



Training Directory



National Institute of Social Development

Recognized by the University Grants Commission as a Degree Awarding Institute
Under Section 25 A of the Universities Act No.16 of 1978

MINISTRY OF FINANCE

**State Ministry of Samurdhi, Household Economy, Micro Finance,
Self-Employment & Business Development**



**NATIONAL INSTITUTE OF SOCIAL
DEVELOPMENT (NISD)**

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**Liyanagemulla
Seeduwa, Sri Lanka**



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NATIONAL INSTITUTE OF SOCIAL DEVELOPMENT (NISD)

VISION STATEMENT

To be a centre of excellence, nationally and globally in Social Work Education,
Training and Research

MISSION STATEMENT

To enhance human resources for social development through the
preparation of competent manpower in social work at all levels,
generate and disseminate new knowledge and technologies for social
work practice, provide specialized services for social welfare and social
development





Preface

The National Institute of Social Development (NISD) is a premier institution in Social Work education in Sri Lanka. It has been recognized by the University Grants Commission (UGC) as a degree awarding Institute, under the section 25 of the Universities Act No.16 of 1978. This institute is a higher educational institution producing professional Social Workers and Counsellors to Serve the Social Welfare System to promote Social Development.

The National Institute of Social Development (NISD) embarked upon this noble task of conducting training programmes since 1952 while being engaged in other educational programmes in Social Work. At the initial stage, a certificate course was undertaken by the Institute. The certificate courses in Social Work, Social Welfare and Social Development were later offered to reach the entire country as the leading education & training provider in Social Work & Social Development related short term training programmes. It appears timely to commence Para - Professional/short-term training programmes of our own for two reasons. Firstly, it is timely for us to have more study programmes of our own to establish our premier position in the field of Social Work, Social Welfare and Social Development. Secondly, to diversify our educational programmes, professionals, paraprofessionals to and democratize training programme for building values of community members to achieve Sustainable Development Goals by 2030. Therefore, it is prudent to start with programmes for selected government organizations and self-financing programmes in relevant study areas where we have excelled.

Training there fore is one of the key areas of NISD. The training focuses on career development of those engaged in the field of Social Work, Social Welfare and in Social Development. The Training Division of NISD offers short and long-term courses for government and non-governmental staff to improve their knowledge, skills and professionally appropriate attitudes that leads to their professional and organizational performance enhancement. Continuous enhancement of worker capacity in turn improves service delivery positively impacting quality of life of individuals, families and communities towards overall improvement of society.

Even though the National Institute on Social Development has been offering number of training programmes, this is our first effort to develop and offer a Training Directory including all training programmes currently offer by the Institute. NISD has successfully developed a web of



network with several local and international organizations and training institutions to give leadership in developing the much-needed human resource to maintain a premier national institution in the country.

NISD expects to develop the competencies of officers working at field level in Social Welfare Social Service through the tailor-made and coustermized training programmes for effective and efficient service delivery. I firmly believe that the Training Directory of National Institute of Social Development would provide necessary guidance to select effective training programmes according to the specific needs of the organizations and individuals.

Shamini Attanayake

Director General

National Institute of Social Development.



Acknowledgements

Training in many areas related to Social Work has been a major objective of the Ceylon Institute of Social Work established in 1952. This institution was later re-named as the Sri Lanka School of Social Work in 1965. In 1992 the name was changed again as the National Institute of Social Development (NISD) and brought under the provisions of the National Institute of Social Development Act No.41 of 1992. The newly established Training Division initiated to train the much-needed social welfare officers in the starting 2001.

Since the establishment of the training division it has conducted several custom-designed training programmes for many institutions in the Government (GO) and Non-Government organizations (NGO) building the capacities of the respective clientele. Currently this division continues to conduct both short-term and long-term as in-house and out-reach training programmes. The diploma programme in counselling was initiated by the training division based on a felt need of trained counsellors, in the wake of the natural and man-made disasters that was experienced by the country. This programme in counselling produces trained counsellors has become one of the most popular and successful training programmes offered by the Training Division.

