



## **The CONTROL**

**(COgNitive Therapy for depRessiOn in tubercuLosis treatment)**

**to improve outcomes for depression and TB in Pakistan and**

**Afghanistan**

**Funded by: RIGHT3, NIHR**

**Reference: NIHR201773**

# **“Six-Day Training for DOTS Facilitators on CBT”**

**18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup> & 26<sup>th</sup>**

**October 2024**



## EXECUTIVE SUMMARY

THE CONTROL is a psychological intervention program specifically designed for individuals undergoing tuberculosis treatment and experiencing depression. The core component of CONTROL is based on cognitive-behavioral therapy (CBT), which is a widely recognized and recommended treatment for depression. By adopting a CBT-based approach in CONTROL, the program aims to provide patients with strategies based on evidence to manage their depressive symptoms while undergoing tuberculosis treatment.

A comprehensive training session was designed and arranged for the DOTs facilitators on CBT from the 18<sup>th</sup> to 26<sup>th</sup> of October 2024. During the training, CBT Master trainers covered CONTROL intervention CBT sessions i.e., 1-6 sessions to equip the DOTs facilitators with the necessary knowledge and skills for better understanding of CONTROL intervention, CBT principles and CBT sessions. This allowed DOTs to better grasp the concepts and how to effectively deliver them to the patients. This report will narrate the proceeding of a six-day training for DOTs facilitators on CBT.

## Activity Background

A six-day training program for DOTS facilitators focusing on Cognitive Behavioral Therapy (CBT) was scheduled on October 18<sup>th</sup>, 19<sup>th</sup>, 20<sup>th</sup>, 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> 2024. The training presentation was designed and delivered in the Urdu language to enhance comprehension and facilitate better understanding among participants. The aim was to provide participants with insights into the CONTROL



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Intervention and CBT, emphasizing the application of CBT sessions in addressing the needs of TB patients with depression. The CBT Master Trainers guided participants through six sessions i.e., Sessions 1: Psychoeducation and behavioural activation; Session 2: Motivational interviewing; Session 3: Cognitive reconstructing, recognizing thoughts; Session 4: Cognitive reconstructing, challenging thoughts; Session 5: Cognitive reconstructing, alternative thoughts and Session 6: problem solving, ensuring a comprehensive understanding and practical application of CBT principles. For the CONTROL intervention, a unique set of intervention materials has been designed, including a handbook, handouts, flipbook, flyers, audio files for patients, and video files for DOTS facilitators.



### Facilitators:

- o **Saara Khan** *Intervention development coordinator & CBT master trainer*
- o **Faryal Fazal** *Research assistant & CBT master trainer*
- o **Zumar Malik** *CBT master trainer & CONTROL MHR student*
- o **Rafia Khalil** *CBT master trainer*

### Participants:

The training was attended by 15 TB health workers, including 6 old (from the pilot trial) and 8 new (for the definitive trial) DOTS facilitators and a psychologist from the MDR TB program. Participants also included team members from the evaluation and management teams and senior staff from the CONTROL project, all representing the Peshawar and Haripur districts.

### List of DOTS Facilitators:

1. Muhammad Shoaib (Lady Reading Hospital, Peshawar)
2. Muhammad Ashfaq (RHC Nahaqi, Peshawar)
3. Muhammad Shahab (TB Ganj, Peshawar)
4. Shad Muhammad (DHQ Hospital, Haripur)
5. Tazeem Akhtar (TBC Kangra Colony, Haripur)
6. Syed Mushtaq Ali Shah (Civil Hospital Khalabat Township, Haripur)
7. Inayat Ullah (Kuwait Teaching Hospital, Peshawar)
8. Fawad Ali (PRIME Hospital, Peshawar)
9. Asif Ali (Irfan General Hospital, Peshawar)
10. Muhammad Sikandar (Al-Khidmat Hospital, Peshawar)
11. Asad Ullah Zeb (TBC Gunj, Peshawar)



12. Sehrish Rehman (TBC Gunj Peshawar)
13. Chanzaib (Dr. Rafeeq Tanooli , Private Clinic, Haripur)
14. Nazia Gul (Khyber Teaching Hospital, Peshawar)
15. Nadia Jalal (EMDR TB, Leady reading hospital, Peshawar)

## DAY 1

### Day & Venue

The orientation on the CONTROL program and CBT was held on Friday, October 18<sup>th</sup>, 2024, from 09:30-01:00 pm in the video conference room of the academic block at Khyber Medical University.

### Facilitator of day 1:

The session was facilitated by Dr. Rubab Farooqi, Administrator and clinical trial coordinator and Ms. Saara Khan, Intervention development coordinator & CBT master trainer, CONTROL.

