



Community Mental Health & Social Change: A Training Course in Liberation Psychology



AGILE LEADERS
Training Center

20 - 24 Dec 2026

کیب تاون



Community Mental Health & Social Change: A Training Course in Liberation Psychology

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Course Overview:

The course is designed to empower professionals working at the intersection of mental health and social justice. Drawing from the foundational insights of "Community Psychology" by Geoffrey Nelson and Isaac Prilleltensky, this course bridges theory and practice to address real-world challenges. It integrates community psychology training, liberation psychology concepts, and ecological models in psychology to cultivate inclusive mental health leadership. Participants will explore the social determinants of mental health, community-based interventions, power dynamics in communities, and critical perspectives on mental health. Through cultural competence in psychology and grassroots mental health initiatives, learners will be equipped with methods to foster recovery, resilience, and systemic transformation.

Target Audience:

- Community psychologists
- Social workers
- Public health professionals
- Mental health clinicians
- Human rights advocates
- Organizational development consultants
- Educators and policy-makers in health and social care

Targeted Organizational Departments:

- Public and community health departments
- Corporate social responsibility divisions
- Diversity, equity, and inclusion teams
- Mental health services and wellness programs
- Nonprofit program development units

Targeted Industries:

- Health and human services
- Education and research institutions
- International NGOs and humanitarian organizations
- Government and public policy agencies
- Community development and urban planning

Course Offerings:

By the end of this course, participants will be able to:

- Apply ecological models in psychology to real-world mental health challenges
- Design empowerment-based mental health programs
- Evaluate social determinants of mental health in marginalized communities
- Use values in community psychology to guide program development
- Integrate cultural competence and inclusive practices into interventions
- Analyze power dynamics in community contexts
- Plan and assess community-based interventions for psychological well-being

Training Methodology:

This course uses a participatory and experiential learning model rooted in critical pedagogy. Training will include case studies of grassroots mental health initiatives, role plays around power dynamics in communities, and group activities focused on social intervention planning. Guided discussions will explore the interplay between marginalisation and psychological well-being. Using real-life scenarios from the textbook and field, participants will apply transformative and participatory research methods. Each day concludes with a structured reflection to reinforce learning and promote personal insights. Materials are grounded in empowerment-based mental health frameworks, promoting inclusive psychological practices.

Course Toolbox:

- ebook "Community Psychology: In Pursuit of Liberation and Well-Being"
- Case study briefs and community scenarios
- Value-mapping worksheets and empowerment checklists
- Cultural competence evaluation templates
- Methods for participatory action research guides, planning sheets
- Reflection journals and facilitation guides

Course Agenda:

Day 1: Foundations of Liberation and Community Psychology

- Introduction to Community Psychology and Liberation Frameworks
- Topic 1: Values and Principles in Community Psychology
- Topic 2: Understanding Oppression, Liberation, and Well-Being
- Topic 3: Ecological Models and Multilevel Interventions
- Topic 4: Prevention and Promotion Strategies for Mental Health
- Topic 5: methods for Contextualizing Social Problems
- Topic 6: Personal and Collective Journeys in Community Psychology
- Reflection & Review:

Day 2: Power, Inclusion, and Cultural Contexts

- Community and Power Dynamics Topic 1: •
- Commitment, Accountability, and Inclusion Topic 2: •
- Addressing Racism and Colonization in Psychology Topic 3: •
- Gender, Feminist Theory, and Social Justice Topic 4: •
- Working with Immigrant and Refugee Communities Topic 5: •
- Cultural Competence and Cross-Cultural Psychology Topic 6: •
- Intersecting Identities and Inclusive Mental Health Practices Reflection & Review: •

Day 3: Interventions for Empowerment and Recovery

- Overview of Community Psychology Interventions Topic 1: •
- Designing Social Interventions for Systemic Change Topic 2: •
- Organizational and Community-Level Approaches Topic 3: •
- Small Group and Individual Interventions Topic 4: •
- Recovery and Inclusion Models in Mental Health Topic 5: •
- Promoting Resilience and Collective Healing Topic 6: •
- Building Sustainable Empowerment Models Reflection & Review: •

Day 4: Participatory Research and Community Action

- Foundations of Community-Based Research Topic 1: •
- Post-positivist and Social Constructivist Paradigms Topic 2: •
- Transformative Research and Participatory Action Topic 3: •
- methods for Evaluating Community Programs Topic 4: •
- Research Ethics and Power in Knowledge Production Topic 5: •
- Evidence-Based Advocacy for Social Justice Topic 6: •
- From Research to Action: Closing the Loop Reflection & Review: •

Day 5: Addressing Structural Barriers and Leading Change

- Understanding Marginalization and Social Exclusion Topic 1: •
- Globalization, Poverty, and the Politics of Mental Health Topic 2: •
- Confronting Ableism and Advocating Accessibility Topic 3: •
- Supporting Disadvantaged Families and Children Topic 4: •
- Building Community Resilience to Climate and Crisis Topic 5: •
- Charting Future Directions in Liberation Psychology Topic 6: •
- Transforming Systems and Sustaining Justice Reflection & Review: •

FAQ:

What specific qualifications or prerequisites are needed for participants before enrolling in the course?

