way of parenting was not good as she often used to shout and beat them. *"Our mother never used to appreciate me no matter how good I performed at school or at home doing household chores. She rarely showed love, or spent time with me or my siblings," Moses said with a sad face.*

Moses recalls how his mother's behaviour towards him and his siblings affected their relationship, they became emotionally detached and he was unable to have meaningful interaction as result of constant fear of being shouted at. He remembers becoming sad, less imaginative and creative and he eventually stopped seeking explanations, as well as asking questions on issues that troubled him as a teenager. Moses excitedly shared how his mother's behaviour started changing after her participation in the parenting sessions.

"My mother really got transformed, she started showing us love, even asking us our thoughts about some of the things she wanted to do. This resulted in a positive relationship with her and we stopped fearing to ask her about anything that was affecting us and I now always look forward to coming home after school," Moses happily shared.



Mercy, 39, acknowledges the organization's valuable work in empowering caregivers and parents by facilitating positive parenting sessions.

She envisions a future where children are free from the abuse inflicted upon them by their parents.

Mercy believes that education and the absence of abuse will pave the way for a brighter and more prosperous future for these children, allowing them to escape the constraints of poverty in their families.

Photo: Mercy and Moses washing beddings together step-by-step

PHILIPPINES

The ICDP developments started in 2017. To ensure better child development outcomes, the ICDP programme was incorporated as a complementary intervention to Save the Children's current Child Sensitive Social Protection (CSSP) programme. The training in ICDP by Nicoletta Armstrong took place in Ormoc. A group of professionals linked to the work of SC completed their training and adapted the ICDP programme to fit in with the needs of the local population.

Eventually a new module was finalized and printed, after being tested in a research pilot project that was conducted in the region during 2018 and 2019.

The results of the pilot project were positive, which helped obtain government support which continued in 2020 and 2021.

SC works in partnership with the regional government through their cash transfer programme called Pantawid Pamilyang Pilipino Programme (4Ps). It covers 20% of the population, aiming to reduce intergenerational transfer of poverty by keeping children healthy and in school through its conditionalities like school attendance, pre- and post-natal care for mothers, regular check-ups for children and attendance to the monthly Family Development Session (FDS) for parents.

The outreach in 2022:

228 (F-187; M – 41) individuals in Region 8 were trained as ICDP facilitators. A total of 44,255 children and adults were reached directly and indirectly across the region. 11,502 parents/caregivers (F – 9,276; M – 2,226) across Region 8 have completed the parenting programme; 1,494 men/father caregivers were covered by the parenting programme. 101 family support groups (FSG) formed during the previous project have been conducting monthly parenting refresher sessions. 32 new FSGs formed by City/Municipal Links (C/M/L) of Leyte have also been meeting regularly.

ICDP expansion to the Samar province: The ICDP programme is still the flagship intervention of the new CSSP project in Samar which is called, "Advancing Child Sensitive Social Protection in the Philippines". The new project is an expanded version of the previous CSSP project in Leyte province, which covered the municipalities of Villaba, Matag-ob, Kananga and Ormoc City. The municipalities of Jiabong and Calbiga in the Samar Province will be added to the project areas. The CSSP Project approaches that include the Barangay Social Protection and Related Initiatives Link (BSPRIL), ICDP parenting programme, Community Clusters for Children (3Cs) and the Youth Resilience Programme (YRP) have yielded substantial results, and therefore the same approaches will be replicated in the Samar project areas.

National scale up: The key milestone achieved in 2022 was the adoption of ICDP by the Department of Social Welfare and Development (DSWD). On 1st of December 2022, a Memorandum of Agreement (MOA) was forged between Save the Children Philippines (SCP) and DSWD for the national scale up of the project. The ICDP parenting programme will be implemented in 17 regions of the country and the training budget is included in the National Programme Management Office (NPMO) budgeting for 2023 – 2024.

ICDP Trainer's Report 2023, by Gread Zeny and Mary Jade Paitan

The year 2023 has been a great year, when we started the national scale up of the ICDP parenting programme, which is the flagship intervention of the Child Sensitive Social Protection (CSSP) project for the Pantawid Programme households of Region 8.

The roadmap for the national scale up was formulated during the operational planning and field visit conducted at the end of January, 2023. The national programme management Office (NPMO) team visited the CSSP project area where they attended a parenting session conducted by 4Ps parent leaders who were trained as ICDP facilitators. Decisions were made regarding the ICDP national scale up modalities, budget, training schedules per cluster of regions, and specific 4Ps staff to be invited.

First batch of the Facilitator level Training (Training I) was conducted in Davao City from 1-4 of August, 2023. It was attended by 26 (female – 19, male – 7) 4Ps members of staff from Regions IX, X, XI, XII, CARAGA and BARMM attended the workshop. The participants included focal persons

from Family Development Session (FDS), Training Specialists, Gender and Development and Institutional Partnership Division in their respective region. Training II for the same participants was conducted 5 – 8 of September. Participants were happy about the content of the training as they saw it as effective and relevant for the 4Ps households – and they saw it having a positive impact on the parents and their families.

Second batch of the training took place 7 – 10 of November (training I) and 18 – 21 of December for training II.

ICDP in Region 8

While the national scale up schedules and schemes were being set, ICDP capacity strengthening of 4Ps staff in Region 8 (this region being the social laboratory for the ICDP) was also intensified.

226 Municipal Roving Bookkeepers (MRBs) and Social Welfare Assistants (SWAs) (female – 179; male – 47) of the 4Ps were trained as facilitators in May, in addition to the 636 existing staff members.

The objective is to implement the parenting programme in their respective municipality in line with the 7-year Transformative Learning Path of the Kilos Unlad Framework. Six Social Worker Officers from Region VIII who were trained earlier were certified as ICDP Facilitators at the end of the facilitator level training.

On the other hand, 64 (female – 55, male – 9) parent leaders, community volunteers and NACPHIL members were also trained as ICDP parenting facilitators in Ormoc City Leyte. Currently, they are facilitating under Save the Children Philippines (SCP) covered areas in Region VIII.

A total of 1,331 (female – 1,152; male – 179) participated in the on-going parenting programme.

A new partnership was forged between SCP, Ormoc City Parents Teachers Associations (PTA) and the Department of Education – Ormoc division. 20 PTA officers, school guidance counselors and teachers were trained as ICDP facilitators funded by the Local School Board of Ormoc City in May. The request for the parenting training was to address alarming issues on teenage pregnancy and mental health among children and youth students of Ormoc City.

RESEARCH

In Samar, the expansion of the CSSP project was started through a research study on nutrition and health of 0-5 years old children. A total of 200 mothers of 0-5 years-old children who are 4Ps members were selected to participate in the study. The project aims to enhance mothers' ability to feed and care for infant and young children, especially during the first 1000 days, through the ICDP parenting programme and a nutrition session. It is hoped that the research study will show positive health and nutrition outcomes on children. Baseline data collection was already completed and the endline data collection has been on-going since 200 mothers graduated from the ICDP programme in April 2023. As part of the project implementation strategy, the 200 mothers were formed into FSGs (Family Support Group) as a sustainability structure/mechanism. A total of 8 FSG's were formed from the nutrition study participants that were added to the 135 existing FSG's in Leyte.

ICDP facilitator level training in Region 8
4Ps DSWD staff role playing comprehension dialogue



Operational planning (SCP and DSWD national programme management team)
for the national scale implementation of ICDP parenting programme for the 4Ps



ICDP facilitator level training of parent leaders
Participants sharing insights and experiences
from doing the home task after Day 1 of the training



4Ps municipal links doing role play on the Comprehension Dialogue



National scale up of ICDP implementation
Facilitator level training of 4Ps staff – First batch (Training I)
Activating our inner child



Facilitator level training of 4Ps staff – First batch (Training II)
Sharing of experiences and learnings from Self-practice II
Mock Sessions, Gender transformative parenting



Role plays: Show love; Follow the initiatives of the child



BANGLADESH

ICDP has found fertile ground in Bangladesh, where a small team of enthusiastic professionals has been developing ICDP projects since the beginning of 2019. The ICDP Bangladesh team was formed by Eli Haaland, a doctor who first engaged with ICDP in 2018, by receiving training from Nicoletta Armstrong.