## Workshop Proceedings

### Introduction:

Day 1 of the six-day training program for DOT facilitators on CBT commenced with a recitation of the Holy Quran by Mr. Sikandar Khan, one of the DOT facilitators. Following this, Ms. Saara Khan warmly





welcomed the participants and led a round of introductions, creating an inclusive and welcoming atmosphere. She then outlined the aims and objectives of the training.

### **Overview of the CONTROL Research Program**

Dr. Rubab Farooqi, Administrator and Clinical Trial Coordinator, gave an overview of the research program CONTROL, discussed its four work packages, and presented the CONTROL flow diagram, offering a visual representation of the trial process.

### **CONTROL CBT Intervention**

Ms. Saara provided a detailed overview of the CONTROL intervention, which is based on Cognitive Behavioural Therapy (CBT). She explained that CBT is a psychotherapeutic approach that helps individuals identify and modify harmful



thought patterns that affect their emotions and behaviours. The CONTROL

intervention follows a structured program consisting of six

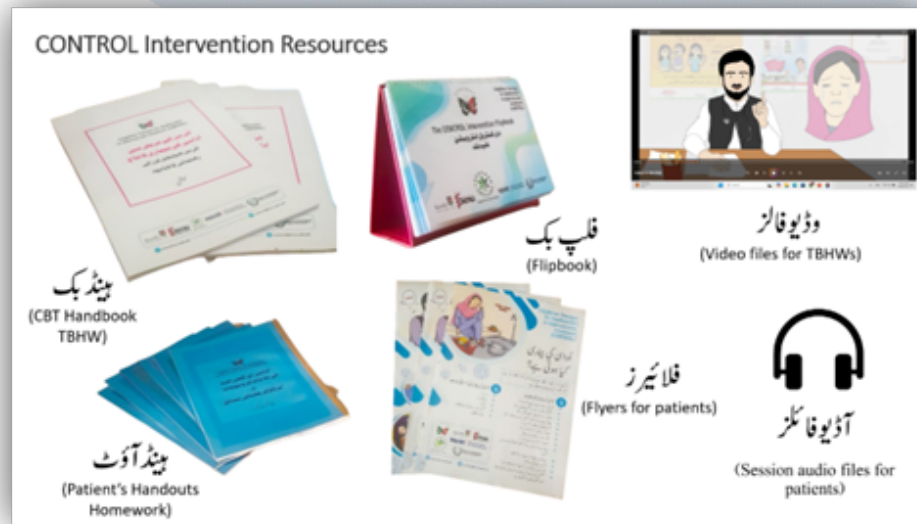
sessions, each designed to last 45 minutes to 1 hour to allow for an in-depth exploration of therapeutic techniques. Patients are scheduled to attend one weekly session, fostering consistency and gradual progress. This approach aims to systematically address the cognitive and emotional aspects of depression in a supportive environment.

### **CONTROL Intervention resources**



For the CONTROL intervention session, a unique set of intervention materials has been developed, including a handbook, handouts, flipbook, flyers, audio files, and video files.

- o **Handbook:** The handbook is a comprehensive manual tailored for DOTS facilitators, providing detailed insights into all session components.



- o **Handouts:** Patient-oriented handouts are designed to accompany each session. These contain informative reading materials and homework assignments distributed to patients at the conclusion of each session.
- o **Flipbook:** A desk flipbook has been created with a dual orientation, one side facing DOTS facilitators and the other facing patients. It features concise hints, short descriptions of session topics, and visual aids to enhance patient understanding.
- o **Flyers:** Informative flyers have been developed, offering details about depression, anxiety, and general treatment. These supplementary resources help participants gain a broader understanding of mental health concepts.



- o **Audio Files:** Two-minute audio recordings of each session are available in Urdu, Pashto, and Hindko for patients, allowing them to listen at home and deepen their understanding of the material.
- o **Video Files:** DOTS facilitators are provided with animated videos, 2-4 minutes in length, that provide a session summary, helping them prepare and gain a clearer understanding of the content before each session.

The practical application of CBT techniques within the CONTROL intervention was discussed with examples. The participants were provided insights into facilitating meaningful interactions and fostering a therapeutic alliance with patients.

### **Therapeutic skills:**

The facilitator explained the session by emphasizing the importance of therapeutic skills for DOTS facilitators, focusing on warmth, empathy, active listening, and unconditional positive regard. Practical examples were provided to illustrate the application of these skills in engaging with patients effectively. Ms. Khan outlined the standardized structure for each session, ensuring consistency throughout the program. The session format includes the introduction of the befriending technique, a review of the previous week's feedback and homework, agenda setting that outlines the session's objectives and structure, engagement in therapy work related to the current session, and, finally, the assignment of homework for the upcoming week.



