

Call for Applications: Training Workshop - Psychological First Aid Learning & Support Program

MCH Training Program

MCH works with experienced practitioners from our network to offer training and learning opportunities to our community. The topics are selected based on inputs from our Fellows (for example through surveys and from post-program feedback) and from our own observations and reflections on what skills and knowledge could benefit practitioners working at the intersection of arts and society in Asia.

During 2023, we are offering three training and learning programs on different topics. They all follow the same structure; beginning with a virtual workshop (spread over 2-3 sessions) with a small group of participants, followed up with an opportunity for one-to-one consultation with the trainer/facilitator on the participant's specific issues and queries.

The training and learning topics for 2023 are Proposal Development (July 2023), Psychological First Aid (September 2023) and Ethical Dilemmas in Arts Practice (Nov 2023). Please follow @mekonghub on social media to keep up to date.

1. What is Psychological first aid?

Psychological First Aid can be compared to first aid for physical wounds; it refers to the help that you can give until full treatment is available. It involves enabling people to feel safe, comforting and listening to them, not pressuring them to talk, but helping them to feel calm and connected to support and information that they might need.

For arts and cultural practitioners who work in an organising or facilitating capacity, where they have a duty of care¹ to other colleagues, participants or audience members, it is a useful skill to learn, especially if the nature of your work or the context you work in means that the people are likely to be suffering from stress or experiencing other situations that may impact their mental health and wellbeing.

Please note that this training will not prepare you to become a counsellor, and will not qualify you to professionally deal with individuals' mental health issues. It will provide you a set of tools that you can use to navigate situations where mental health issues arise and require an immediate response. It will also help you to create a bridge for the person who is affected to be able to access a qualified professional to take the treatment further.

¹ A 'duty of care' is a moral or legal obligation to ensure the safety or well-being of others

2. How does this program work?

The trainer, Carolina Herbert, will guide the participants to look at and understand how emotion impacts people.

Some of the skills the participants will learn include:

- How to be more confident in supporting others psychologically
- What it means to be a safe person
- What are the signs of shock
- How to communicate and respond to someone in shock
- How to support a person who feels overwhelmed
- How and where to refer people for more support
- How to take care of your own wellbeing when supporting others

Participants will also have a chance to look at their own experiences, where they will be encouraged to discover their own inner wisdom and knowledge. They can help themselves to be more equipped in dealing with shock, traumatic events, crisis, loss and any complex situation people might face in life.

There are one-to-one consultation sessions available as a follow-up after the training sessions. Those participants who have fully participated in the training are eligible to register if they have some issues or conditions related to the topic and they would like to have a one-to-one consultation with Carolina.

3. What are the goals of this program?

- Provide a chance for art and cultural practitioners to increase their understanding of emotional impacts that people they work with may be experiencing, and learn skills to support others
- Offer practical tools which will support participants to be more confident to support others in situations requiring an immediate response, using creative methods and guidance led by the experienced and professionally trainer
- Build up networking and peer exchange between art and cultural practitioners in Asia
- Develop MCH's awareness and understanding of the health and wellbeing challenges experienced and encountered by our network

4. Who are the target participants for this program?

The target participants for this program are art and cultural practitioners (including artists) from Asia who are in a position where they have a duty of care to others. For example, this may include practitioners leading or facilitating projects, or organising events or workshops. Your duty of care might be to other colleagues, or to participants - who may also be arts and cultural practitioners, or might be community members, or the general public.

We particularly want to support practitioners who are currently or regularly, working with groups or communities where they are encountering situations or issues that they don't feel equipped to handle, and recognise that a foundation in psychological first aid would help them at this time.

To be eligible for this program you must:

- Be an arts and culture practitioner (including but not limited to artist, manager, producer, curator, teacher)
- Be a citizen of an Asian country
 - At least 6 places of 15 will be awarded to citizens from Cambodia, Laos, Myanmar, Taiwan, Thailand, and Vietnam
- Have enough working English to participate in training, including:
 - Delivery from the trainer
 - Participation in the process and discussion with other participants
- Be available and commit to participate in all workshop sessions:
 - Sep 26: 14.00pm-17.00pm (ICT time/UTC+7)
 - Sep 27: 14.00pm-17.00pm (ICT time/UTC+7)
 - Sep 28: 14.00pm-17.00pm (ICT time/UTC+7)

* [Time zone converter](#) for your reference

You will also need to:

- Have access to a quiet space and equipment to allow you to participate in the online training workshop
 - Please note that MCH may be able to offer financial support to help you access a quiet space if this is needed. This can be discussed if you are offered a place on the program
- Commit to participate all sessions listed in this document
 - Please consider the spaces are limited so should be taken and committed seriously
 - The training expects full participation and absence of any participants will influence the collective learning
- Understand and support the guidelines the trainer builds to create a safe and effective space for participants' learning
- Be willing to participate and also well inform the trainer what conditions you have or challenges you might meet before during the training so the trainer could support you better and more safely
- Respect your own and others' personal matters and confidentiality