The ICDP programme was applied in different contexts: with students at the North South University in Dhaka; with staff at the girls' hostel run by Basha Enterpizes in Bhaluka, two hours away from Dhaka; with day care staff at Basha Enterpizes; and with staff of the Children Uplift Programme (CUP). The effects of their training were good, they managed to raise awareness and create better attitudes towards children, according to the ICDP participants' comments.

In 2021, three groups of facilitators were formed who reached 209 caregivers and 425 children.

An ICDP Core Team was formed that consists of 5 members, each member is from a different partner organization. ICDP materials were translated into Bengali.

In 2022, 44 new facilitators were trained in Dhaka and Dinajpur. There were 3 regional and 2 annual facilitator gatherings. As a result, facilitators became motivated to run new caregiver groups. In total 293 caregivers received ICDP training and 799 children were touched by this training.

Boby Sajeda, ICDP coordinator and trainer, reports about the ICDP **developments in 2023:**

We are very glad that the ICDP training has been developing well under the Healthy Childhood Development Program (HCDP) a project of Normisjon Bangladesh. HCDP is in third year of running ICDP training in Bangladesh. Many families benefitted through ICDP.

Training of Trainers (ToT): HCDP team is building capacity by training trainers. Now we have 12 assistant trainers and 3 trainers. Among these assistant trainers 4 received their diplomas in December, 2023. With this team of trainers, we are upscaling ICDP training through cooperation with UNICEF Bangladesh.

Facilitator Training (ToF): We are giving facilitator level training to staff from different organizations who work with vulnerable families.



In 2023 we organized 4 batches of facilitator level training in two different locations. A total of 18 facilitators received their certificate and further 23 facilitators completed their training by the end of the year.

Caregiver Group: The facilitators run caregiver groups in their own organizations. Through their diligent work community people are receiving caregiver training. During this year, 28 caregiver groups completed the course, and 38 groups are still running in different parts of Bangladesh. ICDP training is bringing positive changes in family relationships. Here are some comments.



One husband said:

"My wife is very loving to me after taking part in ICDP training. She is now more caring toward me and the children."

A mother, Champa Biswas said:

"When I started ICDP sessions, I was pregnant with my third baby. My second child is a girl. Her name is Dola, she is a special needs child - because of that, my neighbours used to say harsh words to me and my daughter. Whenever I heard their unkind words, I used to get very angry and a lot of times I argued and quarreled with them. I was depressed and emotionally not well. But this ICDP training has completely changed my life. From the training I learned many valuable and useful lessons for my life. It would have been better if I had received this training earlier. Now I pay more attention and give care to my daughter. Now I don't fight like before because I know how to control my anger. Thank you so much ICDP and I pray to God that other parents get this ICDP training and that their lives can change like mine has".

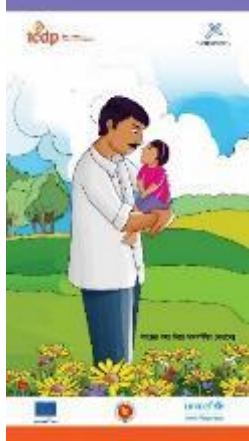
Facilitator Gathering: Facilitators were very happy to join the gathering. It was like a reunion during which facilitators shared joys and happiness of doing ICDP work. It was an opportunity to share new materials that we developed. The facilitators are eager to come to such gatherings. In 2023, we organized two kinds of facilitators' gatherings; regional and annual. We gave facilitators a small gift as a token of appreciation. One facilitator said:



"I was so excited the night before facilitators gathering that I was unable to sleep. For me it was the same excitement that I felt at school whenever we went for a picnic from with my school friends. Coming together with other facilitators is like reuniting with family members."

Beneficiary Caregivers and Children: Facilitators ran ICDP courses and 229 caregivers and 321 children were touched by ICDP training. The children testified about the positive changes in their own caregivers.

One mother said how her son now loves to play with her. Before, he would spend lots of time playing outside with his friends. Now he spends time at home. One day the mother asked him why he is not going out to play with his friends and he replied, "I like when you play with me. Now you give me time so I do not need to stay out for a long time."



Collaboration with UNICEF Bangladesh: We are in the process of establishing close partnership with UNICEF. There will be an initial phase of ICDP Facilitator level training with UNICEF. HCDP hopes that 400 caregivers and 840 children will benefit in this initial training period. We started in November and we plan to complete the training of 100 facilitators in May 2024.

UNICEF has 1000 hubs around the country and it counts with 400 child rights facilitators who directly work with children and family. They reach more than 30 million children in a year. We are very excited to start working with UNICEF. We believe that we will be able to reach many children in Bangladesh as result.

New materials: To facilitate wider implementation, UNICEF has redesigned the materials without changing the content.

UZBEKISTAN

ICDP developments started in 2020 when ICDP established an agreement for training and cooperation with the Happy Start preschool in Tashkent. By March 2021, two preschool professionals Magdalena Brannstrom and Valentina Ten, became ICDP certified facilitators in Tashkent. During the year, they trained parents and teachers working at Happy Start in the ICDP programme at caregiver level through regular weekly meetings over several months. ICDP was well received at Happy Start and the feedback from teachers, as well as parents, was positive.



In the second phase during 2022, new groups of facilitators were trained both at Happy Start preschool in Tashkent and in the newly established learning centre in the town of Sirdaya. More parents participated in ICDP training, which was conducted by preschool teachers who had become ICDP facilitators. Magdalena Brannstrom and Valentina Ten gained a lot of experience working as trainee trainers and forming new facilitators. They completed the practical aspects of their training by the end of the year, showing to be very competent and committed.

The ICDP training in Tashkent has been gradually expanding in 2023. About 73 caregivers received the full course in the ICDP programme; 30 of them work in preschools and the others are parents (70 women and 3 men). [ICDP trainer, Magdalena Brannstrom's report.](#)

Comment by Magdalena:

"Through the work with ICDP I see how caregivers change in their way of thinking when it comes to show love to children and how to understand children better. And I have also seen how caregivers change their way of being with children. That the interaction becomes more positive.

The impact of ICDP is that it is changing people's way of thinking about children. It gives them another perspective on how to perceive and understand children and how to interact with children in a more positive way. And when a person's thinking and belief system on how to do things change, it benefits their own children as well children that they are working with.

Again and again, I am struck by the impact the ICDP course has on the people that participates in the program. One highlights was giving out certificates to caregivers in a preschool I visited. It was a time of joyful celebration and the focus was on how the teachers received this training and the certificates they got. It was wonderful to hear how they implement the guidelines in their everyday life in the preschool. We have plans to train new facilitators in Tashkent, the main capital but also throughout Uzbekistan in different parts of the country. We are going to train facilitators in preschools and schools both private and in the government."

"The ICDP programme was extremely useful for me as a mother, educator and administrator of a teaching organization. It equipped me with the guidelines to use them consciously at home with my own children, as well as with the children at the Paramount preschool, but also with children outside Paramount, and even with adults." – a participant of the ICDP course.

AFGHANISTAN

The International Assistance Mission (IAM) is a non-profit Christian development non-governmental organization working in Afghanistan since 1966. The ICDP programme was introduced to IAM in 2019, by Nicoletta Armstrong who conducted workshops in England over the course of that year and trained a small team of health professionals as ICDP facilitators. The newly trained facilitators started to run ICDP courses with members of their health teams.

After a one-year break caused by the pandemic, the training was resumed since June 2021. It is organized and conducted by Fattah Najm for participants comprised of mental health professionals working at IAM, in the town of Herat. The ICDP programme had a strong impact on its participants. Success story: <https://www.icdp.info/a-story-from-icdp-afghanistan/>

ICDP Afghanistan annual report 2023:

In 2023, Afghanistan was ranked 170th out of 170 nations in the world for security, justice, and women's inclusion.^[1] Food insecurity is still one of the biggest challenges in Afghanistan. Save the Children reported in December 2023 that one out of every three children will suffer from hunger in 2024.