The Training Division owes its progress to the sincere support extended by Mr. Neel Bandara Hapuhinne, Secretary, State Ministry of Samurdhi, Household Economy, Micro Finance, Self-Employment & Business Development and Chairman, Governing Council, NISD, Director-General, NISD, Additional Director General (Academic), Ms. Shamini Attanayake. Thank her for her guidance and support to complete this Directory. Mr. K.M.Y. Karunarathne, Director, SSW, Mr. M.S.M. Asmiyas, Director, Research and Publication. Specially Mr. K. Prasanna Chandith, Director (Administration), SLIDA and Ms. Annie Kurian, Consultant in Social Work. We thank them profusely for their unstinted support and consultation for preparing the Training Directory. We appreciate all faculty members and the non-academic staff members of the training division for their unstinting support.

A special word of appreciation is due to the Coordinator and Senior Training Officer Mrs. Deepthi Niroshika, Senior Training Officer Mrs. Kumudini Wedisinghe, Training Officers, Mrs. Kanchana Adikari, Mr. Ironne Jayasekara, Mr. Priyan Hettiarachchi, Mr. B.K.S. Karunaratne, Mr. A.H. Ubaidullah, Mr. T. Tharshan, Mr. Y.M. Nimsath, Mrs. Iresha Madushani Samarasinghe and faculty members of School of Social Work and Research and Publication



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Varathagowry Vasudevan
Director, Training
National Institute of Social Development



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National Institute of Social Development (NISD)

Introduction

The National Institute of Social Development (NISD), a statutory body engaged in Social Work and Counselling education, functions under the purview of the Ministry of Primary Industries and Social Empowerment. The primary aim of NISD is to produce professional Social Workers to service the Social Welfare system and promote Social Development.

NISD operates under the provisions of the National Institute of Social Development Act No.41 of 1992. According to the Act, the main objectives of this institute shall be to promote Social Work and Social Development education and in particular conduct Diploma, Undergraduate and Postgraduate Courses in Social Work and Social Development, initiate and promote innovative practices in Social Work and Social Development education system including adaptation of technology, and provide for the development of professional and managerial competence of personnel in the Social Welfare System.

This has led to the development and production of professionally and managerially competent personnel in the Social Welfare System and made available specialist services in Social Work and Social Development.

The Objectives of the Institute

The objectives of the institute, as stated in the National Institute of Social Development Act. No. 41 of 1992 are to:

01. Upgrade, expand and update higher educational programmes for Professional Social Work, Social Welfare Management & Social Development up to globally recognized standards.
02. Expand, strengthen and collaborate in training programmes aimed at Human Resources Development for Social Welfare, Human Services, Community Development, Empowerment of the Disadvantaged and Social Development while increasing avenues for those who are interested in developing and advancing their skills in the field of Social Work to optimize and better perform their careers with competence.
01. Initiate, promote, conduct and collaborate in research work pertaining to various aspects of Social Work Education and Practices, Social Welfare and Social Development whilst generating and propagating new knowledge to the field for present and future application.



02. Contribute to the Social Welfare and Social Development Policy Formulation, Planning and Implementation through the provision of specialist services.
03. Improve financial, academic, non-academic manpower and infrastructural resources with special attention to the establishment of a permanent premises for the institute to facilitate the achievement of all other goals.

The activities of NISD to achieve the above stated objectives:

01. Providing professional Social Work Education, Training and Research
02. Conducting of local and international training programmes in Social Work.
03. Conducting research in the field of Social Work, Social Welfare and Social Development and Publishing Literature
04. Conducting Counselling Education in the field of Social Welfare and Development
05. Developing professional and managerial efficiency of the staff of Governmental and Non-Governmental sectors involved in Social Welfare
06. Providing necessary assistance to the Hon. Minister to formulate and implement Social Welfare Policies and Programmes.