Since the DOTS facilitators are experts in the TB field, they shared information about TB, covering topics like signs, symptoms,



statistics, and precautionary measures. Additionally, an overview of depression and anxiety, discussing their signs, symptoms, and the link between mental health conditions and TB. Day 1 concluded with a vote of thanks and feedback from the participants.

## DAY 2

### Day & Venue

Session 1, Psychoeducation and Behaviour Activation, was held on 19<sup>th</sup> October 2024 from 09:00 to 04:00 pm in the Video conference room, Academic block at Khyber medical university.

### Facilitator of session 1:

The session was facilitated by Ms. Saara Khan, Intervention development coordinator & CBT master trainer, CONTROL.

## Workshop Proceedings

### II. Session 1: Psychoeducation and Behavioral Activation

#### A. Psychoeducation

Session 1 commenced with a recap of day 1. Session 1 comprises two parts: Psychoeducation and behavioural activation. Ms. Saara Khan discussed the in-depth exploration of psychoeducation and its vital role in patient engagement.





Participants were informed about the significance of educating patients about Tuberculosis (TB), common mental disorders such as depression and anxiety, and the interrelation between mental health and TB. Signs, symptoms, and causes of depression and anxiety.

## General Treatment for Depression

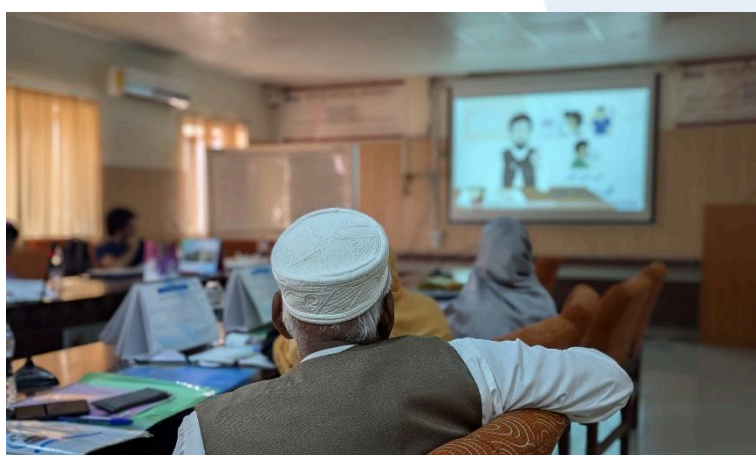

The session included a discussion on the general treatment modalities for depression and anxiety, illustrated through real-life examples. The objective was to provide participants with a comprehensive understanding of the therapeutic approaches used in addressing mental health concerns in TB patients. During the session, the participants engaged in breathing exercises while listening to calming audio of breathing exercises, creating a relaxed environment with dimmed lights to enhance the exercise experience.

## B. Behavioral Activation



Session 1 also introduced Behavioral Activation. The facilitator talked about what behavioural activation is, and how our feelings affect our behaviour and vice versa. Ms. Khan conducted a demonstration to illustrate the practical application of Behavioral Activation

techniques. This included a discussion on activities to enhance mood and motivation. Participants were introduced to daily diary activities as part of Behavioral Activation. The

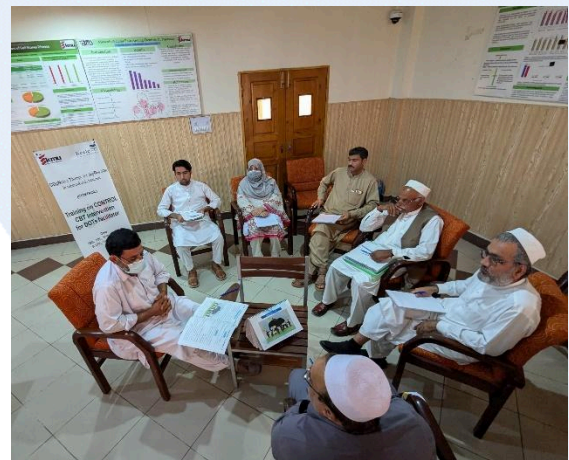




importance of tracking daily activities and their impact on mood was explained, laying the foundation for participants to integrate this technique into their therapeutic interactions. Participants were guided through the demonstration of session 1 techniques, including psychoeducation and behavioural activation for guidance, and as well as the video of session 1 was shown to them.