With so many obstacles to overcome in 2023, there was much opportunity for IAM employees to advance through capacity building programmes. The management team attended the ICDP training. A team of the IAM counsellors and trainers also participated in a workshop with focused on child development. We had opportunity to conduct ICDP training for community volunteer, community leaders, parents and teachers.



- Parents who received ICDP Trainings considered this training necessary for all families. They appreciated the knowledge of trainers and asked IAM, if possible, convey the messages to all parents in the community. In addition, they promised to share the topics with other families.
- The teachers, who were trained in ICDP topics, said the training enhances their capacity to work together and teach children without violence, this will create a secure and happy learning environment for both teachers and students. They also requested IAM to conduct more trainings for teachers as they believe the training helped increase level of flexibility among the teachers and students. They added that there are still many untrained teachers who are not treating the students correctly. They emphasized the role of IAM in terms of including untrained teachers in these trainings.
- Community leaders who received the training sessions suggested some other topics to include them in this training, such as teaching kids how to eat healthy food. In addition, some of the participants asked the trainers to create a telegram channel and invite all the participants to the channel where they can discuss more their questions and remaining topics.
- Parents now highly support their child's emotional, social, and cognitive development which leads to self-esteem, and overall well-being.
- While receiving the positive parenting training, the parents promised to prevent other parents from issues such as aggression, defiance, or disobedience towards their children.

One of the key-focuses of the mental health programme is to improve the level of community support for mental health issues. In 2023, we have seen positive signs of community support in child issues, family relationship and behaviour with children. Some examples are:

- Children issues were discussed in monthly Shura meetings. This shows children is a priority for the Shura members.
- Religious leaders spoke about mental health and the role of communities to support parents to take care of children in more appropriate ways.
- Shura members conducted public awareness for 1,240 community members and discussed about the children.
- 8 schools allocated time for discussion on child development topics in their schools and 69 teachers who got the ICDP training spoke about the programme for student and their parents.

Training in 2023:

79 parents (38 men and 41 women) trained

81 Community Leaders and Mullahs (35 men and 41 women)

69 Teachers/principals (45 men and 24 women)

1,240 Families received mental health awareness.

[1] <https://www.rescue.org/article/afghanistan-entire-population-pushed-poverty#:~:text=Poverty%20is%20impacting%20more%20than,rationing%20and%20other%20coping%20strategies.>

THAILAND

In July 2023, ICDP foundation signed a partnership agreement with the Nexus organization in Thailand.

Through the application of the ICDP programme in the country, Nexus “aims to offer much needed resources to parents and caregivers at all levels of society, as well as among minority and marginalized ethnic groups living in Thailand.”

Through ICDP it is hoped to alleviate some of the hardships met by families. In Thailand, domestic violence is on the rise. One survey showed that 75 percent of women in Thailand have experienced domestic violence more than once (Thai PBS, 2023). Many children are placed in children’s homes, even though they have living parents. This is because parents, for various reasons, are unable to care for their own children – this could be due to poverty, alcohol addictions, lack of resources, mental health issues, or when parents remarry children become unwanted by the new spouse.

In February, 2023, the first group of 13 facilitators received their ICDP certificates and by the end of the year there were 35 facilitators in total.



First group of facilitators



Second group of facilitators



Third group of facilitators

Most of the facilitators continued to run ICDP courses for parents during the year, reaching 240 caregivers (50 men and 190 women) and 1000 children.



Caregiver group

An ICDP committee was established, and efforts were made to start network with other local organizations. Throughout the year, a great deal of work was also carried out on preparing local ICDP materials.

AZERBAIJAN

In 2023, Mirjam Artmark Aanensen and Eli Bolkesjø from Normisjon have started to work on the development of a new initiative aimed at taking the ICDP programme to Azerbaijan, in cooperation with Normisjon Azerbaijan and its partners.

Normisjon Azerbaijan is led by Neal Williams, who started exploring possibilities for implementing ICDP together with some of the Normisjon's friendship organizations in the country. Neal has years of experience in leading different projects in the country involving families and children, including children with special needs. Nicoletta Armstrong from the ICDP foundation, gave advice on ways forward. As a first step, Neal has been seeking suitable candidates for training at facilitator level. The plan is to initiate the ICDP training process in Azerbaijan in 2024.

SOUTH KOREA

In 2023, Valentina Ten, ICDP trainer from Tashkent, started developing projects by giving ICDP courses to parents:



“After moving to South Korea from Uzbekistan, I have been looking for an opportunity to continue sharing the ICDP principles and working in the education field. Of course, being an immigrant, there were certain difficulties. But I believe a good thing always finds a way to be shared.

In partnership with the local office - it is a kind of Social Welfare Community Centre, in the area where I live, we launched an ICDP group as part of the project for immigrants.

Since the start of the war in Ukraine, the number of Russian-speaking migrants in Korea has been growing. In view of this, the local authorities are helping them adjust and after talking to them they became open to me applying the ICDP programme in this context. They have allowed me to use the centre's premises and the local office is also covering all administrative expenses, including coffee breaks.

It is a small project serving 15 people, but it is a good start, I believe.

ICDP in Europe

England, Portugal, Norway, Sweden, Denmark, Finland,
Ukraine, Estonia, Russia, Moldova, Germany, Switzerland,
Romania

OVERVIEW:

ENGLAND

Nicoletta Armstrong, as one of the founders of ICDP, has been operating from her office in London since the beginning. Over more than thirty years she has been training international teams and maintaining links with project leaders all over the world, as well as organizing and conducting ICDP workshops in England for local and international groups of professionals.

ICDP has presence at the University of Bath, where each year, new psychology students are introduced to ICDP upon the initiative by Rita Chawla-Duggan. In 2023, the university organized a conference for international students, and Nicoletta and ICDP trainer, Michelle MacDonald gave a presentation and conducted a workshop at this event.

PORTUGAL



Developments started in 1982 when the Alfragide school was officially opened - and has been in action ever since. It represents the oldest and longest lasting ICDP initiative, although the actual ICDP

programme was not formulated till later, the school served as experimental ground for all fundamental concepts of the ICDP programme. The school was the brain child of Iksan and Irina Mendes, who wanted to better the lives of refugee families and their children. Their friend Karsten Hundeide became interested and obtained a 5-year grant from NORAD (the Norwegian agency for development cooperation) to start a pre-school. The school's mission was and still is 'to contribute to the social integration of vulnerable populations, refugees, risk groups and people with disabilities, and working from a community perspective'.

Twenty years ago, the school was renamed Roda Viva (literally Wheel that is Alive, or 'always on the go'), and today its nursery and preschool serves the Timor neighbourhood in the Lisbon suburb of Amadora. Daniela Dinis has been running the school as its director since year 2000. To the pre-school, the nursery was added in 2007

The school is working with social services, and has close ties with the surrounding community. Parents pay according to the income capacity of their family circumstances. From 2010 onwards, Roda Viva began offering various social assistance opportunities for the families with a multidisciplinary team: they were able to give free counselling, legal advice, help with immigration issues, as well as the language, and be available to accompany children and families to the doctor when special care or treatment was necessary.

The Roda Viva project staff consists of 18 adults, with 3 pre-school educators, 6 education assistants, a social worker, a psychologist, a speech therapist, two psychomotor therapists, a teacher for after-school classes, a teacher for the youth movement, and freelancers who come to teach capoeira, music and dance.

The extra professional therapies (psychologist, speech therapist, psychomotor therapists) and special activities, are offered for free, all part of the special care given, especially for those of the children who have special needs. It is part of the 'home in the community' aspect of the social work which Roda Viva/ASS embodies, helping the parents and the children.

The school is well known with its psycho-social expertise for working with disadvantaged children and refugee families. The ICDP's principles are embedded in the approach and curriculum content. Parents, teachers, and assistants continue to benefit from the ongoing sensitization sessions.

NORWAY

Between 1991-1992, professor Karsten Hundeide, founder and chair of ICDP for 19 years (1992-2011), led an ICDP research project linked to health stations in Bergen, which showed positive results on parents. This opened doors to many subsequent ICDP initiatives in different areas, including preschools, schools, child protection, health, prisons, asylum seekers and minority groups.

