

Organizational Profile

Nasirullah Psychotherapy Unit
Department of Clinical Psychology
University of Dhaka



NASIRULLAH
PSYCHOTHERAPY UNIT

Promoting well-being through psychotherapy

BASIC INFORMATION

Name of the organization:	Nasirullah Psychotherapy Unit, Program of the Department of Clinical Psychology, University of Dhaka
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INTRODUCTION

Nasirullah Psychotherapy Unit (NPU) is a non-profit organization committed to ensure psychotherapy services to community people of Bangladesh. This program is implemented by the Department of Clinical Psychology, University of Dhaka from April, 2013 and funded by UK based charity organization Nasirullah Foundation.

From inception of the unit, NPU is playing a vital role in the field of psychotherapy and mental health in Bangladesh from diverse aspects. NPU is giving all its effort to reach out different stakeholders related to psychotherapy in Bangladesh using different strategies of providing psychotherapy services to community people, teaching professionals in training for counselors and psychotherapists to enhance their current skill and knowledge on psychotherapy, continuous professional development program for those who are working on mental health arena in Bangladesh, practice research and conference on psychotherapy and mental health, maintaining professional networking with other organization, access wider public to aware on psychotherapy and mental health in Bangladesh.

VISION STATEMENT

Organizations vision is “**promoting well-being through psychotherapy**”

MISSION STATEMENT

NASIRULLAH PSYCHOTHERAPY UNIT

With the vision of promoting well-being through psychotherapy NPU's mission statement is to improve access to quality psychotherapy services and enhance quality of psychotherapy services in Bangladesh through Continuing Professional Development (CPD), training and supervision of health and mental health professionals in Psychotherapy. NPU will promote research to engender knowledge in psychotherapy and to indigenize psychotherapy in Bangladesh. To incorporate psychotherapy services in multidisciplinary health care system in Bangladesh NPU will enhance advocacy at policy and government levels.

MAJOR AIMS

Following this vision and mission statement NPU's activities are performing considering three major aims of-

1. Providing training on psychotherapy to medical and non-medical professionals in Bangladesh
2. Providing psychotherapy services to community people
3. Establishing psychotherapy society in Bangladesh

MAJOR WORKSTREAMS AND/ WORKING APPROCHES

1. Institutionalizing and developing the unit
2. Teaching professional in training in psychotherapy
3. Continuous professional development
4. Psychotherapy clinic in the community
5. Research and practice conferences in psychotherapy
6. Advocacy and policy development for betterment of the community
7. Professional network and collaboration
8. The wider public to aware community on psychotherapy
9. Sustainability of the program

STAKE HOLDERS AND BENEFICIARIES

Although the entire community is the ultimate beneficiary of NPU programs and activities, the prime thirst is on the population seeking psychotherapy services for their any sorts of psychological ailment and disruption in life. NPU is serving community in three ways, one directly providing psychotherapy and mental health awareness to community people and in other ways is to build capacity of professionals in psychotherapy and mental health.

In this path we have some affiliations with different Government organizations, professional bodies and societies, academic institutions and non-govt. organizations as primary stakeholders of Nasirullah Psychotherapy Unit.

FUNDIMPLEMENTATION COMMITTEE AND CORE STAFFS

Trust fund implementation committee of Nasirullah Psychotherapy Unit consist of Chairman and few members of academic committee of the Department of Clinical Psychology, University of Dhaka and executive members of the Bangladesh Clinical Psychology Society. Also the committee was formed such a way to reach out government and private sector as well as academic and non-academic background.

Trust Fund Implementation committee:

1. Kamal Uddin Ahmed Chowdhury, Associate Professor, Dept. of Clinical Psychology, University of Dhaka
2. Dr. M. KamruzzamanMozumder,Associate Professor, Dept. of Clinical Psychology, University of Dhaka
3. MossamatNazmaKhatun, Associate Professor, Dept. of Clinical Psychology, University of Dhaka
4. Md. Zahir Uddin, Assistant Professor, National Institute of Mental Health, Bangladesh
5. Mr. TarunKantiGayen, Chief Executive & Executive Member, Bangladesh Clinical Psychology Society
6. Mr. S M AbulKalam Azad, Associate Professor, Dept. of Clinical Psychology, University of Dhaka

Core staffing:

- Program Director (BD): Mr. Kamal Uddin Ahmed Chowdhury, Associate Professor, Dept. of Clinical Psychology, University of Dhaka
- Program Director (UK): Dr. Graham E. Powell, Trustee, Nasirullah Foundation, UK
- Program Coordinator: Ms. Sabiha Jahan, M. Phil in clinical Psychology, University of Dhaka
- Clinic Manager: Md. Reaj Hosen
- Finance Officer: Mr. Abdul Momin, M. Com.

PERFORMANCES AND ACHIVEMENTS

Areas of impact:Nasirullah Psychotherapy Unit is able to create an impact on the community level through psychotherapy services as well as mental health professionals and potential relevant other who are now willing to develop their career in providing psychotherapy and counseling.

