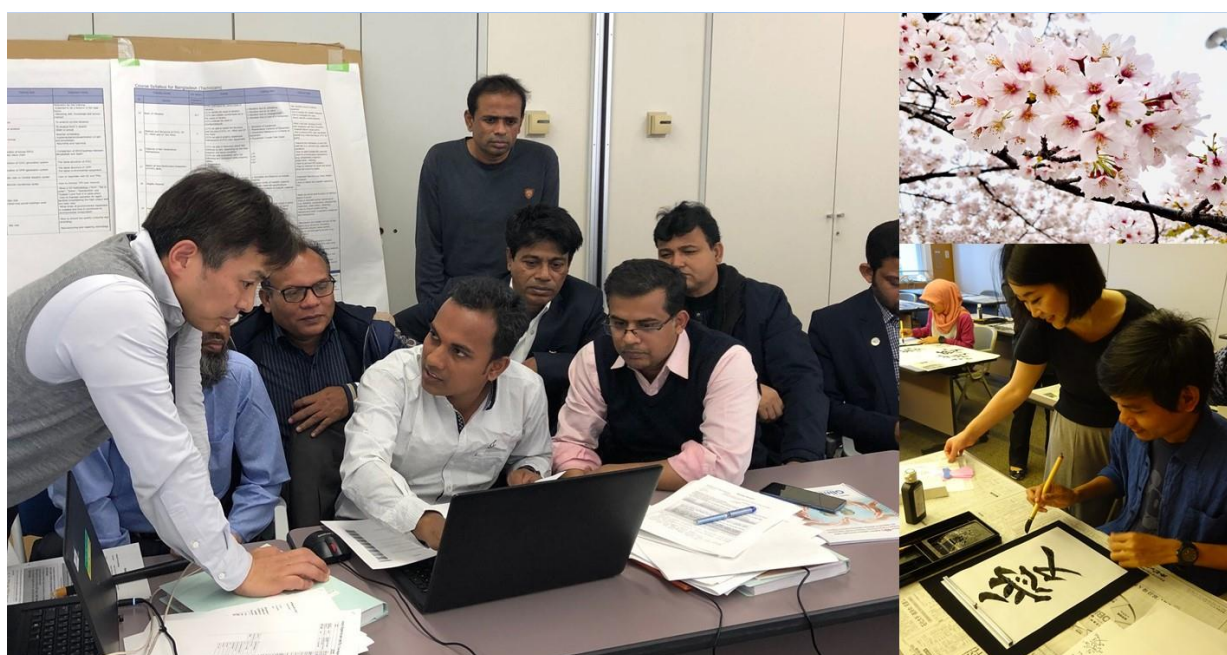




Online and Face-to-Face (in Japan)

Knowledge Co-Creation Program (Group and Region Focus)

Improvement of Mental Health and Psychosocial Support System (Kokoro-no-Care) in Disaster Situation



Course Number: 202411531J001


Course Period: August 14th 2025 (in home country)September 1st to September 18th, 2025 (in Japan)

NOTE: Adobe Acrobat Reader DC and Google Chrome are recommended as PDF viewer. JAWS and NVDA are recommended as screen reader.

NOTE: If there are any difficulties in reading this document, please contact JICA Office in your country or JICA Center in Japan.


NOTE: Depending on the circumstances, some or all of the program periods may be changed or cancelled after the application has been accepted.

課題別研修「災害におけるこころのケア」



How do we improve mental health and psychosocial support system?

Gain insight into an essence to improve
psychosocial support system for the people,
in more practical, more interactive,
more inspirational ways
from the experiences of Japan.



Outline

This program targets to establish a mental health and psychosocial support system (MHPSS, or kokoro-no-care system in Japan), which is suitable for each country, by learning psychosocial support approaches for people with psychosocial stress and trauma by disasters.

All sessions are carried out in English.

The period of the program is August 14th, 2025 (Online) and September 1st to September 18th, 2025 (Face-to-Face in Japan).