A Brief History of the Institute

The humble beginnings of this pioneer institution in Social Work Education commenced in 1952 when some leading citizens, a few Non-Governmental Organizations and representatives of some Government Departments made a combined effort to establish the Ceylon Institute of Social Work. This institution was subsequently re-named as the Sri Lanka School of Social Work. In 1992 this School was upgraded and re-named as the National Institute of Social Development by an Act of Parliament namely, The National Institute of Social Development Act no.41 of 1992.

In 2005, the Government of the Democratic, Socialist Republic of Sri Lanka, on the recommendation of the University Grants Commission, declared the National Institute of Social Development as a degree awarding institution for the purpose of developing higher education leading to the conferment of the Bachelor's Degree in Social Work, by order under Section 25 A of the Universities Act No.16 of 1978 published in the Gazette Extraordinary No.1395/15 of June 01 2005. The Bachelor of Social Work degree program commenced in December 2005.



The Master's Degree programme in Social Work was approved subsequently by the University Grants Commission and to formalize the approval, the Government of the Democratic Socialist Republic of Sri Lanka rescinded the previous (gazette) order of 2005 and declared the National Institute of Social Development as a degree awarding Institution for the purpose of developing higher education leading to the conferment of the Bachelor of Social Work Degree and the Master of Social Work Degree by order under section 25A of the Universities Act No. 16 of 1978 and published in the Gazette Extraordinary No. 1557/7 of July 07 2008.

The Organizational Structure of the Institute

The Governing Council is the apex body in the organizational structure of the National Institute of Social Development. The administration, management and control of the affairs of the Institute are vested in the Council. The Academic Affairs Board functions under the Council as an advisory body on all academic matters.

The regular operational functions of the Institute are carried out by four integrated divisions. They are;

1. The School of Social Work
2. The Training Division
3. The Social Development, Policy Research & Publications Division
4. The Administration & Finance Division

The first three divisions are engaged in academic matters. At present the **School of Social Work** conducts the three main academic programs of the institute. They are; the two-year Diploma program in Social Work, the four-year Bachelor's degree program in Social Work and the two-year Master of Social Work degree program in Sinhala, Tamil and English.

The training division established in 2001, conducts the Diploma Programmes in Counselling, Gerontology and Elder Care, Child Protection, Social Care, Community Based Corrections, a twenty one month programme, Certificate Course and several other sponsored customer-focused on in-service and out-reach training programmes.

The Research Division is engaged in conducting and collaborating research activities pertaining to aspects of Social Work Education and Practice, Social Welfare and Social Development for Social Welfare Policy making. The Administrative and Financial Division is in charge of all administrative and financial matters of the Institute. The Director-General is the Principal Executive Officer of the National Institute.



Affiliations to Professional Associations

A number of International affiliations have been established by the Institute.

The international affiliations are with:

- The International Association of Schools of Social Work (IASSW)
- The International Consortium on International Social Development (ICISD)
- The International Federation of Social Workers (IFSW)
- The Asia Pacific Association of Social Work Education (APASWE)

Important requirements for attending the Training Programmes:

The NISD provides all facilities to those students and trainees who have a valid registration at NISD. All registered students and trainees are allowed, under normal circumstances, access the NISD premises and are permitted to remain within the premises between 8.30 am and 4 pm during working days unless permission is obtained from the Director-General to remain longer. Students are expected to abide by the rules and regulations of the NISD as specified in the By Laws on Student and Trainee discipline.

An important feature of the all training programmes is the emphasis placed on Classroom and Field Work Practice as integral part of the total curriculum. Classroom work enable to gain knowledge and Field Work enables the student to integrate and reinforce the knowledge acquired in the classroom with actual practice conducted under competent supervision and guidance. A student or trainee who is absent from classroom and field work for less than 60%, for any reason, will have to compensate for the absence in full in accordance with the instructions and By Laws of the division in consultation with the programme coordinators, Director, Registrar and Director General of NISD. The **minimum** period of short-term training programme will be one day to 12 days and the long term programmes from six months to 4 years. The **maximum** period within which a trainee should complete the programmes to become eligible for the certificate shall be specified in the each of the programme guideline.