## Role-Playing

Participants engaged in a recap of Session 1, providing insights into their



understanding of psychoeducation and Behavioral Activation. The session concluded with participants being divided into two groups for role-playing exercises. Groups conducted role-plays, with one participant acting as the therapist and the others as the patient and attendant. One group did roleplay in Urdu and Pashto. This practical exercise aimed to reinforce the application of therapeutic skills and techniques learned in the session.







## Feedback

Master trainers offered feedback to improve the learning experience, specifically addressing session layout, the approach of DOTS facilitators in conducting sessions with patients, and the effectiveness of therapeutic skills. The feedback also emphasized the importance of building rapport with patients. Participants gained valuable insights into their roles and responsibilities, fostering a collaborative learning environment. Session 1 laid the groundwork for understanding psychoeducation, behavioral activation, and the practical application of therapeutic skills. The role-playing exercises proved to be instrumental in reinforcing the concepts learned. The subsequent sessions will build upon this foundation, further equipping participants with the necessary skills for effective patient engagement and support. The session ended with feedback from participants and post-tests.

## Participant of the Day:

A "*Participant of the Day*" segment was introduced during the training, where everyone votes for the member who demonstrates exceptional participation, shares insightful experiences, and actively engages in the activities. The selected participant



receives a token of appreciation from the CONTROL team at the end of the session.

This engaging and motivational initiative encourages DOTS facilitators to participate actively in discussions, roleplays, and other training exercises.

For Session 1, the "Participant of the Day" was *Sikandar Khan* from Al-Khidmat Hospital, Peshawar.



## DAY 3

### Day & Venue

Session 2, Motivational interviewing, was held on 20<sup>th</sup> October 2024, 09:00-04:00 pm in the Video Conference Room, Daud Khan Academic Block at Khyber Medical University.

### Facilitator of Session 2:

The session was facilitated by Ms. Faryal Fazal, research assistant and CBT master trainer, CONTROL.

### Workshop Proceedings:



## Introduction:

The second day of the training program commenced with a warm welcome of the participants to set a positive tone for the day's activities. The



session began with a pre-test for session 2, followed by a comprehensive recap of the previous day's leanings.

## Session Overview:

Ms. Faryal Fazal introduced the second session, Motivational Interviewing (MI). She highlighted the significance and objectives of MI, emphasizing its relevance to the participants. The session's layout was revised to ensure consistency throughout the training program.



Basic skills and principles of Motivational Interviewing were effectively conveyed through examples and participant interaction. The primary focus of the CONTROL program is on motivational interviewing in the context of medication adherence, with the central objective being to promote and ensure adherence to TB medication. Ms.



Fazal distributed worksheets on MI, allowing participants to practice the newly acquired knowledge in groups. The mock session between the Master Trainer and a patient was designed to make it easier and enhance participants' understanding before engaging in their role-plays. The Master Trainer utilized a blend of PowerPoint presentations in Urdu, hands-on activities, and role-playing scenarios to create a well-rounded and immersive learning environment. The basic communication/ therapeutic skills such as active listening, resistance to righting reflex, use of open-ended questions, reflective listening, and developing rapport with the patients were taught to DOTS.



### Role-plays:

Participants engaged in a recap of Session 2, providing insights into their understanding of the session. They were then divided into two groups for role-plays, allowing them to apply MI techniques (Engagement, focusing, evoking, and planning) in a simulated setting. The role-plays were conducted in both languages i.e. Pashto and Urdu.





## Feedback:

The Master Trainer actively participated in the role-plays, offering constructive feedback to each group. This personalized approach allowed participants to receive specific insights into their strengths and areas for improvement. The feedback session was instrumental in bridging the gap between theory and practical application, enhancing the overall learning experience. The session ended with feedback from participants and post-tests.

## Participant of the Day:

For Session 2, the "Participant of the Day" was Nazia Gul from Khyber Teaching Hospital (KTH).

## Conclusion:

Day 2 of the Motivational Interviewing session proved engaging and effective in reinforcing the essential concepts introduced in the training program. The combination of theoretical discussions, practical exercises, and personalized feedback contributed to a well-rounded learning experience for the participants.