Course Capacity:
9 participants



JICA Knowledge Co-Creation Program (KCCP)

The Japanese Cabinet released the Development Cooperation Charter in June 2023, which stated, “In its development cooperation, Japan has maintained the spirit of jointly creating things that suit partner countries while respecting ownership, intentions and intrinsic characteristics of the country concerned based on a field oriented approach through dialogue and collaboration. It has also maintained the approach of building reciprocal relationships with developing countries in which both sides learn from each other and grow and develop together.” JICA believes that this ‘Knowledge Co- Creation Program’ will serve as a foundation of mutual learning process.

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For What?

Background

Disaster risk and vulnerability seem to be increasing due to population expansion, urbanization and global climate change and global turmoil etc. Developing countries suffer severe damage from various types of disaster, affecting the poor population in particular. In recent years, mental health services following natural and man-made disasters around the world have emerged as an important issue.

Objectives

Participants develop capacity of implementation/operation for disaster mental health, through understanding the role of medical care and mental health in each phase of disaster management cycle in light of Japanese experiences and knowledge.

To Whom?

Job Areas and Organizations

This program is designed for the practitioner level personnel (e.g. department head of each section) who has over 3 year's experience in central/local government and/or medical institutions in charge of implementation/operation for mental health and psychosocial care service.

The applying organization with the best intention to utilize the opportunity of this program will be highly valued in the selection.

Targeted Countries

Armenia, Bangladesh, Malawi, Mexico, Mozambique, Papua New Guinea, Philippines, Thailand, Ukraine

When?

Online Program

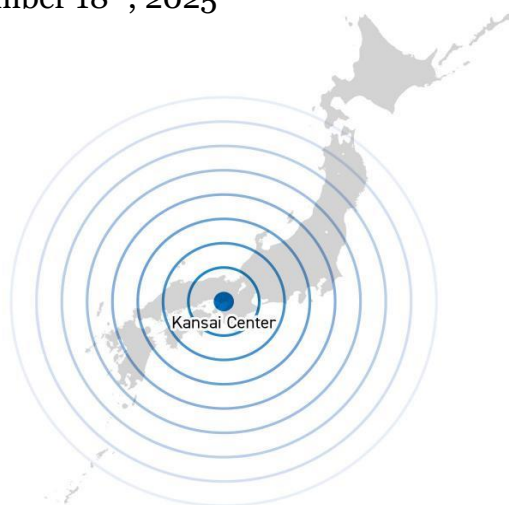


August 14th, 2025

Program in Japan



From September 1st
to September 18th, 2025



How?



How to Learn

- Online Session
- Lectures

Where?

This course is organized by JICA Kansai Center and lectures will be mainly held at Hyogo Institute for Traumatic Stress located in Kobe. You will visit related institutions/sites in Kobe and other regions.



- Field Visits
- Workshops

- Discussions
 - Presentations
-

Language

English

Commitment to the SDGs

JICA is committed to achieving the SDGs. This program is organized to contribute to the achievement of following goals.



Program Structure

(1) Preliminary phase in a participant's home country (August 14 th , 2025)	
Modules	Activities
Online session preparing for the core phase in Japan	(1) Explanation of homework participants have to go through before coming to Japan
	<ul style="list-style-type: none"> ● Preparation for <u>Country Report Presentation</u> ● Self-Study prior to departure; Please read the following documents: <ul style="list-style-type: none"> ● Sendai Framework for Disaster Risk Reduction http://www.unisdr.org/files/44983_sendaiframeworkchart.pdf ● WHO: Japan Health System Review 9789290226260-eng.pdf (who.int) ● Psychological First Aid (National Center for PTSD ver.) https://www.ptsd.va.gov/disaster_events/for_providers/psychological_first_aid.asp ● U.S. Department of Veterans Affairs: PTSD: National Center for PTSD Stress First Aid https://www.ptsd.va.gov/professional/treat/type/stress_first_aid.asp ● IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings IASC Guidelines on Mental Health and Psychosocial Support in Emergency Settings, 2007 IASC (interagencystandingcommittee.org) ● IASC Guidelines on Mental Health and Psychosocial Support with Covid-19 https://interagencystandingcommittee.org/iasc-reference-group-mental-health-and-psychosocial-support-emergency-settings/interim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak ● Hyogo Institute for Traumatic Stress https://translate.google.com/translate?hl=&sl=ja&tl=en&u=http%3A%2F%2Fwww.j-hits.org%2F&sandbox=1