In 1996, ICDP started to be involved in different training programs funded by the Ministry for Children, Youth and Families Affairs and eventually in 2005, ICDP was incorporated as permanent and nationwide programme run by the Ministry – which is still ongoing. ICDP Norway was formed in 2006. A number of trainers, linked to ICDP Norway, cooperate with ICDP Foundation on projects outside Norway.

ICDP had presence for years at the University of Oslo, through the Special Needs department, where one of the ICDP founders, professor Henning Rye introduced ICDP into the curriculum of master studies, in 2010.

In 2019, Heidi Westborg, with many years of experience in international development work, was appointed as a new chair of ICDP Norway – her update for 2023:

The highlight in 2023 was the Nordic ICDP conference in Oslo in the autumn. The theme of the conference was " Robust Relationships". Zemir Popovac and Line Marie Warholm were keynote speakers. The conference's theme was linked to ICDP's regulative dialogue and matched the general discussions in society well. We reflected on how we, as parents and caregivers should relate to the fact that more children and youth struggle, and to that teachers describe working with children as more demanding. The conference also raised the topic of universal prevention and program implementation.

In 2023, the most important activities were the following:

- Nordic ICDP conference in Oslo 21 - 22, September.
- Active working groups with volunteers and/ or partners; The working group on ICDP for parents of children with disabilities. ICDP Norway is responsible for developing, promoting and ensuring quality in this version through a cooperation with three municipalities to revise and pilot this addition.



- ICDP Norway gave input to ICDP International to contribute to the aligning of the international training structures.
- ICDP in Elder Care – increased promotion after the publication of Line Constanse Holmsens first PhD article.
- Active in the Haugerud community in Oslo through the local community ICDP project, which is a collaboration between Alna town district, religious communities (mosque and church), Haugerud sports association and the volunteer center. We are awaiting funding.
- Have taken part in state budget hearings in three committees at the Storting. ICDP Norway has participated in a couple of hearings/ political meetings. We sent an article to Aftenposten in July 2023.
- Bufetat had a change of personnel and sick leaves during the year. This year we have collaborated on the political changes in the frame for the parental programme for refugees. In addition, the certification criteria have been finalized at the Nordic ICDP conference. We await processes related to the ICDP Youth version, digital parent groups and issues of translation.
- Held webinars, seminars and digital forums and published newsletters.
- Presented ICDP and assessed plans to several Norwegian development organisations.
- Still looking for funding for ICDP work in Ukraine and Iraq.
- ICDP Norway continues to work for a more sustainable and differentiated economy.
- We continue taking on public training assignments, offer ICDP supervisor training and are seeking project funding.

SWEDEN

ICDP Sweden (<https://www.icdp.se/>) was registered in 2000, with Annelie Waldau as its leader. ICDP was initially implemented within the health services for families with young children, child protection services, preschools, schools and some works were carried out within institutions for psychiatric services for children and youth with severe psychosocial problems. ICDP Sweden is a member of The Swedish Network for 'The Convention of the Rights of the Child'.

Over the years, the programme found very wide application with professionals from all key networks for children, with regular network meetings and refresher workshops for many hundreds of facilitators that are trained each year.

Report by Veronica Kindbom, chair of ICDP Sweden:

During 2023, ICDP Sweden was in a developing phase. It was a year of producing new material, writing texts and taking pictures for our new homepage which was completed and became functional in June after some really hard work. We are so proud of it! We held many discussions about future direction of ICDP Sweden.

Two booklets were produced:

One long-awaited, totally new booklet for prospective parents, was made by Jenny Jakobsson Lundin,



Anna-Carin Hällgren, Erika Norrfors, Emma Lindström Eskilsson and Linda Strömsöe Westman. Malin Ryen updated the booklet for those who work in preschool with children 1-6 years of age. We hope these booklets will inspire and help our facilitators all over the country to guide the relevant groups of caregivers.

A couple of trainers and the entire Swedish board attended the Nordic ICDP Conference that was held in Norway in September 2023, with the theme "Robusta relationer". Malin Ryen, member of the Swedish board, represented Sweden when talking about implementation and ICDP in a Nordic panel debate, whereas Lena Johansson conducted a workshop presenting a research project about implementation of ICDP with immigrants in Borlänge.

Our yearly meeting for trainers took place in November on the theme of "Evidence" and two of our trainers presented about their work in their respective organizations; Annelie Johanson in Bengtsfors and Kristina Renard-Hård in Sundsvall. Psychologist Michael Horvath Dahlmans presented his specialist work with teachers and their experiences when implementing ICDP in a school in Örebro, which was of great interest to all present.

In 2023 around 500 participants were educated at Level 1 and around 110 new facilitators graduated on Level 2. A group of 13 new trainers received training, and they will complete their education in 2024.

Extended education for facilitators: Guiding interaction for parents in a new country was offered for the first time by ICDP Sweden together with Ulrica Kuch Heidari in Stockholm in April and in Jönköping in October. After an evaluation it was improved and will continue during 2024. Ulrica accomplished a great job, and this is a very important and really needed type of education in Sweden. Around 50 trainers and facilitators participated the first year.

We look forward to 2024, during which we will be preparing for the big event in Sweden 2025, namely The Nordic ICDP Conference!

DENMARK

The first ICDP developments took place in 1999 and after several years, ICDP became the professional framework used to encourage teachers to broaden their outlook and replace the individual perspective of the child with a relational perspective. Through sensitive reflection and peer feedback participants of the ICDP projects analyse the power and energy embedded in relationships. The evaluations have

shown that the participants experienced ICDP as meaningful “technical support for the invisible, but real pedagogical work which increased the level of professionalism, as well as the joy of working. The ICDP approach was applied in many Danish kindergartens and schools across the country. In Denmark ICDP has given exclusive right to 3 organizations only to offer certified courses in ICDP:

1. UCN act2learn (University College North) - <https://www.ucn.dk/>
2. Dansk Center for ICDP - <http://danskcenterfor-icdp.dk/>
3. Institut for Relations Psykologi - www.ICDP.dk

Altogether, the 3 institutes train around 1000 professionals each year, including teachers, social-workers, pedagogues, educators, managers, a wide range of psychologists and therapists, as well as families. ICDP was approved by the Danish state as a method of working with professional relational competence. As a result, it is now easier to obtain government funding.

Developments in 2023:

The work at the Danish Centre for ICDP shows continued growth and application of the ICDP programme in different settings. A total of 697 new professionals were trained, mostly at level one and two. Read their full report [here](#). From the report:

The year 2023 has generally been stable, with us consolidating the new management structure and working to future-proof ICDP's importance in the educational landscape in Denmark. In relation to our development plans for 2023, we have reached the goal: We have certified the first Danish school in ICDP; published a booklet on ICDP and the Children's Convention, as well as published a book on ICDP and Management.



Certification of organizations:

We have fully developed a certification of organizations. The certification consists of a free online test – an assessment by our certification committee – a consultant's visit and an agreement on an implementation and action plan. It has been important to us that the certification process was thorough, but also easy to access and was experienced as meaningful in the organization.

The feedback we have received is that the test strengthens our own reflection and the visit from the certification consultant ensures that the management sees blind spots in the organization that stand in the way of a successful implementation of ICDP.

Moelleholmskolen is the first certificated School in Denmark by Per Hovmand. The photo above shows Per Hovmand at the Nordic ICDP conference in Oslo, September 2023- where he talked about the school's work with ICDP. By his side is Anne and Jens Linder, sister and brother, Leaders of the Danish Center for ICDP.

Challenges in the past year:

Although we have used many resources, we have not yet succeeded in creating a successful use of the online parenting platform. We are still working towards finding ways and means to draw attention to our offer to Danish parents. On our platform, we offer guidance, information, and courses for parents.

During 2024, we will consider various measures – perhaps a fund application. The municipalities – which are our biggest partners – are currently squeezed in the financial field, which of course also has a knock-on effect on how many ICDP products they can buy within their limited budgets, but we are hopeful and expect 2024 to be another year where ICDP creates new good development and learning environments for Denmark's children.