## DAY 4

### Day & Venue



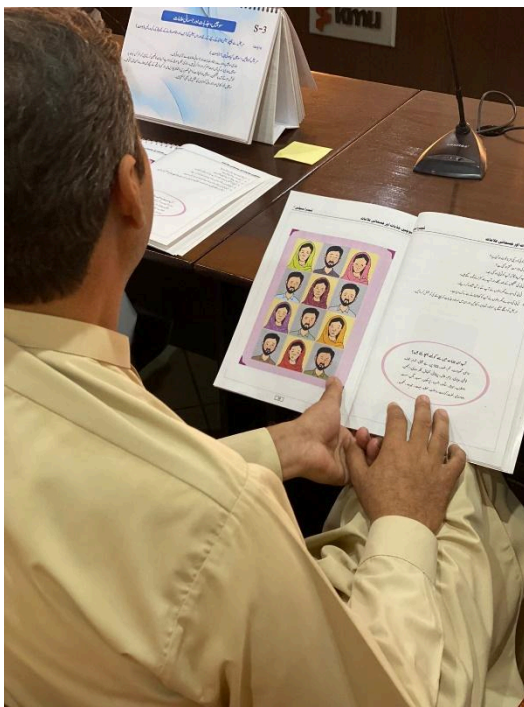
Session 3, Cognitive reconstruction: recognizing thoughts, was held on 24<sup>th</sup> October 2024 09:00 am - 04:00 pm in the Video Conference Room, 3rd floor, Daud Khan Academic block, at Khyber Medical University.

### **Facilitator of session 3:**

The session was facilitated by Ms. Hafiza Zumar Malik, CBT master trainer, and MHR Student CONTROL.

## **Workshop Proceedings**

The fourth day of the six-day training program for the DOTS focused on Session 3.



The core concept of cognitive restructuring was presented, which is the key component of CBT based CONTROL Intervention. The Session's objective was to enable participants to comprehend the connections between thoughts, emotions, physical symptoms, and behaviours.

The day began with a pretest to assess participants' knowledge and readiness for

the day's content, ensuring a baseline understanding.

### **Introduction to Cognitive Reconstruction:**

The facilitator thoroughly explained ideas, feelings, bodily symptoms, and actions, utilizing real-life examples to demonstrate the concepts by





performing various activities and giving them different visuals to help them understand emotions better. Participants were exposed to the vicious cycle and asked to apply it to their personal experiences utilizing the sheet.

### Exercise thought diary 1:



The facilitator revised the stories of Gul Muhammad and Zarmina, using them as practical examples to help participants understand. Diary No. 1 was filled with examples to help participants recognize ideas in real-life circumstances. Participants discussed the homework assigned in the last session, which allowed them to share insights, challenges, and thoughts on their experiences. The facilitator

reviewed the day's content and asked for comments from participants to ensure clarity and answer any remaining questions or issues. Participants took a post-test to assess their comprehension and memory of the information presented throughout the day.

### Role-play and Feedback

The facilitator performed a role-play first, after which the participants were split into two groups for additional





role-playing activities. While one of the participants performed as the patient, another took on the role of the therapist. The role-plays were led by DOTS, and CBT Master trainers provided constructive feedback on the role-plays, highlighting areas for improvement, particularly in therapeutic skills like empathy and active listening. The master trainer's feedback aimed to enhance participants' practical application of the learned concepts.

### Participant of the Day:

The "Participant of the Day" for session 3 was Tazeem Akhtar from TBC Kangra, Haripur.



### Conclusion:

Day 4 of the training program successfully covered the essential elements of cognitive reconstruction within the CONTROL CBT intervention. The

combination of theoretical understanding, real-life examples, role-playing exercises, and constructive feedback contributed to the participants' skill development and comprehension. The emphasis on therapeutic skills will undoubtedly enhance the effectiveness of participants in applying these techniques in real-world scenarios.



## DAY 5

### Day & Venue

Sessions 4 and 5, Cognitive reconstruction: challenging thought and alternate thoughts, were held on 25<sup>th</sup> October 2024 09:00 am - 04:00 pm in the Video Conference Room, 3rd floor, Daud Khan Academic block, at Khyber Medical University.

### Facilitator of session 4 & 5:

The session was facilitated by Ms. Hafiza Zumar Malik, CBT master trainer And MHR Student, CONTROL.

### Workshop Proceeding

The fifth day of DOTS facilitator training focused on Sessions 4 and 5, which addressed challenging thoughts and alternative thoughts in the CONTROL CBT intervention. The sessions delved into cognitive errors, thought and the process of cognitive restructuring through group discussions, activities, roleplays, and real-life examples.

### Session 4: Challenging Thoughts



Session 4 started with a Pre-Test and feedback/Recap of the previous session. After that, participants were made to understand cognitive errors like personalization,



all-or-nothing thinking, overgeneralization, magnification or minimization, and selective abstraction. Understanding cognitive errors was deemed necessary before moving on to challenging thought. Participants reviewed Gul Muhammad and Zarmina's story, and small group discussions were held to explore the application of cognitive errors in real-life situations. They were guided through the process of gathering evidence both for and against their thoughts, helping them to understand Thought Diary No. 2. The facilitator explained a real-life example on the whiteboard and did a role play. At the end, a post-test was given to the participants to assess their knowledge of the present day.