(2) Core phase in Japan (September 1 st to 18 th 2025)		
Modules	Subjects/Agendas	Methodology
(1)	To understand the concept and background of “MHPSS (kokoro-no-care)” in Japan, through the cases of past natural disasters in Japan (Great Hanshin-Awaji Earthquake, Great East Japan Earthquake in 2011, etc.)	Lecture Observation
(2)	To understand Japanese system of medical care and mental health in each phase of disaster management cycle and the importance of mental health for socially vulnerable people, such as children and elderly people.	Lecture Observation Exercise
(3)	To understand roles and linkage among stakeholders on disaster mental health.	Lecture
(4)	To review the concept of disaster mental health and formulate an action plan for own country.	Exercise

<Topic outline >※Tentative

Modules	Contents
(1)	Introduction on Hyogo Institute for Traumatic Stress (Lec)
	Country Report Presentation (Pre)
	Grief Counselling (Lec)
(1) (2)	Learning from the Heavy Rain Disaster in Hiroshima (Lec)
2)	Mental Health in Disaster Situation (Lec)
	Disaster Psychiatric Assistance Team in Japan (Lec)
	Mental Health Challenges of Disaster Workers (Lec)
	Psychological First Aid and Stress First Aid (Lec and Exe)
	Emergency and Rescue Team by School Staff in Hyogo (EARTH) (Obs)
(3)	Global Outreach of Entertaining: Disaster Education from Japan (Lec)
	Disaster Response Simulation Game “CROSSROADS” (Lec and Exe)
	Disaster Education at School (Lec and Exe)
	Trauma Informed Care (TIC) (Lec and Exe)

(4)	Workshop and Q&A session (Exe)
	Formulation of Action Plan (Exe)
	Action Plan presentation (Pre)
Others	Evaluation Meeting, Closing Ceremony

Pre: Presentation, Lec: Lecture, Exe: Exercise, Obs: Observation

Eligibility and Procedures

1. Expectations to the Applying Organizations

- (1) This course is designed primarily for organizations that intend to address specific issues or problems identified in their operation. Applying organizations are expected to use the program for those specific purposes.
- (2) This course is enriched with contents and facilitation schemes specially developed in collaboration with relevant prominent organizations in Japan. These special features enable the course to meet specific requirements of applying organizations and effectively facilitate them toward solutions for the issues and problems.

2. Nominee Qualifications

Applying organizations are expected to select nominees who meet the following qualifications.

【Remarks】 Each Organizations is requested to strongly encourage female candidates to apply for acceleration of gender Equality and women's empowerment.

(1) Essential Qualifications

- 1) Officials in central/local government or medical institution in charge of implementation/operation for mental health and psychosocial care service.
- 2) Experience in the Relevant Field: have at least 3 year's of experience in the field.
- 3) Educational Background: be a graduate of university equivalent
- 4) Language Proficiency: have a competent command of spoken and written English proficiency equivalent to TOEFL iBT 100 or above (This



workshop includes active participation in discussions, which requires high competence in English. Please attach an official certificate for English ability such as TOEFL, TOEIC etc, if possible

5) Technical Requirements

a Technology Proficiency

- Basic computer skills such as, sending/receiving email with attachments, and using a web browser.
- Online course is delivered using the following services, Web Conferences (Zoom or Microsoft TEMAS), Cloud Storage (JICA-VAN), and YouTube. Online tutorial and support by JICA will be limited. The ability to be self-directed in learning new technology skills are required.