Heidi Trude Holm from the University College Northern Jutland (UCN) reports:

In 2023, we at UCN have been in the process of a "generational change" at UCN. Some of our experienced ICDP teachers have (unfortunately) retired and our new trainers are (fortunately) doing really well teaching ICDP

Our primary students in our ICDP-teaching activities in 2023 were members of staff from daycares working with children 0–6-year-old. We continue to seek access to the school system and the teachers, because the relational focus in teaching and didactics has the potential to increase the well-being in the classroom environment as well as increase the learning potential.

In addition to this, ICDP has been included in meetings and training sessions focusing on implementation of ICDP in institutions and municipalities. We continuously have an aim to help staff, leaders, and municipalities to implement ICDP better. Implementation is difficult, and without clear leadership and municipal support, we still find that implementation of ICDP is challenged. We aim to help and teach our partners in institutions and municipalities further, by focusing on knowledge and structures that increase the possibilities for transfer and implementation – based on both Hundeide's framework for implementation, combined with the newest research in organizational development.

We have two annual meetings with the ICDP-trainers who are affiliated to UCN. In 2023, we held both an online and a physical workshop for our ICDP trainers. The days always consists as a mix of experience sharing on ICDP, combined with professional presentations. 199 participants received training in 2023.

Report by Psychologist, Annette Groot, from the Institute of Relational Psychology (Institut for Relationspsykologi):

Our institute is a Danish 'House of Psychologists' who have a relational approach to our work. We work with therapy, supervision, education of professionals like managers, teachers, pedagogues. We educate professionals in ICDP – professional caregivers who take care of children, young and elderly people.

We have been working with ICDP for nearly 25 years. We are concerned with the quality of the relationship that the professional creates to every child, young persons, the people whom they are take care of / teaching, because we know the quality of the relation is of crucial importance for the well-being and development.

A participant at an ICDP education has 36 lessons. They work with their own relational competence and at the end they must write a short assignment to get their certificate. We read many statements on how professionals develop their own competences and what huge impact it has for the children they take care of.

Evaluation showed that we make a huge difference with ICDP: The relational competence of professionals in most Kindergartens is evaluated. The professionals were measured on their relational competences when they were together with the children – and all together they had a score of 47 %. The whole institution then had received an education in ICDP and after this, the score was raised to 83 %.

FINLAND

Klara Shauman Alhberg, a psychologist at the Anchor House Family Centre in Pargas, near Åbo, brought ICDP to Finland in 2011. The training of a first group of her colleagues including, psychologists, teachers, pedagogues and family workers was carried out in cooperation with ICDP Sweden, whereas the subsequent developments in Kotka (training staff from the Association of Mother and Child Homes and Shelters, A-Clinic Foundation and the Finnish Blue Ribbon) were initiated in cooperation with Nicoletta Armstrong, chair of ICDP foundation.

Due to increasing demands for training, ICDP Finland was registered in 2012 and the work has been ongoing ever since. ICDP has presence in the North and South of Finland, in schools, day cares, through social family work and mother-infant rehabilitation. Website: <https://icdp.fi/sv/hem/>



Photo: In August 2023 a group of 19 professionals from health care and social care working in early childhood education and schools, received training in ICDP by early childhood special education teacher Christel Holmström and family counselling clinical psychologist Petra Zilliacus.

2023 report by Petra Zilliacus:

ICDP Finland is looking back at yet another active year. There have been several trainings around the country. We have seen 53 persons receive the ICDP Basic training and 27 new facilitators have graduated during 2023. There have also been ICDP groups for parents and professional caregivers in a number of settings around the country: in day care, child protection, The Federation of Mother and Child Homes and Shelters (ETKL) and with newly arrived immigrants.

One of the highlights of the work by ICDP in Finland in the year 2023, was the National Child Protection conference, which took place in Turku, in October. At this conference, the ETKL and Ostrobothnia welfare area made a presentation together on the topic of "Psychological Violence and Supportive Interaction/ICDP". The audience was comprised of approximately 100 people, who expressed a lot of interest in ICDP.

Our biggest challenge in expanding our ICDP work is the lack of studies showing scientific evidence for ICDP in Finland. A few Master's Theses are being published but to qualify for state funding, it seems increasingly more important to have peer reviewed journal publications on the effect of the program. ICDP is currently being reviewed by the board of Itla, a national organization with a web portal classifying programs and methods supporting parenting and children's growth and education. ICDP will receive Itla's evidence and implementation rating in the spring of 2024.

For 2024, ICDP Finland plans to organize an inspirational day for all trainers in the autumn. We will meet and share golden moments and new ideas from ICDP trainings, present the new training literature and discuss current issues of interest. Currently there are 26 trainers in Finland and we hope that many will be able to join the event! Our plan is also to continue the membership virtual coffees that are held once a month, to improve our web page and to produce an updated flyer about ICDP in Finland.

UKRAINE

The first developments took place in the period 1998-2003, when teams of professionals received training in Dnepropetrovsk, Kharkov, Cherkassy, Yalta, and Krivoy Rog. In Dnepropetrovsk and in Kharkov the ICDP principles were used with university students and the programme was inserted as part of the students' existing curriculum.

In 2008, ICDP presented the programme at the international conference called "Little things make big changes", held in Antratsit, organized by the Ukrainian NGO 'Women for the Future' in cooperation with the Norwegian Peace Association. This eventually led to many new ICDP developments and the establishment of a strong team of trainers in 2013.

ICDP Ukraine was formed in 2014, with Anna Krasina as chairperson and fruitful collaboration with UNICEF soon followed. Gradually, many groups of social workers and psychologists received ICDP training in Kharkiv, Kiev, Zaporozhye, Dnipropetrovsk, Odessa, Vinnitsa and other cities.

In 2017, due to many facilitators in 7 cities, ICDP Ukraine appointed a Coordinating Council and Regional coordinators in Kiev, Odessa, Vinnitsa, Zaporozhye, Kramatorsk, Severodonetsk and Chernigov. ICDP has been active in Ukraine ever since.



In 2023 activities in Ukraine have been different from those in peacetime. In many cities, such as Kharkiv, Druzhkovka, Dnipro, among others, explosions are heard constantly, affecting the lives of adults and children and causing enormous stress. Adults and children react differently to acute stress. Hanna Krasina, Marina Sklyar, Serhii Krasin, developed a strategy, a model called STEP. STEP was developed specifically to assist parent groups in cities that are constantly under fire. The STEP model is implemented through the use of ICDP principles. STEP stands for: S – self-help, support, psychological first aid T – talking, clarification of the situation, facts, thoughts, emotions, experience, task E – emotions, experience, analysis and study of emotions, the influence of personal factors P – planning, productive, effective behaviour strategies, expansion of behavioural models, alternative attitudes. This approach helps stabilize the psycho-emotional state of parents and contributes to the development of their resilience.

- In 2023, a group of psychologists took part in ICDP training in an online format and a group of 25 specialist from the child friendly spaces of the Caritas Ukraine Charitable Foundation became accredited ICDP facilitators.

- During the period from February to May, three groups of specialists from Kharkiv, Dnipro and Poltava, completed training in a face-to-face format.
- In May 2023, a group of 62 specialists working with children in various voluntary organizations became facilitators of the ICDP programme. The training was conducted by trainers Anna Krasin Trukhan and Sergey Krasin, regional trainers Natalya Fedak and Victoria Lepekha and facilitators Antonina Radchenko and Alexander Lepekha.
- In Dnepropetrovsk, two facilitators, Natalia Krasovskaya and Lubov Tatomyr, conducted courses for kindergarten parents, as well as for kindergartens teachers. A total of 47 people attended these courses.
- In Kharkiv, facilitator Elena Sirota ran ICDP courses for parents at the Caritas Kharkiv Charitable Foundation. The training targeted internally displaced persons and residents affected by war. Elena explained that the programme helps parents find their own answers by raising awareness of their own experiences. Parents noted that the training helps them resolve many difficult issues in parent-child relationships.
- Olesya Romancha is a facilitator from Kryvyi Rih, and she gave ICDP courses to groups of parents in the Dnepropetrovsk region. Olesya received a lot of positive feedback from adults who attended her sessions. Parents said that doing self-assessments of their own actions helped them look differently at the behaviour of their children and at the causes of conflicts with children. Interestingly, for many parents, the ICDP guideline "Follow the initiative of the child" proved to be the more difficult one to implement. They said that this is because they were used to making decisions for their children without taking into account their children's opinions.

