

Terms of Reference

Trainer on Interpersonal Psychotherapy (IPT) principles and techniques

Background on MdM

Médecins du Monde (MdM) is an international humanitarian organization that provides medical care to the most vulnerable populations affected by war, natural disasters, disease, famine, poverty and exclusion, those who do not have access to health care and those who the world is gradually forgetting.

MdM has been working in Lebanon for more than 30 years. MdM currently mainly works in the sector of Health (sub-sector Primary Health Care, Sexual Reproductive Health and Mental Health). Since 2012, in cooperation with civil society organizations as well as national and local authorities, MdM's intervention aimed at increasing access to quality primary healthcare and strengthening the national primary healthcare system. Moreover, MdM has been actively engaged in providing access to Mental Health and Psychosocial Support (MHPSS) services and reducing the impact of the Syrian crisis and of the economic crisis on the mental and physical health of the Syrian refugees and vulnerable Lebanese.

Background information on the consultancy:

MdM is currently implementing a Maternal Mental Health project in Rafic Hariri University Hospital (RHUH) called WILADA.

A Mental Health and Psychosocial Support (MHPSS) component is integrated in the project aiming to support women and girls benefiting from the services to improve their mental health and psychosocial well-being.

Description of the consultancy

In this context, MdM is launching a consultancy for a Trainer in Interpersonal Psychotherapy (IPT) to provide MHPSS teams with training and supervision on the use of IPT with a focus on specific target groups (Mainly pregnant women and adolescent girls/ Women and girls who gave birth, women and girls with disability, taking in consideration the impact of the current war crisis).

Background information about Interpersonal therapy training

Interpersonal psychotherapy (IPT) and Group Interpersonal psychotherapy (G-IPT) are evidence-based treatment for depression recommended by WHO as first line treatment for depression.

Interpersonal Psychotherapy was developed by Dr Gerald L Klerman and Dr Myrna M Weissman in the 1970s for the treatment of depression. It has been adapted for different disorders and age groups and for diverse communities and medical settings around the world. Its effectiveness has been demonstrated in numerous clinical trials in high-, middle- and low-income countries using both group and individual approaches.

IPT has been recently used in Lebanon with groups of women with post-partum depression within a research study that started in 2021 in collaboration with the National Mental Health Program and that has shown positive results in the first phase of the study.

Objective of the consultancy

The objective of the consultancy is to provide training and supervision to equip trainees with the needed knowledge and skills to use IPT basic principles, strategies and techniques in individual and/or group format with a focus on women and girls with perinatal mental health challenges, women and girls with disabilities, taking in consideration the current war crisis.

Targeted groups: Around 7-10 psychologists and case managers working in RHUH or with MdM partners within the project, in Beirut.

Trainer responsibilities

The consultant, when selected, is expected to:

- Prepare the training and adapt it to the local context and needs of the trainees.
- Provide MdM with a detailed agenda and present the write-up of the training material adapted to the target audience one week ahead of the training.
- Deliver the training using different appropriate training techniques, mainly case presentations, group discussion and role plays.
- Evaluate the increase of knowledge and skills upon training through formal and informal responses collected from participants.
- Prepare a detailed training report including the pre-post assessment analysis with constructive qualitative feedback based on the evaluation of the training, as well as any materials (written and or visual) utilized.
- Provide online weekly group supervision sessions for one group of trainees for three months after the teams have started implementation, to ensure the transfer of competencies and knowledge from training to practice.
- Provide monthly reports on the supervision sessions held.

The training should last 4 to 5 days. Trainer should have the flexibility to use Arabic spoken language during the training and supervision. The group supervision sessions will last for around 4 months with weekly supervision sessions.

Note: The group supervision sessions cover 4 persons among the staff who has been trained.

Deliverables

- Training curricula and material
- Pre and post-test for the training
- Training report in English must be submitted to MdM and should include the following sections:
 1. Introduction: Training overview, learning objectives, trainer and participant details
 2. Presentation of training outcomes: analysis of the pre-post evaluation, any additional feedback from participants and trainer.
 3. Annexes (Agenda, signed and scanned attendance sheet, pre-posttest template, evaluation template)
- Monthly short supervision sessions report

Location for the consultancy: Beirut (Venue will be in Beirut and covered by MdM)/ Supervision Online.

Training Date: November 2024

Training Duration: 4 to 5 days

Supervision Duration: Four months.

Requested profile

- Masters degree in clinical psychology
- MoPH license to practice
- More than five years of experience as a psychotherapist.
- Experience providing training to MHPSS staff
- IPT trainer accreditation
- Experience in perinatal mental health
- Very good knowledge of written and spoken Arabic and English.

Selection process

A competitive selection process will take place taking into consideration the entire offers including CV, technical and financial aspects.

1- Technical proposal to submit including:

- CV and Cover Letter (Including the mention for the Certificate and License)
- An appreciation of the terms of reference and the technical approach proposed for the training and supervision.
- The provisional working plan (Training and supervision working hours plan)
- References of previous employers

2- Financial proposal including:

- Your name and contacts (address, phone and email) or corporate name and contacts
- Financial proposal including:
 - Detailed budget for the training, including all taxes and incorporating a budget breakdown (per number of days, unit)
 - Terms of payment.
 - Proposal validity

Deadline to apply

All above documents are **mandatory** to be considered for the assignment. Any other document, which might support the offer, is encouraged to be submitted as well.

Expected starting date: November 2024

The offer must be sent by email to: logmanag.lebanon@medecinsdumonde.net, and mention in the subject of the email "24 LB BEY 142 – IPT Trainer Consultancy", before 21st of October 2024 8:00AM