b Internet Connection

- High Speed Broadband Connection (at least 2Mbps).
*Internet access charge incurred for this course shall be borne by your organization.

c Hardware (Minimum Requirement)

- Regular access to a computer, either from your home or from your office.
- Operating System: Windows 10, Mac OS 11 or newer version.
- Processor: Intel Core 2 Duo or higher; 2GHz or higher
- Memory: 8GB of RAM or higher
- Hard Drive Space: 5GB free disk space
- Browser: Google Chrome is preferred browser. (Edge, Firefox, Safari can be used)
- Others: Webcam Microphone, and Audio output Device (Speaker or Headset)

- 6) Health : must be in good health to participate in the program in Japan. To reduce the risk of worsening symptoms associated with respiratory tract infection, please be honest to declare in the Medical History (QUESTIONNAIRE ON MEDICAL STATUS RESTRICTION of the application form) if you have been a patient of following illnesses; Hypertension / Diabetes / Cardiovascular illness / Heart failure / Chronic respiratory illness.



(2) Recommended Qualifications

- 1) Age: between the ages of twenty-five (25) and fifty (50) years
 - 2) Gender Equality and Women's Empowerment: JICA seeks more female applicants due to the past records of fewer applications from women. JICA is committed to promoting gender equality and women's empowerment, and provides equal opportunities for all applicants regardless of their sexual orientation or gender identity.
-

3. Required Documents for Application

- (1) **Application Form:** The Application Form is available at the JICA overseas office (or the Embassy of Japan)
 - * If you have any difficulties/disabilities which require assistance, please specify necessary assistances in the QUESTIONNAIRE ON MEDICAL STATUS RESTRICTION (1-(c)) of the application form. Information will be reviewed and used for reasonable accommodation.
- (2) **Photocopy of Passport:** You should submit it with the application form if you possess your passport which you will carry when entering Japan for this program. If not, you are requested to submit its photocopy as soon as you obtain it.
 - *The following information should be included in the photocopy:
Name, Date of Birth, Nationality, Sex, Passport Number and Expiry Date
 - *It is recommended that your passport be valid for more than 6month after the last day of the program.
- (3) **English Score Sheet(Photocopy):** to be submitted with the application form, if the nominees have any official English examination scores. (e.g., TOEFL, TOEIC, IELTS)
- (4) **JOB REPORT: to be submitted with the application form.** Fill in Annex Job report of this General Information. Job Report will be used for screening of applicants, and applications without completed Job Report will not be considered as duly qualified.

4. Procedures for Application and Selection

(1) Submission of the Application Documents

Closing date for applications: **Please confirm the local deadline with the JICA overseas office (or the Embassy of Japan).**

*All required material must arrive at JICA Center in Japan
by July 11th, 2025

(2) Selection

Primary screening is conducted at the JICA overseas office (or the embassy of Japan) after receiving official documents from your government. JICA Center will consult with concerned organizations in Japan in the process of final selection. Applying organizations with the best intentions to utilize the opportunity will be highly valued.

The Government of Japan will examine applicants who belong to the military or other military-related organizations and/or who are enlisted in the military, taking into consideration of their duties, positions in the organization and other relevant information in a comprehensive manner to be consistent with the Development Cooperation Charter of Japan.

(3) Notice of Acceptance

The JICA overseas office (or the Embassy of Japan) will notify the results
not later than July 22nd, 2025

5. Additional Document(s) to Be Submitted by Accepted Participants

Country Report (Detailed version of the Annex, Job report) -- to be submitted **by September 1st, 2025**

Accepted participants are required to prepare a Country Report in shape of presentation material.