### **Session 5: Alternative Thoughts**

Session 5 started with a Pre-test and feedback/ Recap of the previous session. After that, the facilitator explained the final step cognitive reconstruction, which is alternative or balanced thoughts. Participants were urged to recognize their thoughts, challenge them, and then propose alternative thoughts. This stage helps avoid limiting perspectives and see the bigger picture.



### **Importance of Alternative Thoughts:**

The facilitator emphasized the importance of alternative thoughts for well-being, focusing on self-alternative thoughts, incorporated into Thought Diary No. 3.

### **Roleplays:**



Participants were placed into two groups and given time to construct role-plays demonstrating their understanding of CBT skills, including collaboration, agenda formulation, and Socratic questioning. Master trainers provided feedback, stressing CBT skills and identifying areas for development. Collaboration, agenda formulation, and effective Socratic questioning were all prioritized during the feedback. At the end, a post-test was given to the participants to assess their knowledge.





## Participant of the Day:

The "Participants of the Day" for Sessions 4 and 5 were Chan Zaib from Dr. Farooq Tanoli clinic, Haripur, and Inayat Ullah from Kuwait Teaching Hospital, Peshawar.



## DAY 6

### Day & Venue

Session 6, Problem solving, was held on 26<sup>th</sup> October 2024, 09:00-04:00 pm in the Senate Hall, Administration Block at Khyber Medical University.



The session was facilitated by Ms. Rafia Khalil, CBT master trainer, CONTROL.

## Workshop Proceeding

## Introduction:



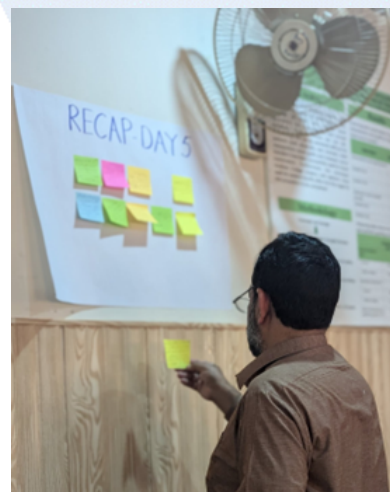
Day 6 of the six-day training program for the DOTS focused on Session 6, which centered around problem-solving within the CONTROL CBT intervention. The day began with a pretest for Session 6, ensuring that participants were prepared for the day's content. The trainer initiated the session with a recap of the previous day's learnings, emphasizing the importance of retaining

the information.

### Session Overview:

The master trainer led a discussion to revise the session layout with the participants. The key elements, including the befriending technique, feedback, agenda setting, therapy work, and homework, were highlighted to maintain consistency throughout the training program.

Ms. Rafia took the floor to explain the problem-solving process and its five essential steps:



1. Identifying or explaining the problem (identifying and prioritizing problems).
2. Thinking of possible solutions (brainstorming).
3. Evaluating the pros and cons of each solution (two-column technique).



4. Breaking down the chosen solution into manageable steps.
5. Following through with the plan.

To enhance understanding, the facilitator shared the story of Gul Muhammad and Zarmina, as mentioned in the handbook and flipbook. This narrative was used to demonstrate the application of problem-solving techniques in resolving a real-life situation. The story served as a practical example, helping participants grasp the concept of problem-solving.

### Activity:



Participants were given a problem-solving worksheet to apply the learned concepts individually. They were instructed to identify a problem and fill out the worksheet based on their understanding. The facilitator invited a few volunteers to share their worksheets, facilitating a group discussion to explore different approaches.

### Roleplays:

To further reinforce the learning, participants were divided into three groups to engage in roleplays centered



