

Scalable Interventions for refugees & other groups

Problem Management Plus (PM+) (adults)

What:

Problem Management plus is a Problem-solving counselling that includes behavioural strategies for stress management, behavioural activation and strengthening social supports

Formats:

Five (5) face-to-face sessions (groups of 10-20 participants) / Online and app

What is the training like?

Training involves classroom and in-field training by a mental health professional who is experienced in the strategies included in PM+ (i.e. problem-solving therapy, stress management, behavioural activation and strengthening social supports).

The Classroom training (80 hours, 10 full days) includes:

- information about common mental health problems (i.e. depression, anxiety, stress);
- the rationale for each of the strategies;
- basic helping skills;
- role-play on delivering strategies and basic helping skills.
- by the end one full day on helper self-care

When people or NGOs work with experienced psychotherapists, it is quite common to reduce the training from 10 to 7 or 5 days.

In-field training: Following classroom training, at least two clients should be seen for five sessions (i.e. 15 hours) of supervised practice of PM+. The five sessions may occur over a two-week period (minimum).

- The in-field practice sessions should happen with clients with less severe presentations and with 1-2 supervision sessions/ wk After training in PM+ implementation under supervision.
- The frequency of supervision (e.g. weekly or fortnightly) depends on the skill levels, and might change over time.
- MHPSS professionals without training in CBT may also learn PM+. Training in 40 hours (five full days), followed by 2 cases of closely supervised practice. Routine supervision (weekly or fortnightly, depending on skill levels) after training.

Supervision is essential

Supervision involves:

- discussion about clients' progress;
- discussion about difficulties with clients or when delivering strategies;
- role-playing how to manage difficulties or to practise skills;
- helper self-care.

Group supervision requires 2-3 hours per week. There should be maximum of six (6) helpers per group. Supervisors should have experience in mental health care. They should have completed the PM+ training and an additional two days of training in supervision. All supervisors should have experience in delivering PM+. Peer supervision and one-on-one supervision (e.g. in response to an urgent client issue or crisis) can also be helpful.