The documents should be sent to JICA by e-mail to
Nishi.Tsukasa@jica.go.jp



JICA Knowledge Co-Creation Program (Group and Region Focus)

Improvement of Mental Health and Psychosocial Support System [Kokoro-no-Care] in Disaster
Situation Course No. 202411531J001

- Participants will be making a presentation on September 3rd, 2025.
 - The presentation material should be based on Annex.
 - The time allocation for each presentation is **maximum 10 minutes (plus 3 minutes Q&A)** , and it is recommended to prepare and use Microsoft Power Point with 10 slides maximum for your presentation.
-

6. Conditions for Participation

The participants of KCCP are required

- (1) to strictly observe the course schedule,
- (2) not to change the air ticket (and flight class and flight schedule arranged by JICA) and lodging by the participants themselves,
- (3) to understand that leaving Japan during the course period (to return to home country, etc.) is not allowed (except for programs longer than one year),
- (4) not to bring or invite any family members (except for programs longer than one year),
- (5) to carry out such instructions and abide by such conditions as may be stipulated by both the nominating Government and the Japanese Government in respect of the course,
- (6) to observe the rules and regulations of the program implementing partners to provide the program or establishments,
- (7) not to engage in political activities, or any form of employment for profit,
- (8) to discontinue the program, should the participants violate the Japanese laws or JICA's regulations, or the participants commit illegal or immoral conduct, or get critical illness or serious injury and be considered unable to continue the course. The participants shall be responsible for paying any cost for treatment of the said health conditions except for the medical care stipulated in (3) of "3.Expenses", "Administrative Arrangements",
- (9) to return the total amount or a part of the expenditure for the KCCP depending on the severity of such violation, should the participants violate the laws and ordinances,
- (10) not to drive a car or motorbike, regardless of an international driving license possessed,
- (11) to observe the rules and regulations at the place of the participants' accommodation, and
- (12) to refund allowances or other benefits paid by JICA in the case of a



change in schedule.

Administrative Arrangements

1. Organizer (JICA Center in Japan)

- (1) **Center:** JICA Kansai Center (JICA Kansai)
 - (2) **Program Officer:** Mr. NISHI Tsukasa (Nishi.Tsukasa@jica.go.jp)
-

2. Implementing Partner

- (1) **Name:** To be decided (Hyogo Institute for Traumatic Stress had been implementing partner for this course. We are now selection process for this year)
 - (2) **URL:** <https://www-j--hits-org.translate.goog/? x tr sl=ja& x tr tl=en& x tr hl=ja>
-

3. Travel to Japan

- (1) **Air Ticket:** In principle, JICA will arrange an economy-class round-trip ticket between an international airport designated by JICA and Japan.
 - (2) **Travel Insurance:** Coverage is from time of arrival up to departure in Japan. Thus traveling time outside Japan (include damaged baggage during the arrival flight to Japan) will not be covered.
-

4. Accommodation in Japan

Basically, JICA will arrange the following accommodation(s) for the participants in Japan:



JICA Kansai Center (JICA Kansai)
Address: 1-5-2, Wakinohama-kaigandori, Chuo-ku, Kobe, Hyogo 651-0073, Japan
TEL: +81-78-261-0383/0341 FAX: +81-78-261-0342
(where “81” is the country code for Japan, and “78” is the local area code)

Please refer to facility guide of JICA Kansai at its URL,
<https://www.jica.go.jp/english/domestic/kansai/index.html>

If there is no vacancy at JICA Kansai, JICA will arrange alternative accommodation(s) for the participants.

5. Expenses

The following expenses in Japan will be provided by JICA

- (1) Allowances for meals, living expenses and stopover.
- (2) Expenses for study tours (basically in the form of train tickets).
- (3) Medical care for participants who become ill after arriving in Japan (the costs related to pre-existing illness, pregnancy, or dental treatment **are not included**).
- (4) Expenses for program implementation, including materials.
- (5) For more details, please see “III. ALLOWANCES” of the brochure for participants titled “KENSU-IN GUIDE BOOK.”