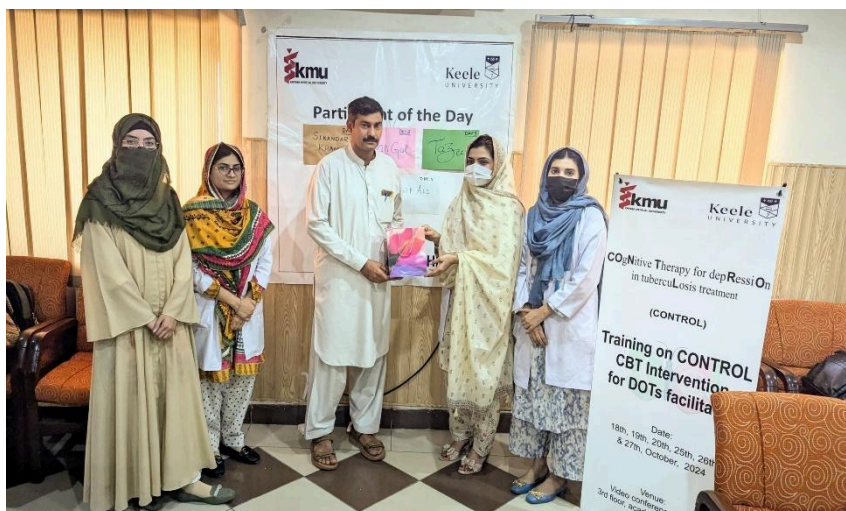


around problem-solving scenarios. This hands-on activity allowed participants to apply the problem-solving techniques in a simulated environment, enhancing their practical skills.



### Participant of the Day:

“The "Participant of the Day" for day 6 was Asif Ali from Irfan General Hospital, Peshawar.



### Conclusion:

Day 6 proved insightful and interactive, focusing on problem-solving within



the CBT framework. The combination of theoretical explanations, real-life narratives, individual activities, and group role-plays contributed to a comprehensive and engaging learning experience. The participants demonstrated a growing understanding of problem-solving techniques, setting a positive tone for the remaining sessions of the training program.

At the end, a post-test was given to the participants to assess their knowledge.

The day was concluded with a vote of thanks and distribution of certificates and customized souvenirs to participants.







## Certificate Distribution



## COGNITIVE THERAPY FOR DEPRESSION IN TUBERCULOSIS TREATMENT (The CONTROL Program)

### “Six-Day training for DOTS on Cognitive behavior therapy”

#### Day 1

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 18<sup>th</sup> October 2024, Friday, 09:30 AM to 01:00 PM

Time slot	Topic / title	Resource person
09:30am-09:35am	Recitation of the Holy Quran	Participant
09:35am-09:45am	Introduction of CONTROL team & DOTS	Ms.Saara Khan
09:45am-10:00am	Overview of CONTROL program	Dr. Fayaz Ahmad/Dr. Rubab Farooqi
10:00am-11:00am	About CONTROL intervention, Introduction to CBT	Ms. Saara Khan
11:00am-11:30am	Tea Break	
11:30am-01:00pm	Intervention structure & process, TB, common mental disorders (depression & anxiety) and association between TB and common mental disorders.	
01:00pm onwards	Lunch	

#### Day 2

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 19<sup>th</sup> October 2024, Saturday, 09:00 AM to 03:30 PM

Time slot	Topic / title	Resource person	Teaching Methods	Assessment
09:00am-09:05am	Recitation of the Holy Quran	Participant	-	
09:05am-09:20am	Pre workshop evaluation & pre-test	Ms. Saara Khan	-	Pre-workshop survey
09:20am-09:45am	Introduction to session 1 & psychoeducation		Lecture	
09:45am-10:00am	Befriending technique and Introduction to Psychoeducation (Session 1 part 1)		-Small Group Discussions -Demonstrations and role plays	Formative Feedback



10:00am-11:00am	TB, Depression, Anxiety and their relationship, General treatment for Depression and Anxiety		-Lecture and small group discussions	
11:00am-11:30am TEA BREAK				
11:30am-11:40pm	Breathing exercise	Ms. Saara Khan	Audio, demonstration	
11:40am-01:00 pm	Recap of session psychoeducation and role plays		Role plays	
01:00pm-01:30pm	Session 1 Part 2: Behavioral Activation (BA) & steps		-Demonstration and role plays	Feedback and reflections
01:30pm-02:00pm	List of activities and introduction to daily activities diary		-Lecture and discussions	
02:00pm-02:45pm	LUNCH & PRAYER BREAK			
02:45pm-03:15pm	Recap & role plays	Ms. Saara Khan		-Feedback and reflection -Post-session survey
03:15pm-03:30pm	Feedback of the day			

### Day 3

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 19<sup>th</sup> October 2024, 09:00 AM to 03:00 PM

Time slot	Topic / title	Resource person	Teaching Methods	Assessment
09:00am-09:05am	Recitation of the Holy Quran	Participant		
09:05am-09:20am	Feedback of the previous day	Ms. Faryal Fazal	-Discussions -Role play	
09:20am-09:40am	Session 2 Layout and Feedback Techniques		-Lecture -Demonstration	Feedback and reflection
09:40am-10:30am	Introduction to Motivational Interviewing (MI)		-Lecture -Small Group Discussions	Pre-session survey
10:30am-11:00am	Basic Skills and Principles of MI		-Video of Motivational Interviewing -Role plays	Feedback and reflection



