Mental Health in Forced Migration Contexts Training Course

Professional Development Training Course Outline

Category	Migration and Refugee	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

The increasing scale of forced migration across the globe has created unprecedented challenges for humanitarian organizations, governments, and health practitioners. Displacement due to war, conflict, persecution, or natural disasters significantly impacts the psychological well-being of individuals and communities. Mental Health in Forced Migration Contexts Training Course is designed to address the critical intersections between mental health, psychosocial support, and forced migration, ensuring that professionals gain practical skills, research-based insights, and culturally sensitive strategies to support displaced populations.

With a focus on evidence-based practices, this course provides participants with comprehensive tools to assess, intervene, and design sustainable mental health programs in migration settings. It incorporates real-world case studies, trauma-informed care approaches, resilience-building techniques, and cross-cultural competencies that prepare learners to work effectively with refugees, asylum seekers, and internally displaced persons (IDPs). By integrating academic research with field experiences, the course empowers participants to deliver impactful interventions that uphold human rights, dignity, and long-term recovery.

Programme Curriculum

Mental Health in Forced Migration Contexts Training Course

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Course Objectives

1. Understand the psychosocial impact of forced migration on individuals and communities.
2. Explore trauma-informed care strategies tailored for displaced populations.
3. Apply evidence-based mental health interventions in humanitarian settings.
4. Strengthen skills in cross-cultural communication and sensitivity.
5. Recognize the role of resilience and coping mechanisms in recovery.
6. Assess and address post-traumatic stress disorder (PTSD) and depression in migration contexts.
7. Identify and mitigate risks of gender-based violence (GBV) and related trauma.
8. Integrate child and adolescent mental health support in migration programs.
9. Enhance capacity for community-based psychosocial support initiatives.
10. Apply principles of human rights and ethical practices in mental health responses.
11. Build strategies for multi-sectoral collaboration in humanitarian aid.
12. Utilize digital mental health tools and innovations in migration responses.
13. Develop sustainable program models for long-term psychosocial well-being

Organizational Benefits

- Improved capacity to deliver effective mental health services in migration contexts.
- Strengthened staff skills in trauma-informed care and crisis response.
- Enhanced organizational credibility in humanitarian aid and refugee support.
- Better cross-cultural communication with displaced populations.
- Increased efficiency in program design and evaluation.
- Alignment with international humanitarian standards and best practices.
- Improved staff resilience and reduced risk of burnout and secondary trauma.
- Stronger partnerships with governmental and non-governmental actors.
- Enhanced ability to integrate digital health solutions.
- Increased impact in promoting human rights, dignity, and recovery.

Target Audiences

1. Humanitarian aid workers
2. Psychologists and mental health practitioners
3. Social workers and case managers
4. NGO and INGO staff
5. Public health professionals
6. Policy makers and government officials
7. Educators and child protection specialists
8. Community leaders in migration contexts

Course Duration: 5 days

Course Modules

Module 1: Introduction to Mental Health in Forced Migration

- Understanding displacement and its psychological impact
- Defining forced migration contexts
- Key frameworks in mental health and psychosocial support (MHPSS)
- The role of international humanitarian law
- Cross-cultural perspectives in mental health
- **Case Study: Syrian refugee resettlement programs**

Module 2: Trauma and Forced Migration

- Understanding trauma and its manifestations
- Acute stress reactions vs. long-term mental illness
- Coping mechanisms and resilience
- Trauma-informed care principles
- Clinical vs. community-level interventions
- **Case Study: PTSD among Rohingya refugees**

Module 3: Child and Adolescent Mental Health in Migration

- Psychological impact of displacement on children
- Risks of child exploitation and neglect
- School-based psychosocial interventions
- Parenting support in refugee camps
- Strengthening resilience in adolescents
- **Case Study: Child-friendly spaces in Uganda**

Module 4: Gender and Mental Health in Forced Migration

- Gender-based violence and trauma
- Women's mental health challenges in displacement
- Men's mental health and unspoken vulnerabilities
- LGBTQ+ refugees and mental health risks
- Intersectional approaches to care
- **Case Study: Sexual violence survivors in the DRC**

Module 5: Community-Based Psychosocial Support

- Importance of community engagement
- Peer support models
- Role of faith-based and cultural practices
- Building local capacity for psychosocial care
- Group interventions and collective healing
- **Case Study: Community resilience in Colombia**

Module 6: Digital Innovations in Mental Health Support

- Telehealth solutions for refugee populations

- Mobile apps for mental health monitoring
- Online counseling platforms
- AI and chatbots for crisis support
- Data privacy and ethical considerations
- **Case Study: WHO digital mental health tools**

Module 7: Policy, Advocacy, and Human Rights

- International refugee protection frameworks
- Advocacy strategies for mental health inclusion
- Ethical considerations in humanitarian settings
- Partnerships with government institutions
- Promoting equity in mental health access
- **Case Study: UNHCR advocacy campaigns**

Module 8: Designing Sustainable Mental Health Programs

- Program planning and evaluation
- Funding and resource mobilization
- Integration with health and education sectors
- Monitoring impact through research and data
- Building long-term resilience in displaced populations
- **Case Study: Integrated MHPSS models in Jordan**

Training Methodology

- Interactive lectures and expert-led discussions
- Group activities and participatory learning exercises
- Real-life **case study analysis** and simulations
- Role-plays for trauma-informed communication
- Practical toolkits and digital resources
- Reflective journaling and peer feedback

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

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