Medium of Instruction: Sinhala /English/Tamil

Type of Training Courses:

1. Orientation courses for the new entrants in the field
2. In- Service training courses for those who are in the profession
3. Refresher courses and workshops are organized at intervals to review and assess the status of the programme for determining the progress for innovation and development.



Special note: Customized programmes can be offered based on organizational requirements for orientation, in-service, pre- service and refresher trainings.

Duration of the Programmes:

The duration of programmes vary from one to another as per need of the required training programme.

1. Short term Training programme: 2 days to 12 days
2. Certificate Level training Programmes: 6 months

Academic programmes as per SLQF

1. Diploma level Programmes: 30 credits
2. Duration: One Year – Two years (full time / part time)
3. Diploma and Higher Diploma level programme: 60 credits, a 2-year full time or Part-time programme, Bachelor level programme 120 credits - a 4-Year programme
4. Master of Social Work 60 credits, a 2-year programme

Levels of training

1. Training for Front Line Workers having secondary education level, those who have GCE (O/L) and GCE (A/L) certification.
2. Training for Community Level Leaders, Volunteers and Community based organization Members
3. Training for Development Officers/ Field Officers having Bachelor's Degree in Social Work and other degrees
4. Training for Managerial and Supervisory Professionals having a Post Graduate education in Social Work and other Social Sciences
5. Training in leadership for Policy Makers having Graduate, Post Graduate qualifications.

Minimum number of Participants :10 - 20 per Short-term training programme and a special discount shall be given to a group of more than 40 Participants from a department or an organization which shall be decided at the Academic Affairs Board and Governing council.



Standard Course fee:

Rs. 1500 per participant including study materials, refreshment and lunch per day. (Excluding logistics, transport, food and accommodation for residential training programme) for Short term trainings. The other academic programmes shall be conducted according specified in each course specification as per Sri Lanka Qualification Framework (SLQF).



Methodology of Training Programmes

Introduction

The methodology focuses on participant centered interactive training and development toward behavioral change for formation of mind sets for Human Resource Development in the field of Social Work and Social Development. The following methods are used pertaining to selected training; such as Mini-Lectures, small group discussions, case analysis, practical sessions, role playing, simulation, success stories, service user reflection, use of audio-visual materials, and group activities etc. Beside the use of existing teaching materials, efforts are made to produce and use indigenous training and social coaching such as practice based case studies, research reports, field work reports, annual reports, official programme files, practical demonstration, mentoring, supervision and field visits.

Field study visits:

In order to broaden the idea of the trainee about the social work activities and best practices of field practice agency, community-based practices of field practice agency visits are planned as per requirement.

Reward:

A certificate of participation issued by the head of the respective Department and Director General for Shor-term Training Programmes. Diploma, Higher Diploma, Degree Certificates issued as per level of academic programme.

Evaluation of training programmes:

1. Pre- training evaluation questionnaire
2. Post – training evaluation questionnaire
3. Review discussion at the end of the programme
4. Assessment of periodic workshops
5. Regular follow up and monitoring in collaboration with departments and organizations in consultation with the National Institute of Social Development



A Brief Introduction to Training in Social Work, Counselling, Social Welfare and Social Development

NISD has forged forward as the premier institution imparting knowledge in Social Work Education, Social Welfare and Social Development related short term training programmes in the country. The National Institute involves in Para-Professional short-term training programmes to graduate programmes in the field of Social Work and Social Development of our own for two reasons. Firstly, it is time for us to have more study Programmes of our own to establish our premier position in the field of Social Work, Social Welfare and Social Development. Secondly, to diversify our educational Programmes, NISD needs to focus on training, education and research in the emerging specialized fields in Social Work Practice right from individual work to policy level. Therefore, it would be prudent to list out all the training programme in this training directly for imparting information on availability of training programmes for human resource development for government departments, non-governmental organizations and private sector organization in the study areas where we have excelled.