Anna Krasina commented: "Feedback from the facilitators about the programme is very important to me. They said that they often use the ICDP principles, not only in group sessions, but also in meetings with individual parents. ICDP helps establish a therapeutic alliance with adults who care for children in war situations. Many parents are in constant tension and fear for themselves and their children, they see their loved ones die, and experience high levels of anxiety. Children too become anxious when they see their parents worrying. Following the quintessential idea of the ICDP programme, "to help children, you need to help adults who care for them," facilitators assist adults to stabilize their condition, reduce anxiety, and help them understand their children and their children's reaction to stress".

ESTONIA

A project called "ICDP parent-facilitator training to improve the social skills of parents in the neighbourhood" formed a group of ICDP Facilitators in the Tapa municipality.

This project built on a longstanding cooperation between Estonian municipalities and the Estonian Association of Central Norway. It was spearheaded by ICDP trainer Grete Hyldmo, the headmistress at Queen Maud Memorial Preschool in Trondheim, Norway.

The ICDP training for 10 preschool staff started in December 2019 and was very successfully accomplished in 2020. There were exchange visits to Norway and online training sessions, as well as workshops in person. In addition to the Estonian group there were also two Russian participants, who all completed their training and applied ICDP in Narva with Russian ethnic groups.

From 2021 onward, three more ICDP groups were trained linked to the kindergarten Pispõnn in Tapa. Three ICDP facilitators continued their work at the school in Jäneda. The ICDP work is supported by Anne Roos from the Education and Youth Board in Tallin.

The implementation of ICDP is ongoing, although 3 facilitators have left for new positions. In 2023 plans were agreed for Grete Hyldmo and Hege Beate, to go to Estonia in June 2024 for a 5-day visit to meet ICDP facilitators in Tapa and Narva. Hege Beate will share her experiences from running ICDP courses for parents with special needs children. The local team has also asked to discuss how to make progress on implementing ICDP in future.

RUSSIA

ICDP activities in Russia started in Arhangelsk, in April 1997, in cooperation with Save the Children Sweden, as a two-year competence building programme for staff in children homes.

In the period between 2001-2003, a new project was initiated in the municipality of Novodvinsk, located north of Archangelsk city. A team from the Early Intervention Institute (EII) in St. Petersburg received ICDP training and implemented the ICDP programme with families and children till 2009. In 2014, the EII in St. Petersburg re-established contact with ICDP and a series of workshops were conducted to train new teams in 2014, 2015 and 2016.

In 2012, ICDP established cooperation with Oksana Isaeva, an associate professor, Head of the Department of Organizational Psychology at the Higher School of Economics in Nizhny Novgorod and psychologist Natalia Dunaeva. Over the next couple of years, they received training and visited England to become qualified ICDP trainers – they have been actively training others in ICDP ever since. Activities in 2023, explained by Oksana Isaeva:



The ICDP programme was implemented in Russia during the year with several groups. Oksana Isaeva conducted the training in the ICDP “Parent-Child Relationship Optimization Programme”, Guided Dialogue ICDP Russia. The training of professionals took place in the city of Khartsyzsk.

Training was given to two groups of specialists, including psychologists and teachers, who became acquainted with the ICDP programme and the basic principles of child-parent relations, during their internship at the Lada Family Centre in Nizhny Novgorod.

In addition, the specialists at the Lada Family Centre took it upon themselves to run ICDP courses throughout the year for 8 groups of families. These were families of children with special needs.

Links to Facebook pages:

https://vk.com/wall-117351685_300

https://vk.com/wall-117351685_302

MOLDOVA

The Centre of Early Intervention (CEI) Services Voinicel (<https://voinicel.md/>) was founded in Chisinau, Moldova, with the help of the Norwegian non-governmental organization Ahead-Moldova in 2003. A need for family-based intervention was soon identified to address the high rate of abandoned children with disabilities in four orphanages, resulting from a lack of services for families with children at risk of developmental disorders, as well as those with identified disabilities.

The ICDP programme was introduced in 2012 and it has been used on an ongoing basis, since then. Marina Calak (pediatrician), Ala Bendrerchi (speech therapist) and Mariana Jalba (child neurologist) apply ICDP through their work with parents and children at the Voinicel Centre. Sylvia Briabin (psychologist) moved in 2018 to Romania. The three trainers also formed participants from different districts as facilitators, using an online format, which was challenging but successful.



In October 2023, trainers, Marina, Ala and Mariana, started to hold ICDP training at Facilitator level for kindergarten educators who came from all over the country. They conducted training of two groups of ICDP facilitators. The workshops were held in person, at the Voinicel centre.



“It was great pleasure for us to use the face-to-face format and apply in person various techniques practiced in ICDP teaching. We missed that during Covid time. We trained 50 educators and they will receive their certificates in February 2024.” – Marina Calak.

GERMANY

In 2017, psychologist Rita Crecelius began her work on developing ICDP in Germany and in 2018 she successfully ran her first parent group in Hameln. Since then, she had the opportunity to train more and more people. At the same time, one of the main emphases of her work has been on awareness raising about ICDP by giving talks and lectures on the programme. Step by step she succeeded in creating a structure that can forward the cause of ICDP in well managed cooperation and partnership with local organizations. Link to website: <https://ritacrecelius.de/icdp-organisation/>

2023 report by Rita Crecelius:

For 5 years now, I have been trying to establish the ICDP programme in the field of health care for professional caregivers in Germany, particularly focusing on daycares, nurseries and institutions for people with special needs. During 2023, the ICDP approach had a better reception than before. I think this is because most of the institutions in the country seem to be facing health problems. Issues such as shortage of staff, high sickness rates and more bureaucratic duties than ever, are generating high stress levels in caregivers, and that is negatively affecting their relationships with the recipients of their care. Consequently, children are showing more behavioural problems. The rates of depression, panic symptoms and suicide among children are on the increase. There is a growing awareness, that children's health and wellbeing depend on the resilience of their caregivers, a notion that is also at the core of ICDP intervention: to strengthen caregivers experiencing difficulties. Here is a summary of my ICDP activities in 2023:

ICDP in daycares which had already been involved in ICDP training:

1. In the St. Thomas daycare in Hildesheim, which is the first daycare where I trained staff members in ICDP, I conducted a refresher programme to strengthen their application of the ICDP relational approach. They are always very grateful for staying in touch with the ICDP wisdom. Together, we had a wonderful start in 2023, we made a circle of appreciation for keeping children safe, secure, soothed and seen (D. Siegel) in difficult times.

2. In the Kinderhaus FrechDaxe in Braunschweig, (a daycare of Impuls Soziales Management), the training of 50 FrechDaxe staff members, started in February, albeit with a small delay due to financial problems. This was the training of the first of five teams, and by the end of August two more teams followed, and the remaining two teams will be starting their training in ICDP in January 2024.

Over a period of 5 sessions, each team is given the opportunity to practice their skills in video analysis and drawing interaction profiles. After this phase of instruction, the teams should be able to supervise each other in reflecting on their daily interactions from the point of view of the 8 ICDP guidelines. All daycare workers, who had done the training in 2021, reported that they were happy to be back in the ICDP world. They said that ICDP had always accompanied them and that they still enjoy the benefit of applying the guidelines, especially when working with very young children during their adjustment phase.

Fostering interest in ICDP in daycares: Impuls Soziales Management (who run 40 daycares nationwide) and Hildesheim Church District (with 23 Daycares in the area of Hildesheim) are two daycare providers I have been working with since 2019. In both institutions, I held several day seminars to introduce their staff members to the interactive approach for reducing stress levels.

A very special event took place in the “Sternchen” daycare in Sindelfingen (www.eimpuls.de/kitas/sternchen-sindelfingen/) at the beginning of 2023, where their 45 staff members discovered the relational approach with great enthusiasm and celebrated the power of appreciation (ICDP guideline 5) for each other and for the children.

