



# PARSA Center for Wellbeing

Newsletter for Psychosocial Health Service providers in  
Afghanistan  
Volume 1: October 1,2012

**Introduction:** PARSA has been developing psychosocial programs for the last seven years and during that time we have participated in creative collaboration with individuals and organizations that have a long-term commitment to helping Afghan communities access psychosocial healing.

We are starting this *newsletter* to share our network and resources. We want to encourage the development of a community of psychosocial practitioners, national and international, dedicated to coordination and collaboration.

*If you have discovered a great resource, have a good story to tell, learned a "best practice" you would like to share please contact [Dr. Norm Gustavson \(n.gustavson@yahoo.com\)](mailto:n.gustavson@yahoo.com) so we can include it in our newsletter that we will send out monthly.*

## Psychosocial Wellbeing Network in Afghanistan

Featuring three professionals who are successfully adapting psychosocial methodology to the Afghan culture.

### The International Psychosocial Organization, IPSO

By [Dr. Norm Gustavson International Psychosocial Organization](#) or "IPSO" is a major player in psychosocial training and providing psychosocial services in Afghanistan. IPSO founder, *Inge Missmahl*, and her team of mostly Afghan professionals, has been fundamental to the recent history of psychosocial training in Afghanistan.  
[Read More.](#)



### Montessori Education in Afghan communities

By Allison Lide-co-founder House of Flowers Montessori School



The education program of the House of Flowers was designed on the principles of Montessori education. This program has been underway for the past 10 years at the House of Flowers, proving its efficacy and applicability in an Afghan context. Montessori education bases its philosophy on developmental psychology and a unique developmental model laid out by Maria Montessori. By following the natural development of children as they pass through four stages of development from birth to age 24, a Montessori educational program works by facilitating a child's inner growth, harnessing natural energies of development that are beyond culture. All children pass through the same four stages with the same distinctive characteristics in each stage. [Read more](#)

### Announcements

#### PARSA- Introduction to Montessori Training- Allison Lide

- October,14-17 9-12 Kabul PARSA Main Office
- October 20-24 9-12 Bamiyan PARSA Bamiyan Office

**PARSA Counseling Services** available upon appointment-Contact *Dr. Norm Gustavson* for details at [n.gustavson@yahoo.com](mailto:n.gustavson@yahoo.com)

*Note: We are happy to post your announcements. Deadline 25th of the month.*

## A Creative Adaptation of a Therapeutic Methodology "Focusing": by Dr. Patricia Omidian

**Focusing:** Eugene Gendlin originally developed "Focusing", a therapeutic technique. Dr. Patricia Omidian, certified by the Focusing Institute of New York, has adapted "Focusing" for the Afghan Culture. Dr. Omidian's adaptation includes strong imagery from Islamic spiritual references as well as poetry from Rumi. It is structured so that Afghans do not have to reveal much in the way of personal or private information about the issues of their Focusing session-which creates a safe social environment and overcomes barriers to self revelation seen to be a part of Afghan culture and rules of social conduct. [Read More](#)



### THE GUEST HOUSE

This being human is a guesthouse. Every morning a new arrival comes.

A joy, a depression, meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice. meet them at the door laughing and invite them in.

Be grateful for whatever comes because each has been sent as a guide from beyond.

**Jelaluddin Rumi**, translation by Coleman Barks

## Resources for Psychosocial Practitioner's:

MOLSA is rapidly developing the *National Occupational Skills Standard for social work*. A team from MOLSA and several NGOs that deal with social welfare issues have been working in collaboration with consultants to not only set up standards for professional certification but detailed outlines of training requirements and actual training content over the last several months. Soon a social care provider at any level will have to meet these certification standard through training and on the job experience. Levels 5 and 6 will require a bachelor and masters degree in social work while level 1 will be a very entry level. The focus now is on Level III to work with the large number of people already working in the field and with significant on the job experience. You can get more information about the new national standards from *Sayed Haris* ([haris.sayed@tdh.ch](mailto:haris.sayed@tdh.ch)) or *Carol Le Duc* ([carol\\_le\\_duc@hotmail.com](mailto:carol_le_duc@hotmail.com))

### Tabish Social Health Education Organization

a Psychosocial Counseling Project, has been working and providing counseling and drug treatment for several years. Beyond the original staff and their rather extensive training through **Medica Mondiale** they have had trainings the different methods of counseling from psychologists and psychiatrist from Scandinavia and Pakistan to name a few. Tabish has six clinics around Kabul and offers counseling to adults, children and families. Dr. Wais Aria is Executive Director. Tabish main offices near Silo and can be reached at:

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Web page : [www.tsheo.com.af](http://www.tsheo.com.af)

*Please send us news about other sources of assistance for psychosocial services!!!*