Rationale

The rationale for such a training directory is based on the following facts:

1. Importance of the trained human resource in the field of Social Work, Counselling, Social Welfare and Social Development and its demand for such Programmes.
2. Availability of qualified and experienced trainers/ teaching faculty/ visiting resource panel.
3. An effective use of the training allocation of the Governmental departments, non-governmental and private organizations.
4. Expanding Training Programmes required for new emerging aspects of human resource development in the field of Social Work, Counselling and Social Development.



Overall objective

To expand, strengthen and collaborate in training programmes aimed at Human Resources Development for Social Work, Counselling, Social Welfare, Human Services, Community Development for Empowerment of the Disadvantaged and Social Development while increasing avenues for those who are interested in developing and advancing their skills in the field of Social Work to optimize and better perform their careers with competence.

Overall Training Learning Outcomes

To build capacity of human resources in the fields of Social Work, Counselling, Social Welfare and Social Development through continuous professional development.



Short-Term Training Programmes

Theme: 01. Family Social Work

The thematic module on Family Social Work focuses social workers to intervene in situations where families leading towards a level dysfunctionality, with a unique competence to work with sensitivity to facilitate families to come out of the crisis situation using an array of skills with understanding, patience and using different resources bases.

Title: 01. Happy Family for a Better Life

1.1. Course Number: STT/001

1.2. Learning Outcomes:

At the end of this training programme, the participants will be able to:

- Define a family
- Identify the fundamental elements of a happy family
- To describe the happiness within the family and its significance
- Explain the importance for strengthening the family
- Demonstrate soft skills in interpersonal relationship added for changing the family dynamics
- Apply techniques for a happy family for better life

1.3. Course Content:

- Definitions of the family in the current context of theory and practice
- Concepts of Happiness in a family and better life
- Problems that could affect the Happiness
- How to build up a Happy Family?
- Interpersonal relationship building
- Family support and family counselling.
- Recipe for a happy family.

1.4. Target Group:

Social workers, Social Welfare Officers, Development officers, Counsellors, Community Leaders, Community Members and Students

1.5. Duration: 3 days

1.6. Course Fee: Rs. 4500/- per participant



Title: 02. Skills in strengthening families

2.1 Course No: STT/002

2.2 Learning Outcome:

At the end of this training programme the participants will be able to:

- Define a family
- Describe types of families and families in transitions
- Explain family strengthening approaches
- Plan and facilitate family assessment with family members
- Develop skills in family assessment
- Facilitate families to develop skills in family development plan
- Evaluate strengthening families

2.3 Course Content:

- Define the family
- Type of families
- Values and norms of families
- Family assessment
- techniques of family group conference
- Family development plan
- Approaches in strengthening families

2.4 Target group:

Family Social Workers, Child Welfare Officers, Social Welfare Officers, Health Practitioners, Social Workers, Correctional Social Workers, Rehabilitation Officer, and Counsellors who involve Family Social Work Practice

2.5 Duration: 5 days

2.6 Course Fee: Rs 7500/=



Title: 03. Life skills for work-life Balance

3.1 Course Number: STT/003

3.2 Learning Outcomes:

At the end of this training programme, the participants will be able to:

- To identify the basic life skills
- To explain the importance of life skills
- To identify gaps in work life balance
- To analysis, plan and implement activities to improve work- life balance
- To evaluate the capacity of own work- life balance and impact on performance

3.3 Content:

- Introduction to health wellbeing and work- life balance
- Assessment in work- life balance
- Activities for improvements for work- life balance
- Work- life skills development
- Capacity building of work- life balance