*Link to JICA HP (English/French/Spanish/Russian):

https://www.jica.go.jp/english/activities/schemes/tech_pro/acceptance_training/index.html

6. Pre-departure Orientation

A pre-departure orientation will be held at respective country’s JICA office (or the Japanese Embassy), to provide Participants with details on travel to Japan, conditions of the course, and other matters.

*YouTube of “Knowledge Co-Creation Program and Life in Japan” and “Introduction of JICA Center” are viewable from the link below.

Image videos of 'Introduction of JICA Center (YouTube)' show the following information of JICA Centers: Location, Building, Entrance, Reception (Front desk),



Lobby, Office, Accommodation (Room), Amenities (Hand dryer), Bathroom (Shower and Toilet), Toiletries, Restaurant, Laundry Room (Washing machine, Iron), ICT Room (Computer for participants), Clinic, Cash dispenser, Gym, Neighborhood

Part I: Knowledge Co-Creation Program and Life in Japan	
English ver.	https://www.youtube.com/watch?v=SLurfKugrEw
French ver.	https://www.youtube.com/watch?v=v2yU9lSYcTY
Spanish ver.	https://www.youtube.com/watch?v=m7l-WlQSDjl
Russian ver.	https://www.youtube.com/watch?v=P7_ujz37AQc
Arabic ver.	https://www.youtube.com/watch?v=1iBQqdpXQb4
Part II: Introduction of JICA Centers in Japan	
JICA Kansai	https://www.jica.go.jp/kansai/english/office/index.html

If the link of these youtube URLs has expired, please access the URL below and search the necessary information from the key word.

<https://www.youtube.com/user/JICAChannel02>

7. Other Information

- (1) Participants who have successfully completed the course will be awarded a certificate by JICA.
- (2) For the promotion of mutual friendship, JICA Kansai encourages international exchange between JICA participants and local communities, including school and university students as a part of development education course. JICA participants are expected to contribute by attending such activities and will possibly be asked to make presentations on the society, economy and culture of their home country.
- (3) Participants are required to bring laptop computers for your convenience. During the course, participants are required to work on the computers, including preparation of Action Plan, etc. Most of the accommodations have internet access.
- (4) Allowances, such as for living will be deposited to your temporary bank account (opened by JICA) 2 days after your arrival in Japan. It is highly advised to bring some cash in order to cover necessary expense for this period.
- (5) It is very important that some of your currency must be exchanged to Japanese Yen at any transit airport or Kansai International Airport (KIX) in



Osaka, Japan soon after your arrival. It is quite difficult to exchange money after that, due to limited availability of facility or time during the program.

8. Reference

PDF: KENSHU-IN GUIDE BOOK

For more detailed terms and conditions

https://www.jica.go.jp/english/activities/schemes/tech_pro/acceptance_training/index.html

Video: JICA Predeparture Briefing

For more information on life in Japan and KCCP

<https://www.youtube.com/watch?v=SLurfKugrEw>

Website: JICA

English/French/Spanish/Russian

https://www.jica.go.jp/english/activities/schemes/tech_pro/acceptance_training/index.html



JICA Knowledge Co-Creation Program (Group and Region Focus)

Improvement of Mental Health and Psychosocial Support System [Kokoro-no-Care] in Disaster Situation Course No. 202411531J001

Annex

Job Report (Used for selection, and for the base of Country Report) - Situation in your own Country
FORMAT OF “BASIC INFORMATION”

Improvement of Mental Health and Psychosocial Support System (Kokoro-no-Care) in Disaster Situation(JFY 2025)

BASIC INFORMATION

*** Please use attached form [ANNEX] and submit 3-4 pages in A4.**

*** Hand writing reports are not acceptable.**

Preparation of Job Report

The Job report provides basic and essential information for the Japanese lecturers as well as the other participants in the program.
Each applicant is required to submit this Basic Information together with the Application Form. This will be used for screening of applicants, and applications without completed Job Report will not be considered as duly qualified.

