



الصحة النفسية الهجتهية والتغيير الاجتهاعي: دورة في علم نفس التحرير



AGILE LEADERS
Training Center

20 - 24 Dec 2026
كيب تاون

الصحة النفسية المجتمعية والتغيير الاجتماعي: دورة في علم نفس التحرير

المرجع: 103600364_36572 التاريخ: 20 - 24 Dec 2026 الموقع: كيب تاون الرسوم: Euro 6000

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

الدورات التدريبية في مجال البيئة والاستدامة	دورات إدارة الجودة وتطوير العمليات
دورات إدارة و تحليل البيانات ودورات علم البيانات	دورات إدارة و تطوير الموارد البشرية
دورات الذهن السيرياني ودورات تقنية المعلومات	دورات الاتصال الجماهيري و السياسات والعلاقات العامة
دورات التدريب القانوني والهشتريات والتعاقدات	دورات التسويق وإدارة علاقات العملاء وإدارة المبيعات
دورات الحوكمة وإدارة المخاطر والامتثال	دورات السكرتارية و إدارة المكاتب
دورات الصحة والسلامة والذهن المهني	دورات الصيانة ودورات المجالات الهندسية المتنوعة
دورات المحاسبة و التهويل و دورات الإدارة المالية	دورات المهارات الشخصية وتطوير الذات
دورات في مجالات القيادة والإدارة	دورات معتمدة من قبل هيئات دولية
دورات مكتب إدارة المشاريع وإدارة المشاريع الرشيقية	



معدن التدريب

أكرا غانا	أثينا اليونان	أبوظبي الإمارات العربية المتحدة
الجبيل المملكة العربية السعودية	استنبول تركيا	أهستردام هولندا
الرياض المملكة العربية السعودية	الدوحة قطر	الدار البيضاء المغرب
المنامة مملكة البحرين	الكويت الكويت	القاهرة مصر
بانكوك تايلند	باكو أذربيجان	باريس فرنسا
برلين ألمانيا	برشلونة إسبانيا	براغ جمهورية التشيك
تيليسي جورجيا	بوكت تايلاند	بورتو البرتغال
جنيف سويسرا	جاكارتا جمهورية إندونيسيا	تورنتو كندا
روما إيطاليا	حلي الإمارات العربية المتحدة	جوهانسبرغ جنوب أفريقيا
سنغافورة سنغافورة	سان دييغو الولايات المتحدة الأمريكية	زنجان تنزانيا
شيكاغو الولايات المتحدة الأمريكية	شرم الشيخ مصر	سيول كوريا الجنوبية
طوكيو اليابان	طشقند أوزبكستان	طرابزون تركيا
فرانكفورت ألمانيا	عن بعد منصة زووم	عمان المملكة الأردنية الهاشمية

مدن التدريب

كيب تاون جنوب افريقيا	كوالالمبور ماليزيا	فيينا النمسا
لندن المملكة المتحدة	لشبونة البرتغال	لانكاوي ماليزيا
مسقط سلطنة عمان	هدريد اسبانيا	ماربيا اسبانيا
ميونخ ألمانيا	ميلان إيطاليا	مونترو سويسرا
	نيويورك الولايات المتحدة الأمريكية	نيروبي كينيا