3.4 Target Group:

Any officers, public and students

3.5 Duration: 5 days

3.6 Course Fee: Rs. 7500/=



Title: 04. Parenting Skills

4.1 Course Number: STT/004

4.2 Learning Outcome:

At the end of this training programme, the participants will be able to:

- Describe growth and development of their children
- Identify and explain developmental needs in a given context
- Identify parenting skills
- Explain parenting styles
- Analysis methods of discipline
- Apply supervision and safety of children
- Evaluate progress of parenting

4.3 Content:

- Introduction to child growth and development
- Effective parenting and parenting styles
- Methods of discipline
- Interrelationship building
- Supervision, safety and protection

4.4 Target Group:

Any Officers, Public and Students

4.5 Duration: 2 days

4.6 Course Fee: Rs. 3000/=



Title: 05. Case Management

5.1 Course Number: STT/005

5.2 Learning Outcomes:

At the end of this training programme, the participants will be able to:

- Define case management
- Identity the need for case management in practice
- Explain Roles and task of a case manager
- Plan and implement Case conference and family group conference
- Apply the case management competencies in practice

5.3 Content:

- Define case management
- Case management process
- Techniques of Case Management (family group conference and Case conference)
- Qualities and role of a Case Manager
- Basic competency in Case Management Practice

5.4 Target Group:

Social Welfare Officers, Health Practitioners, Social Workers and Counsellors Who Involve in Multi-Disciplinary Practice and Students

5.5 Duration: 5 days

5.6 Course Fee: Rs 7500/=



Title: 06. Couple Therapy

6.1 Course Number: STT/006

6.2 Learning Outcome:

At the end of this training programme, the participants will be able to:

- Define the term ‘couple therapy’
- Identify benefits from couple therapy
- Assess the area of concerns
- facilitate goal settings
- Develop skills in treatment strategies
- Apply strategies towards positive behavior change

6.3 Content:

- Introduction to Couple Therapy
- Assessment of area of concerns
- Treatment process in working with couples
- Skills in working with Couples
- Appropriate referral

6.4 Target Group:

Development Officers, Counsellors, Social Workers and Final Year Students in Social Work Degree and Graduate Students

6.5 Duration: 5 days

6.6 Course Fee: Rs. 7500/=



Theme: 02. Working with Children

The thematic module on working with children focuses social workers to facilitate child development, adolescent and children with special needs to facilitate families to focus developmental needs of their children. These modules also enhance professionals for using an array of skills with professional competency in working with children and families

Title: 01. Child Development

7.1 Course Number: STT/007

7.2 Learning Outcome:

At the end of this training programme. the participants will be able to:

- Describe the key concepts and principles of child development.
- Explain the stages of child development and factors that affect child growth and development
- Identify child developmental disorders
- Explain developmental psychological theories related child development
- Develop professional competence on facilitating child development.

7.3 Content:

- Introduction to Stages of child growth and development.
- Developmental Psychological theories on child development.
- Developmental disorders.
- Roles and skills of child development related professionals and para- professionals

7.4 Target Group:

Child Welfare Officers, Mental Health Workers, Pre-School Teachers, Teachers and Students

7.5 Duration: 5 days

7.6 Course Fee: Rs. 7500/=



Title: 02. Working with Adolescents

8.1 Course Number: STT/008

8.2 Learning Out Comes:

At the end of this training programme, the participants will be able to:

- Describe the stage of adolescence in the human growth and development
- Differentiate adolescence and adulthood
- Identify developmental needs and challenges of adolescence
- Develop skills in rapport building for working with adolescents
- Assess and plan intervention in working with adolescents

8.3 Content of the Module:

- Introduction to stage of adolescence
- Strengths and challenges of adolescence
- Differences between adolescence and adulthood
- Intervention process in working with adolescents
- Skills in working with adolescents

8.4 Target Group:

Social Workers, Counsellors, Child Welfare Officers, Youth Officers, Community Volunteers and Students.