5. Why does the program have a selection process for this training? What are the selection criteria?

- We would like to offer the limited places to applicants most in need and most likely to benefit from the training workshop
- We would also like to have a balanced group of participants, comprising a range of experiences they would like to bring in to discuss, coming from diverse cultural contexts, and facing complementary challenges and needs, so that creative and participatory process of learning will be best practiced

The criteria that the program will use to select participants for this program include:

- Adherence to the eligibility criteria
- Potential of the training workshop to benefit applicants
- Ensuring that the group of participants is diverse in terms of range of experiences and areas want to inquiry related to the topic, countries of origin, art and cultural practice – which will enhance the participants' learning and widen their network

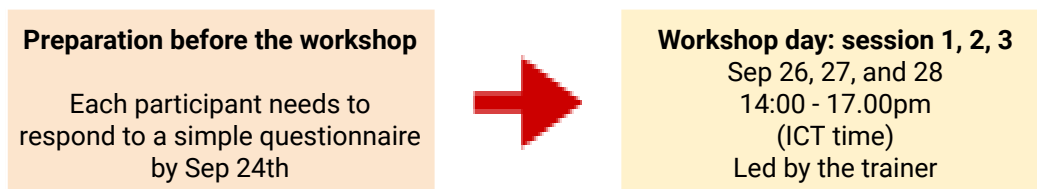
6. How do I apply for this program?

- To apply for this program you need to complete the [application form](#) and email it to jennifer@mekongculturalhub.org by Sep 17 2023 (before 23.50pm ICT time)
- When you send your application, we will confirm that we have received it. If you have not heard from us within 3 working days of sending your application, please contact us again
- Shortly after the closing date we will review all applications for eligibility
- All applications meeting the eligibility criteria will then be reviewed according to the selection criteria listed above
- All candidates will be notified of the outcome of the selection process by Sep 20th 2023

7. What is the structure and timeline of the program?

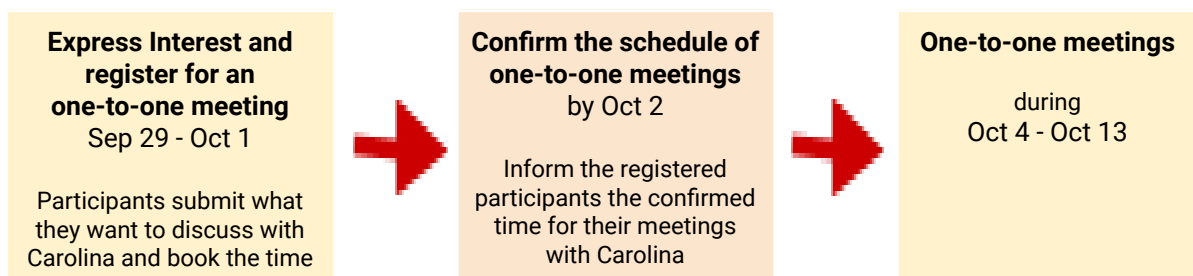
There will be two stages:

Stage 1 Learning workshop over consecutive 3 days (all 15 participants)



Stage 2 - one-to-one consultation (by registration)

- After the training workshop, Carolina is able to offer participants who have completed the stage 1 workshop or a 60-minute one-to-one session, where they can seek her advice and guidance on specific issues or questions related to the topic
- The participants are not obligated to take the consultation session



8. Who is the Trainer?

As mentioned above, this training workshop will be delivered and led by an experienced practitioner Carolina Herbert, an Integrative Arts Psychotherapist, qualified Trainer, supervisor and consultant.



Carolina is a photographer, musician and singer/songwriter, with an avid interest in all of the arts for expression, social action and change. She is also a trained Life-cycle Celebrant and is able to curate ceremonies and memorials with individuals, groups and communities for any significant life event. Her passion is to enable communities, organizations and people to navigate transitions, crises and emergencies through engaging in music and the healing arts, cultural rituals, ceremonies and celebrations.

Carolina is invited to lead the training workshop by MCH and the workshop will be supported by MCH team, including Jennifer Lee, Program Manager and Frances Rudgard, Director.

Carolina has run several workshops with MCH to support art and cultural practitioners to deal with their own emotions and challenges professionally and personally in the past several years.

8. Recap of key dates

Date	Time (ICT)	Activity
Aug 22nd	17.00pm ICT time	Virtual Q&A session for anyone who has questions about the program and the application process: Zoom link: https://us02web.zoom.us/j/9516838070 Meeting ID : 951 683 8070
Sep 17th	23.59pm ICT time	Deadline for applications
Sep 20th		Selection result notified to all applicants
Sep 24th		Selected applicants return their pre-workshop questionnaires
Sep 26th	14.00pm- 17.00pm ICT time	Workshop session 1: all participants attend
Sep 27th	14.00pm- 17.00pm ICT time	Workshop session 2: all participants attend
Sep 28th	14.00pm- 17.00pm ICT time	Workshop session 3: all participants attend

Sep 29th - Oct 1st		Open for registration for one-to-one consultation
Oct 2nd		Consultation schedule confirmed
Oct 4th - Oct 13rd		One-to-one consultations