(1)	Your name (Country)
(2)	Your Organization, Department, division, section and/or unit.
(3)	Your current functional title and duties (Please describe your occupation and professional responsibilities in 2023)
(4)	Your experiences related to DRR/mental health in your current and previous positions (if any)

Information regarding DRR situation in your country / organization	
(5)	Kind of disaster in descending order of “Frequency”
(6)	Kind of disaster in descending order of “Damage”
(7)	The worst-affected disaster in history and brief summary (in view of mental health and psychosocial support)
(8)	Brief summary of mental health activities in recent disaster cases(one or two)
(9)	Challenges of mental health under disaster contexts in your country

For Your Reference

JICA and Capacity Development

Technical cooperation is people-to-people cooperation that supports partner countries in enhancing their comprehensive capacities to address development challenges by their own efforts. Instead of applying Japanese technology per se to partner countries, JICA's technical cooperation provides solutions that best fit their needs by working with people living there. In the process, consideration is given to factors such as their regional characteristics, historical background, and languages. JICA does not limit its technical cooperation to human resources development; it offers multi-tiered assistance that also involves organizational strengthening, policy formulation, and institution building.

Implementation methods of JICA's technical cooperation can be divided into two approaches. One is overseas cooperation by dispatching experts and volunteers in various development sectors to partner countries; the other is domestic cooperation by inviting participants from developing countries to Japan. The latter method is the Knowledge Co-Creation Program, formerly called Training Program, and it is one of the core programs carried out in Japan. By inviting officials from partner countries and with cooperation from domestic partners, the Knowledge Co-Creation Program provides technical knowledge and practical solutions for development issues in participating countries.

The Knowledge Co-Creation Program (Group & Region Focus) has long occupied an important place in JICA operations. About 400 pre-organized courses cover a wide range of professional fields, ranging from education, health, infrastructure, energy, trade and finance, to agriculture, rural development, gender mainstreaming, and environmental protection. A variety of programs is being customized by the different target organizations to address the specific needs, such as policy-making organizations, service provision organizations, as well as research and academic institutions. Some programs are organized to target a certain group of countries with similar developmental challenges.

Japanese Development Experience

Japan, as the first non-Western nation to become a developed country, built itself into a country that is free, peaceful, prosperous and democratic while preserving its tradition. Japan will serve as one of the best examples for our partner countries to follow in their own development.

From engineering technology to production management methods, most of the know-how that has enabled Japan to become what it is today has emanated from a process of adoption and adaptation, of course, has been accompanied by countless failures and errors behind the success stories.

Through Japan's progressive adaptation and application of systems, methods and technologies from the West in a way that is suited to its own circumstances, Japan has developed a storehouse of knowledge not found elsewhere from unique systems of organization, administration and personnel management to such social systems as the livelihood improvement approach and governmental organization. It is not easy to apply such experiences to other countries where the circumstances differ, but the experiences can provide ideas and clues useful when devising measures to solve problems.

JICA, therefore, would like to invite as many leaders of partner countries as possible to come and visit us, to mingle with the Japanese people, and witness the advantages as well as the disadvantages of Japanese systems, so that integration of their findings might help them reach their developmental objectives.



This information pertains to one of the JICA Knowledge Co-Creation Programs (Group & Region Focus) of the Japan International Cooperation Agency (JICA) implemented as part of the Official Development Assistance of the Government of Japan based on bilateral agreement between both Governments.



Correspondence

For enquiries and further information, please contact the JICA office or Embassy of Japan.

Further, address correspondence to:

JICA Kansai Center (JICA Kansai)

Address: 1-5-2, Wakinohama-kaigandori, Chuo-ku, Kobe, Hyogo 651-0073, Japan

TEL: +81-78-261-0383/0341 FAX: +81-78-261-0342

("81" is the country code for Japan, and "78" is the local area code)