8.5 Duration: 3 days

8.6. Course Fee: Rs. 4500/= per participant



Title: 03. Social Work with Children with Special Focus on Disability

9.1 Course Number: STT/009

9.2 Learning Outcome:

At the end of the training programme, the participants will be able to:

- Define the concepts of children with disability
- Explain causes and consequences of disability.
- Identify the services and programmes available for children with disability
- Apply Social Work interventions for the well-being of children with disability
- Formulate suitable strategies and programme to assist the children with special needs
- Develop professional competence working children with disability

9.3 Content:

- Definitions of the concept of children with disability
- Identification of causes and consequences of disability
- Services and programmes available for children with disability
- Working with children with disability and their families.
- Social work intervention for children with disability and families
- Community-based rehabilitation

9.4 Target Group:

Officers in the relevant Field of Government and Non-Government Sectors.

9.5 Duration: 5 Days

9.6 Course Fee: Rs. 7500/=



Theme: 03. Counselling

The thematic module on counselling focuses psychological counsellors to develop competence in assessment, counselling process, Counselling Intervention for health promotion and Substance use Disorders, Stress management, Pregnancy and Counselling Managing Social Phobia, General Counselling Intervention Techniques, General Counselling Intervention Techniques, Cognitive Behaviour Therapy (CBT), Correctional Counselling & Rehabilitation, Drama Therapy and Geriatric Counselling to work with individuals, families and groups using an array of skills for promoting mental health and wellbeing.

Title: 01. Assessment Tools for Psychological Counselling

10.1 Course Number: STT/010

10.2 Learning Outcome:

At the end of this training, the participants will be able to:

- Identify a suitable Assessment Tool
- Describe the Assessment Tool on how to use it in the counselling context
- Apply an Assessment Tool
- Develop skill of assessing psychosocial issues and counselling needs and psychological disorder

10.3 Content:

- Concepts of Psychological Assessment
- The importance of assessment in identifying Counselling needs
- Assessment Tools.
 - Assessment Tools (validated tools in Sri Lanka)
 - New trends in Assessment Tools
- The application of Assessment Tools in identifying psychological needs and Psychological disorder.

10.4 Target Group:

Counsellors, Social Workers, Students and Development Officers who serve as Social Workers and Counsellors

10.5 Duration: 3 days

10.6 Course Fee: Rs. 4500/= per participant



Title: 02. Counselling Process

11.1 Course Number: STT/011

11.2 Learning Outcomes of the Module:

At the end of this training programme. the participants will be able to:

- Identify Phases of Counselling Process
- Relate theories relevant to counselling process
- Develop skills in each Phases in counselling process
- Apply strategies in counselling process

11.3 Content

- Counselling process
- Phases of counselling process (theories, skills and techniques)
- Values and ethics in psychological counselling
- The application of counselling process in psychological problems

11.4 Target Group:

Social Workers, Counsellors, Development Officers, Social Welfare Officers and Students

11.5 Duration: 5 days

11.6 Course Fee: Rs. 7500/=



Title: 03. Counselling Intervention for health promotion and Substance use Disorders

12.1 Course Number: STT/012

12.2 Learning Outcomes:

At the end of this training programme, the participant will be able to:

- Identify needs of awareness for health promotion and substance use disorders
- Explain health promotion and substance use behind theories
- Plan a health promotion programme in relation to psychosocial work intervention
- Develop Skills of intervention to the clients' substance use problems

12.3 Course Content:

- Substance use disorders and screening the client's situation using tools
- Brief intervention (BI) for unhealthy substance use
- Demonstrate motivational interview (MI) skills for the substance users
- Health promotion and prevention
- Behavioral change theory/ Health belief model/ Theory of Planned Behaviour (TPB)/The Ecological Perspective / Social Cognitive Model
- Application of theories into practice

12.4 Target Group:

Social Workers, Counsellors, Health Educators, Mental Health Worker, Community Based Correction Officers and Rehabilitation Officers

12.5 Duration: 5 days

12.6 Course Fee: Rs. 7500/=



Title: 04. Stress Management

13.1. Course Number: STT/013

13.2. Learning Outcome:

At the end of this Training programme, the participants will be able to

- Define stress and its impacts on work performance
- Identify Effective Use of stress (EU Stress) in day to day work
- Identify strategies used for stress management.
- Apply and demonstrate stress management techniques.