11:00am -11:30am	Tea Break			
11:30am -12:00pm	Discussion on MI worksheet	Ms. Faryal Fazal	-Demonstration -Role play	Feedback and reflection
12:00pm -12:15pm	Recap			
12:15pm -12:35pm	Discussion on homework			
01:00pm -02:00pm	LUNCH & PRAYER BREAK			
02:00pm -03:00pm	Recap & role plays	Ms. Faryal Fazal	-Demonstrations -Role plays	-Post session survey -Feedback and reflection

## Day 4

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 25<sup>th</sup> October 2024, 09:00 AM to 04:00 PM

Time slot	Topic / title	Resource person	Teaching Methods	Assessment
09:00am - 09:05 am	Recitation of the Holy Quran	Participant		
09:05am - 09:20am	Feedback of previous session	Ms. Zumar Malik	-Discussions -Role play	Pre-test
09:20am -09:40am	Layout of the session 3		Lecture	Formative open-ended questions
09:40am -10:30 am	Introduction to thoughts, emotions, physical symptoms, and behaviour		-Lecture, Small group discussions	
10:30am -11:00am	Vicious cycle of depression		-Lecture -Story telling (Zarina's story).	Feedback and reflection



11:00am - 11: 30am	Recognition of thoughts (Thought diary no 1)		Demonstration , Small group discussions	
11:30am -12:00 am	Tea Break			
12:00pm -01:00 pm	Discussion on homework	Ms. Zumar Malik		Feedback and reflection
01:00pm -02:00 pm	Roleplays (Activity)			
02:00pm - 02:30 pm	Lunch & Prayer Break			
03:00pm -04:00p m	Recap & feedback of the day	Ms. Zumar Malik	-Discussions	Feedback and reflection

## Day 5

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 26<sup>th</sup> October 2023, 08:30 AM to 04:00 PM

Time slot	Topic / title	Resource person	Teaching methods	Assessment
08:30am - 09:00 am	Recitation of the Holy Quran	Participant		
09:00am - 09:20 am	Feedback of previous day	Ms. Zumar Malik	-Discussion -Roleplays	Feedback and reflection
09:20am - 09:45 am	Layout of the session 4		Lecture	
09:45am - 10:15 am	Cognitive errors		Lecture, small group discussions	
10:15am - 11:00 am	Challenging thoughts		-Demonstration -Zarina & Gul Muhammad's story	



			-Video	
11:00am - 11:15am	Thought diary no. 2		-Demonstration, Small group discussions	
11:15am - 11:30 am	Tea Break			
11:30am - 11:45am	Discussion on Homework	Ms. Zumar Malik	Lecture, small group discussion	Feedback and reflection
11:45am - 12:45 pm	Role Plays (Activity)		-Demonstration -Role play	
12:45pm - 01:15 pm	Layout of the Session 5		-Lecture	
01:00pm -02:00 pm	Alternative thoughts		-Lecture and demonstration -Story telling: Zarmina's & Gul muhammad's story (Video)	
02:00pm -02:30 pm	LUNCH & PRAYER BREAK			
02:30pm - 03:30pm	Diary no 3	Ms. Zumar Malik	Demonstration , Small group discussions	Feedback and reflection
03:30pm -04:00pm	Role plays and feedback of the day			Post-session survey

## Day 6

**Venue:** Senate Hall, Admin block (first floor), KMU

**Date & Time:** 27<sup>th</sup> October 2023, 09:00 AM to 04:00 PM

Time slot	Topic / title	Resource person	Teaching methods	Assessment
09:00am-09:20am	Feedback of previous day	Ms. Rafia Khalil	-Discussion -Roleplays	Feedback and reflection
09:20am-10:00am	Session and layout and introduction to 'Problem Solving'		-Lecture	Pre-session survey
10:00am-11:00am	Problem Solving steps		-Discussions	



11:00am-11:40am	Problem solving exercise with Gul Muhmmad's story		-Story telling (video of Gul Muhammad)	Feedback and reflection
11:40am-12:00pm	TEA BREAK			
12:00pm-01:00pm	Problem solving work sheet		Discussions	
01:00pm-02:00pm	PRAYER & LUNCH BREAK			
02:00pm-02:40pm	Group activity	Ms. Rafia Khalil	-Demonstration	Feedback and reflection
02:40pm-03:30pm	Hands on practice on problem solving		-Roleplays	
03:30pm-03:45pm	Feedback of session		-Discussions	Post-session survey
03:45pm-04:00pm	Post workshop evaluation			