Networking in the Lower Saxony to promote health care in early childhood institutions: In May 2023, I conducted a workshop in collaboration with Mrs. Maasberg, from the Network for Daycare Health (www.kogeki.de) – a Project of the State Association for Health & Academy for Social Medicine. It was attended by 50 participants (20 more were on the waiting list). In my talk, I explained the neurological reasons for practicing positive Interaction on professional levels. I received a very positive reception, which resulted in being asked to repeat the workshop on November 9th, 2023.

This talk opened doors for some later ICDP presentations to the institutions operating in the Lower Saxony and working in the field of early childhood education in Hannover: - Nifbe (www.nifbe.de), the Institute for Early Childhood Education and Development, which is groundbreaking for all day care centres in Lower Saxony. As a motto for 2024, they chose “Health and Wellbeing in the Daycare” and they invited me to introduce ICDP as a speaker at their annual conference in April 2024. - I was also able to introduce ICDP to a leading person, a consultant for daycare work in the protestant church. In the Lower Saxony, the protestant church runs 975 daycares with about 10.000 employees and serving 68.900 children.

I established contact with The Agency for Adult and Further Education (AEWB), (www.aewb.nds.de). AEWB is the central service provider of adult education in the Lower Saxony for all recognized, publicly funded institutions and their employees. This organization operates at the interface between administration, science and practice. All key persons involved in early childhood education in the Lower Saxony that I mentioned above, were impressed by ICDP, and I am looking forward to more cooperation with them in 2024.



Stress reduction through positive Interaction in the care for older people: In August 2023, I conducted a seminar for the municipal retirement and care centers of the city of Hannover. It was an Introduction to the ICDP training: Stress Reduction by Positive Interaction. All participants had high stress-levels, therefore, I introduced them to the neuroscientific perspective about the effects of positive Interaction in personal health-care and also to some strategies for self- and co-regulation. The Seminar received very good feedback and as a result, I was invited to participate in a project for improving the health of caregivers in the care facilities for older people of the city of Hannover, sponsored by health insurance companies. I designed a 2-day-seminar about Stress Reduction with Positive Interaction, which will be offered several times during 2024 and 2025. The participation will be mandatory for about 160 staff members. I trust, that this will raise some good and measurable improvement in the stress-management and the relational consciousness of these caregivers.

To sum up, 2023 was a year that saw the opening of new horizons for ICDP in Germany, and I am very grateful for the mounting interest in using the relational approach to strengthen professional caregivers' health in so many care institutions in the Lower Saxony.

SWITZERLAND

Hacer Dogan, ICDP supervisor in Norway and ICDP facilitator Pinar Günaydin, conducted online training with a group of families residing in Switzerland. Hacer reports:

The idea of course emerged at the request of parents living in Switzerland who were interested in participating in an effective parenting programme. We know ICDP to be a well-established and successful methodology for promoting positive parent-child relationships. So, my colleague Pinar and I decided to do the training, which we did on voluntary basis.

The course was run with 2-hours long online zoom sessions, once a week over 3 months. Education was in Turkish, and we used the Minority version of the ICDP programme. The participants were members of the VOLUNTEER JURISTS association in Switzerland, and 7 parents participated in the course, all with Turkish background. Participation in the training was voluntary. Participants showed great interest in improving their parenting skills.

On the 19th of April 2023, we conducted our last ICDP session in person, and gave to participants the ICDP international course attendance certificates. The feedback from participants was very positive. Some participants expressed interest in becoming ICDP volunteers and exploring ways to develop ICDP in Switzerland. Relevant websites were shared to provide them with more information. We gave participants a box of special Norwegian chocolates and a DNT magazine for the association they belong to and they gave us a pen from their association and a package of Swiss chocolates.

This experience has been incredibly valuable from the very beginning, and we are grateful for the opportunity ICDP has given us. We are highly motivated to undertake new initiatives and are eager to contribute to future endeavours.



Some of the feedback from the participants:

Participant 1: "ICDP gave us a new perspective on our parenting. We realized that being a parent is not as complicated as we thought."

Participant 2: "The ICDP house was a very useful metaphor for the parent-child relationship. However, we would have liked the house to be in Turkish as well as the booklet."

Participant 3: "For us, taking the initiative of the child and recognizing the child as an individual were taboo topics. However, with the examples provided by my groupmates and course leaders, we were able to implement these concepts at home."

Participant 4: "Our motivation for taking the course was to become better parents, and we believe we have definitely achieved this goal."

Participant 5: "The digital format of the sessions made it practical for us to stay organized, especially since we live in different cities. However, having the last session face-to-face was much more beneficial. It allowed us to summarize all the topics in general. Thank you to everyone who made this possible."

Participant 6: "The discussions and examples were very useful, especially those on accompanying children's emotions and positive boundary setting."

Participant 7: "My wife couldn't take the course because she was taking care of our children, but she has noticed a positive difference in me after each session."

ROMANIA

The first ICDP activities were in 1993. At that time, the ICDP training workshops were held at the university, in the city of Iasi. Participants included Iasi university psychologists and students. Two psychologists went on to become ICDP facilitators and introduced the ICDP programme to several caregiver teams in local orphanages.

After a long gap, ICDP was active again in the period 2014-2016, this time in Bacau, through cooperation with the SOS Children's Villages. The programme was implemented as part of the intervention project aimed at mobilizing community members and public authorities towards actions that will reduce inequalities and violence against children. ICDP project activities targeted specialists working with children and parents. SOS also signed partnerships with schools and day care centers, where the ICDP training was given free of charge.

In 2015, ICDP established cooperation with the Norwegian Church Aid and Fundatia Umanitara Pacea (FUP). FUP is a non-political NGO founded in 2000 by the Franciscan order in Bacau and it was set up to assist poor and marginalized people with a special focus on providing education opportunities for children and young people. FUP has highly qualified employees and volunteers. Assistance is offered to about 1200 poor people (94% are from the Roma ethnic group). FUP has proved over the years capable of both empowering families and challenging the municipality to take responsibility to improve their living conditions of the Roma people, including their access to public education system. Over a period of two years ICDP facilitators and ICDP trainers were formed within the FUP organization. A group of facilitators was also formed in Bucharest.

Father Lucian from FUP explains about the situation: "After the project funding finished FUP facilitators continued applying the ICDP programme in meetings that are held for the parents of the children that attend FUP's educational programme"

In Romania there is also a separate activity, by Silvia Breabin. Silvia was trained in her home country, in Moldova and she was part of the Voicinel early intervention centre for several years, where she applied ICDP with children with special needs. She has been living in Romania for the last four years and has been using the ICDP approach in her daily work as psychologist, while offering individual counselling to families and children. Silvia is keeping in close contact and exchanging experiences with Mariia Bingol, who is implementing ICDP in Turkey.

ICDP in the Middle East

Georgia, Lebanon, Turkey

OVERVIEW:

GEORGIA

ICDP started to develop thanks to efforts of Nino Margvelashvili, a neuropsychologist, based in Tbilisi. Nino was working with children with special needs, as well as doing assessments and rehabilitation courses concerning different disorders, including epilepsy, specific learning disorder, ADHD and other. On behalf of the Ministry of Education and Science she has been working as a trainer for teachers in different regions of Georgia, covering various aspects of inclusion and specific strategies on how to help students in school.

Nino visited England to receive training and started to implement ICDP with parents in 2017, at the Institute of Neurology and Neuropsychology, which she continued to do for several years. In 2019 her ICDP training was particularly successful with fathers, who responded very well to the programme finding it extremely useful.

During 2020-2021, Nino has not been able to continue her work with parents, but during this period she wrote papers reflecting on different aspects of the ICDP programme.

In 2023, she joined the ICDP team involved in planning an ICDP training project in Azerbaijan expected to start in 2024. She has also made plans to start running ICDP courses for parents in September 2024.

LEBANON

In 2016, Michelle MacDonald, an ICDP trainer and school counsellor at the Jusoor education centres in Beirut, started to train teachers in three schools run by Jusoor. Jusoor is an NGO representing a community of Syrian expatriates based in Lebanon working together to support the country and people's continued development.

Over the years, all educational staff at Jusoor schools attended ICDP courses. The ICDP training was also given to staff members at SOS Children's Villages. Michelle also worked with Syrian refugee families in camps in and around Beirut.