At a glance (till 28th August, 2017)

Collaborations and affiliations	-	19 private and public
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	organizations
<i>Receiving individual and group therapy services</i>	- 2273
<i>No of CPD training, workshop and awareness programs</i>	- 107
<i>Total reach through training, workshop and awareness programs</i>	- 11,223
<i>Visit exchange</i>	- 18

Capacity building in psychotherapy and mental health:

From its inception Nasirullah Psychotherapy Unit is giving all its effort to building capacity in mental health and psychotherapy in Bangladesh where major activities were training, workshop and clinical skill development program for graduate and post-graduate students of psychology, clinical psychology and educational psychology, counselors, psychotherapists, clinical psychologists and assistant clinical psychologists working in different govt. and non-govt. organizations. Areas of capacity buildings from Nasirullah Psychotherapy Unit is focused on different types of psychotherapy models and techniques including but not limited to cognitive behavior therapy, cognitive neuropsychology, psychodrama, psycho-pharmacology, systemic and family therapy, dialectical behavior therapy, mindfulness.

Visit exchange for Continuous Professional Development: With the aim of promoting practice, research and training in psychotherapy, NPU has organized 10 visit scholarship to clinical psychologists working on mental health in Bangladesh to overseas. Psychotherapy area covered on visit scholarship are clinical supervision, psycho-sexual medicine, DBT for adolescents, clinical neuropsychology, meta-analysis and research methods in psychotherapy, psychological assessment service development, CBT for delusion and psychosis, conference participation at psychodrama and advanced brunches of psychology and systemic and family therapy. On the other hand visit to Bangladesh was covered diverse psychotherapy advanced issues in Dialectical Behavior Therapy, Clinical neuropsychology and developing brain injury rehabilitation in Bangladesh, Clinical psychology conference in Bangladesh, systemic and family therapy.

Supervision and quality assurance of psychotherapy services:Ensuring supervised and quality psychotherapy services to community people is the prime concern for Nasirullah psychotherapy Unit. Earliest from the inception supervision for psychotherapy services was essential. Other than this therapists enroll different psychotherapy training for their development. Psychotherapists working at NPU also got regular opportunity for managing their burnout through psychodrama and other form of services.

Psychotherapy Clinic: Psychotherapy clinic is a prime area to access community people in Bangladesh who are in need for psychological and emotional difficulties. Till date, around 5000 people are in contact with NPU for psychotherapy services so far and 9 part-time psychotherapists are working six days a week to provide services to the community. Recent expansion of services are remarkable considering different therapeutic approach and community needs in respect of neuro-rehabilitation, couple and family therapy, child and adolescent psychotherapy services through narrative and existential therapy, group psychotherapy through psychodrama and so on. Regular services are provided through CBT for child adolescents, adults and geriatric. Other than these some special services are available at NPU now and these are as follows:

1. Couple and Family Therapy Services using Cognitive Behavior Therapy and Systemic Family Therapy
2. Neuropsychological assessment and management services for patients with brain injury
3. Group Psychotherapy Services for child and adolescents using Narrative therapy
4. Relaxation therapy services
5. Mindfulness group
6. Social Skill training group
7. Anger management group
8. Positive parenting workshop for parents

Practice research and conference: Research and psychotherapy referred as a parallel activity for any psychotherapy unit. Practice conference also give an opportunity to share knowledge about psychotherapy in front of scientific population. So, arranging scientific conference is an ongoing activity since its beginning. NPU did one scientific conference on 2014 that was 4th Bangladesh Clinical Psychology Conference along with Bangladesh Clinical Psychology Society and the Department itself. It was one of the success story where inaugural session was ornamented by 500 scholars and relevant others covering 5 country representatives.

Raising awareness: Raising awareness among wider public in Bangladesh is another area of impact for Nasirullah Psychotherapy Unit. We have arranged number of awareness program in different occasion throughout year including but not limited to World Mental Health Day, World Suicide Prevention Day, International Day against Drug Abuse and Illicit trafficking, and so on.

Professional collaborations and affiliations: Diverse and multi-purpose collaborations and networking with different Government and Non-Government organization glorify our pathway throughout these 5 years of journey. Purposes of these collaborations were very diverse and with varied ways. Some of this forms were arranging awareness, workshop and training programs; providing expert and technical support of developing

training modules, manuals, handbook and mental health directory; providing psychotherapy and counseling support to other organizations and so on.

FUTURE PLANNING

Ongoing initiatives: Our ongoing initiatives are focused on-

- . Developing community-based mental health services and psychotherapy services in suicide prone area in Bangladesh
- . Providing psychoeducation and mental health, psychotherapy and counseling and psychological problems and disorders through online awareness programs
- . Continuous Professional Development programs for mental health professionals specially psychotherapists
- . Initiating divisional psychotherapy services and training programs
- . Providing specialist psychotherapy services for neuropsychological problems, marital and family issues and children and adolescents services

Future planning: It is our whole hearted believe that still, Nasirullah Psychotherapy Unit has to go a long way keeping its vision of promoting wellbeing through psychotherapy with the name of Dr. Nasirullah and his dream of spreading psychotherapy to community people in Bangladesh. NPU is now planning to focus on following areas and activities:

- . Keeping ongoing initiatives and collaborations as well as aiming to expand for betterment of the society in the long run
- . Focus on providing specialist services through psychotherapy clinic to the community, e.g. Neuropsychological assessment and intervention, couple and family therapy, psychotherapy for children and assessment
- . Moving digital and online service options to increase accessibility
- . Developing community based prevention and management services for mental health
- . Teaching professionals in training in psychotherapy at divisional area in Bangladesh
- . Establishing psychotherapy forum in Bangladesh