No formal prerequisites are required. However, experience in mental health, community development, or social justice work is beneficial.

How long is each day's session, and is there a total number of hours required for the entire course?

Each day's session is generally structured to last around 4-5 hours, with breaks and interactive activities included. The total course duration spans five days, approximately 20-25 hours of instruction.

How does liberation psychology apply to real-world organizational challenges?

Liberation psychology provides frameworks for confronting systemic inequality, empowering community voices, and promoting accountability in policy and organizational change. Participants learn to diagnose institutional barriers and build inclusive, justice-oriented systems.

How This Course is Different from Other Community Mental Health Courses:

-The course stands out by grounding every element in the liberation psychology framework, going beyond symptom based approaches to tackle the root causes of mental distress. Unlike many courses that treat mental health as an individual issue, this course trains participants to recognise systemic oppression, power imbalances, and cultural contexts. Using methods from the book by Nelson and Prilleltensky, it emphasizes empowerment, ecological thinking, and participatory methods. This course not only enhances knowledge but also builds real-world skills for social transformation through community-based mental health strategies, critical reflection, and cross-sector collaboration.



فئات الدورات التدريبية



HR TRAINING &
DEVELOPMENT

دورات إدارة و تطوير الموارد البشرية



دورات إدارة و تحليل البيانات ودورات علم
البيانات



دورات إدارة الجودة وتطوير العمليات



الدورات التدريبية في مجال البيئة والاستدامة



دورات التسويق وإدارة علاقات العملاء وإدارة
المبيعات



دورات التدريب القانوني والمشتريات
والتعاقدات



دورات الاتصال الجماهيري و السياسات
والعلاقات العامة



دورات النظم السبراني ودورات تقنية
المعلومات



دورات الصيانة ودورات المجالات الهندسية
المتنوعة



دورات الصحة والسلامة والأمن المهني



دورات السكرتارية و إدارة المكاتب



دورات الحوكمة وإدارة المخاطر والامتثال



فئات الدورات التدريبية



دورات معتمدة بشهادة CPD



دورات في مجالات القيادة والإدارة



دورات المهارات الشخصية وتطوير الذات



دورات المحاسبة و التمويل و دورات الإدارة
الهائية



دورات مكتب إدارة المشاريع وإدارة المشاريع
الرشيقة



دورات معتمدة من قبل هيئات دولية

مدن التدريب



اسطنبول - تركيا



أمستردام - هولندا



أنقرة - تركيا



أثينا - اليونان



الرياض - المملكة العربية السعودية



الدوحة - قطر



الدار البيضاء - المغرب



الجبيل - المملكة العربية السعودية



باريس - فرنسا



المنامة - مملكة البحرين



الكويت - الكويت



القاهرة - مصر



براغ - جمهورية التشيك



بانكوك - تايلاند



بالي - جمهورية إندونيسيا



باكو - أذربيجان

مدن التدريب



جاكرتا - جمهورية اندونيسيا



تيليسي - جورجيا



بوكيت - تايلاند



برشلونة - اسبانيا



روما - ايطاليا



دبي - الامارات العربية المتحدة



جوهانسبرغ - جنوب افريقيا



جنيف - سويسرا



شرم الشيخ - مصر



سيول - كوريا الجنوبية



سان دييغو - الولايات المتحدة
الامريكية



زنجار - تنزانيا



طوكيو - اليابان



طشقند - اوزبكستان



طرابزون - تركيا



شيكاغو - الولايات المتحدة
الامريكية

مدن التدريب



كوالالمبور - ماليزيا



فيينا - النمسا



عن بعد - منصة زووم



عمان - المملكة الأردنية الهاشمية



ماربيا - اسبانيا



لندن - المملكة المتحدة



لانكاوي - ماليزيا



كيب تاون - جنوب إفريقيا



ميلان - إيطاليا



مونترنو - سويسرا



مسقط - سلطنة عمان



مدريد - إسبانيا



نيس - فرنسا



نيروبي - كينيا



ميونخ - ألمانيا

WHO WE ARE

Agile Leaders is a renowned training center with a team of experienced experts in vocational training and development. With 20 years of industry experience, we are committed to helping executives and managers replace traditional practices with more effective and agile approaches.

OUR VISION

We aspire to be the top choice training provider for organizations seeking to embrace agile business practices. As we progress towards our vision, our focus becomes increasingly customer-centric and agile.

OUR MISSION

We are dedicated to developing value-adding, customer-centric agile training courses that deliver a clear return on investment. Guided by our core agile values, we ensure our training is actionable and impactful.

WHAT DO WE OFFER

At Agile Leaders, we offer agile, bite-sized training courses that provide a real-life return on investment. Our courses focus on enhancing knowledge, improving skills, and changing attitudes. We achieve this through engaging and interactive training techniques, including Q&As, live discussions, games, and puzzles.



AGILE LEADERS
Training Center

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