



الكاريتاس الأردنية
Caritas Jordan



PROTECTION AND COUNSELING SECTOR



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Overview

The effects of war and poverty on individuals are not only associated with the provision of basic health needs. The distressing experiences witnessed by the most vulnerable individuals are not only manifested through physical pain, but also fears, losses and spiritual wounds. Refugees have faced severe violence, witnessed inhuman conditions, killing and torture. This has caused huge psychological trauma and affected the children's ability to grow up with good mental health. With displacement comes a great deal of hardships including severe poverty and the attempt to maintain their mental health wellbeing. It is also noted that the same applies for marginalized families. This presented the need to provide children and adults with the opportunity to heal through the provision of counseling and psychosocial support divided into four sections: Mental Health psycho social support, Sexual gender based violence, Child protection and psychosocial support.

Caritas Jordan counseling and protection response plan

Caritas Jordan has established its counseling and protection program. The program aims to provide the most vulnerable individuals with the needed psychosocial support and protection services. The counseling services focuses on strengthening coping mechanisms that obstruct any possible deterioration and raises awareness on psychological wellbeing, in addition to following complimentary approach by reinforcing a dual support system through internal and external referrals. The counseling services consists of five levels which include: Identification, Assessment, prevention and Intervention, referral and follow up.

The selected individuals undergo individual, group and family counseling sessions, whereas the badly affected individuals receive in-depth intervention through conducting social awareness and group discussions. Battered children are provided with psychosocial support activities through art, drama, sport and music therapy.

Interventions

- **Identification:** the identification done through field visits, case worker during registration at Caritas centers, through Caritas Database system, or with special identification forms used by the counselors. On identifying the beneficiary who is in need for mental health support, psychosocial support or protection through asking systemize questions.
- **Assessment:** Psychosocial Assessment to identify the needs of the vulnerable and act accordingly by using the ventilation form.
- **Individual counselling:** A collaborative process between counsellors and beneficiaries that aims to facilitate change and improve quality of life, by using the solution focused brief therapy approach.
- **Group counselling:** Participants share same issues and concerns with the objective of sharing coping strategies, how to empower themselves, and to work on a sense of community.
- **Family counselling:** A psychotherapy that involves (husband and wife) to help families to deal with important issues that may interfere with the functioning of the family and the home environment.
- **Group discussion:** Group of individuals with similar interests and characteristics that when gathering together and according to the session they will bring up ideas, solve problems or give comments to each other. Timing sessions: 90 minutes. Attendance per session: 15 beneficiary. Example of the session: problem solving, how to deal with grief, decision making, positive thinking.
- **Social Awareness:** Providing Knowledge or information about topics that interest the beneficiaries. Timing: 90 minutes. Attendees per session: 25 beneficiary. Example: good parenting, gender based violence, child protection.
- **Psychosocial activity:** Vulnerable women and their children access to adequate counseling improving their psychosocial well-being.
- **CFS (Child Friendly spaces)**
- **Internal:** To other Caritas services such as health, education, basic needs, shelter & livelihood.
- **Externals:** to institutions with specialized services.
- **Follow up sessions:** To evaluate post serves improvement and to progression any challenges.

Sector	Type of Service	Number of beneficiaries (individuals) per Nationality				Total	Gender	
		Other Nationality	Jordanian	Syrian	Iraqi		Male	Female
Counseling Unit	Individual counseling	0	8	91	50	149	18	131
	Family counseling	0	24	176	100	300	0	300
	Group counseling	100	24	176	100	400	95	305
	Social awareness	566	8202	2828	2845	14441	6643	7798
	Group discussion	400	0	0	200	600	245	355
	Child-friendly space	77	135	994	407	1613	628	985
	Psychosocial activity	4	142	116	208	470	197	273
	Cash for protection	0	48	82	0	130	95	35
	Internal referral	226	181	1605	190	2202	1002	1200
	External referral	19	10	30	35	94	52	42
	Follow-up session	0	0	0	0	0	0	0
Subtotal		1392	8774	6098	4135	20399	8975	11424
							44%	56%