The feedback from the teachers was very positive, despite having to face many difficulties. They were grateful for the opportunity that the ICDP training gave them to express themselves in a safe environment. They were able to share their worries, their everyday challenges of constantly having to adapt to changing circumstances, to the deep changes in their way of life since leaving their country, but they also talked about their successes and their resilience. They discussed the impact this had on their values, traditions, on the changing role of women and how it affected parental roles and interaction with their children. The group explored together ways they could make some changes in the classroom and gave each other positive feedback. This group of teachers was very keen to start delivering the ICDP training to the parents of the children they teach.

In 2023, Michelle reallocated permanently to England, but has been supporting the team at Jusoor through online meetings.

TURKEY

Maria Gorshkova Bingol is a psychologist as well as an experienced ICDP trainer, from the city of Vinnitsa, in Ukraine. In Ukraine she implemented ICDP with parents, with professional caregivers, forming facilitators and giving introductory lectures about the programme to many groups in different contexts for several years.

In 2019, Maria went to Turkey, upon the invitation from the Istanbul university to conduct an introductory seminar about the ICDP programme. Soon after that, she moved from Ukraine to live permanently in Antalya, Turkey, where she has been giving ICDP courses ever since. Her special focus is on working with caregivers, parents and children who have sought refuge in Turkey from the war in Ukraine. She maintains contact with facilitators in Ukraine,

In 2023, in addition to giving ICDP courses and supporting refugee families and children, Maria together with Viktoriya Sidorenko and Larysa Konarska, attended a trauma conference in Antalya, 2-5th of November 2023. They first presented ICDP and afterwards conducted a workshop for participants from USA, Turkey, and Ukraine.



This was the 5th Mediterranean Regional conference and it was organized by the International Association for Group Psychotherapy and Group Processes (IAGP). Conference site: <https://www.iagptraumadisasterconferenceantalya.org/>. The organizers received support from the Muratpaşa Antalya municipality.

The chair of the local organizing committee for this event was Maria's husband, Caner Bingol, founder of the Dr Ali Baboglu Jungian Psychodrama and Public Mental Health Institute. One of the aims of this institute is to implement ICDP and train others in the ICDP programme and for that purpose it signed a

partnership agreement with the ICDP international foundation. Maria and Caner Bingol accomplished the task of translating ICDP materials into Turkish and they also prepared ICDP leaflets and other material, expecting to extend the ICDP courses to Turkish speaking caregivers and families.

“Many participants of the conference showed interest after our presentation, and we talked about ICDP with quite a few professionals, including from Italy, Australia, Georgia, Lebanon and Kurdistan. A psychotherapist couple seemed very interest to start using ICDP at their own therapy centre. It was a very good experience and we were excited to present ICDP at this platform. Participants found it especially touching to hear our presentation about our work in context of war trauma in Ukraine. This was not the first time that I presented the ICDP perspective in such a context, but it is always a painful topic since trauma in Ukraine is an ongoing daily feature of people’s lives. In our workshop we showed ways to work when dealing with this kind of context, when traumatic events are not stopping and consequently people find it extremely difficult to find emotional stability. We demonstrated how ICDP creates possibilities for parents to receive support and find relief through the application of the emotional and mediational dialogues. This in fact has been my experience after working with children and adults from military families involved in the war in Ukraine. Karsten Hundeide’s [“Essays on war traumas, adaptations and rehabilitation”](#) has been amazingly helpful in our work in this area.” – Maria Bingol.



ICDP PARTNER ORGANIZATIONS:

ICDP Norway, ICDP Finland, ICDP Sweden, ICDP Denmark, ICDP Portugal, ICDP Ukraine, ICDP Mozambique, ICDP Ghana, ICDP Colombia, ICDP Peru, ICDP Bolivia, ICDP China and ICDP Nepal.

Representatives in Japan, Malawi, Brazil, Mexico, Guatemala, Chile, Georgia, Russia, Lebanon and Moldova

ICDP Denmark operates under the Institut for Relations Psykologi, UCN act2learn and Dansk Center for ICDP

ICDP USA operates under CCWF

ICDP Paraguay operates under Vida Plena

ICDP El Salvador operates under UNICEF and ISNA

ICDP Nepal operates under ECEC and Save the Children

ICDP in India, Philippines, Nepal, Burkina Faso, Zambia, Somalia and Ivory Coast operates under "Save the Children"

ICDP Bangladesh operates under "Normisjon" and its partners

ICDP Thailand operates under Nexus

ICDP Senegal operates under "Normisjon"

ICDP in the Ivory Coast is starting through efforts of the Norwegian Lutheran Mission (NLM) with local partner Mission Evangelique Luthérienne en Côte d'Ivoire (MELCI)

ICDP Afghanistan operates under "International Assistance Mission" (IAM)

ICDP Brazil under "Acari"

ICDP in Lebanon operates under JUSOOR

ICDP in Tanzania operates under KIWAKKUKI

ICDP in Uzbekistan is operating under "Happy Start"

ICDP in South Africa is under Ububele Educational and Psychotherapy Trust

ICDP Nicaragua operates under "Instituto de Promoción Humana" (INPRHU)

ICDP Chile trying to start up under EIKA, "Educando con el Corazón"

ICDP in Botswana operates under the Ark and Mark Foundation

ICDP Turkey operates under Dr Ali Baboglu Jungian Psychodrama and Public Mental Health Institute.

ICDP initiatives by individuals in Germany, England, Ethiopia, Georgia and South Korea

In Norway, El Salvador and the Philippines ICDP is national programme supported by local Ministries.

71 COUNTRIES REACHED SINCE WE STARTED:

Norway, Portugal, England, Sweden, Denmark, Finland, Holland, Ukraine, Russia, Romania, Estonia, Moldova, Macedonia, Bosnia, Italy, Spain, Germany, Switzerland, Colombia, Peru, Nicaragua, Brazil, Paraguay, Mexico, Guatemala, Bolivia, Ecuador, Uruguay, El Salvador, Argentina, Chile, USA, Canada, Angola, Mozambique, Lesotho, South Africa, Ethiopia, Somalia, Botswana, DR Congo, Zambia, Tanzania, Rwanda, Burkina Faso, Malawi, Ghana, Uganda, Kenya, Zimbabwe, Senegal, Ivory Coast, Thailand, India, Indonesia, Nepal, China, Philippines, Sri Lanka, Afghanistan, Kyrgyzstan, Uzbekistan, Bangladesh, South Korea, Japan, Australia, Palestine, Georgia, Israel, Turkey and Lebanon.

50 COUNTRIES WHERE ICDP HAD PRESENCE IN 2023:

Mozambique, South Africa, Ethiopia, Somalia, Botswana, Zambia, Tanzania, Burkina Faso, Malawi, Ghana, Senegal, Ivory Coast, Tunisia, Colombia, Panama, Nicaragua, Brazil, Paraguay, Mexico, Guatemala, Bolivia, El Salvador, USA, India, Nepal, China, Philippines, Afghanistan, Uzbekistan, Azerbaijan (planning stage), Bangladesh, Thailand, South Korea, Japan, Norway, Portugal, England, Sweden, Denmark, Finland, Ukraine, Russia, Estonia, Moldova, Germany, Romania, Switzerland, Turkey, Georgia, and Lebanon.

ICDP PROGRAMME AND ORGANIZATION

ICDP is both the name of the programme and the organization. ICDP is a private foundation, registered in 1992, with the aim of working for the benefit of children and youth worldwide. It is operating under the Norwegian Foundations Act of 15 of June 2001. ICDP may participate directly or indirectly in activities run by other humanitarian organization having corresponding objectives. ICDP is non - political and non-denominational.

ICDP BOARD

Nicoletta Armstrong, chair
Karl-Peter Hubbertz
Tatiana Compton
Santana Momade
Ane-Marthe Solheim Skar
Guillermo Navas
Columbus Einar Salvesen

ICDP EXECUTIVE SUPPORT

Dahlani Drejza
Alain Drejza
Per Arvid Sveum
Juan Andujar
Faebian Bastiman
Daniel Armstrong

CONTACT INFORMATION

Oslo office: Dahlani-Anne Drejza
icdpoffice@gmail.com
Chair: Nicoletta Armstrong
nicolettaarmstrong@gmail.com