13.3. Content:

- Introduction to Stress.
- Effective use of stress (EU Stress)
- Sources for stress
- Identification of signs of Stress
 - Physical
 - Mental
 - Behavioral
- Intervention of Stress Management
- Mindfulness
- Yoga
- Music therapy
- Eco therapy

13.4. Target Group:

Any Professional, Officers and Students

13.5 Duration: 5 days

13.6 Course Fee: Rs. 7500/= per participant



Title: 05. Pregnancy and Counselling

14.1 Course Number: STT/014

14.2 Learning Outcome:

At the end of this Training programme, the participant will be able to

- Explain the background of planned, unplanned and unintended pregnancy
- Explain the skills required to provide care to women with unplanned pregnancy
- Explain the importance of counselling during the unplanned pregnancy and response in appropriate manner
- Demonstrate the responsibilities of a person with unintended pregnancy

14.3. Content:

- Human growth and development
- Introduction to pregnancy
- Social and medical care for pregnant mothers
- How to facilitate social and medical care
- Introduction to Option counselling on unplanned and unintended pregnant women
- What is option counseling?
 - The attitudes need to be developed by the option counselor
 - The skills need to be developed by the option counselor
 - Knowledge needs to be developed by the option counselor
- Option counselling on unplanned pregnant women
 - Counseling
 - Informed Consent
 - Continuing the Pregnancy
 - Suggested steps in pregnancy option counselling
- Early pregnancy health concerns
- Miscarriages and abortion
- Rights and Responsibilities in pregnancy
 - Professional Responsibilities
 - Social Responsibilities

14.4. Target Group: Health Workers, Counsellors, Social Workers and Students

14.5. Duration: 3 days

14.6. Course Fee: Rs. 4500/=



Title: 06. Managing Social Phobia

15.1. Course Number: STT/015

15.2. Learning Outcome:

At the end of this Training programme, the participant will be able to

- Define the Social phobia
- Identify the Common reasons for social phobia
- Apply counselling techniques for social phobia.

15.3. Content:

- Concepts of Anxiety and Social phobia
- Common reasons for social phobia
- Counselling Techniques for managing Social phobia
 - SUD for social phobia
 - CBT for social phobia
 - Assertive training for social phobia
- Required support for a person with social phobia
 - Family and social support

15.4. Target Group: Mental Health Workers, Counsellors, Social Workers and Students

15.5. Duration: 3 days

15.6. Course Fee: Rs. 4500/=



Title: 07. General Counselling Intervention Techniques

16.1 Course No: STT/016

16.2 Learning Outcome:

At the end of this Training programme, the participants will be able to

- Identify what is general counselling Intervention
- Identify steps in general counselling process
- Apply the intervention theories and techniques to counselling process
- Develop competency in applying counselling theories and techniques

16.3 Content:

- Introduction to counselling
- Basic theoretical understanding behind the techniques
- Humanistic perspective techniques
 - Existential Therapy
 - Rogerian Therapy
- Behavior Therapy
 - Systematic Decentralization
 - Relaxation Therapy
 - Art Therapy
- Cognitive perspective techniques
- CBT (Special Concern Cognitive Restructure)

16.4 Target Group:

Social Workers, Counsellors, Mental Health Workers and Students

16.5 Duration: 5 days

16.6 Course Fee: Rs. 7500/=

Special note: Those who are working as counselors may request for further customized training on CBT.



Title: 08. Cognitive Behaviour Therapy – CBT

17.1 Course Number: STT/017

17.2 Learning Outcomes:

At the end the training programme, the participants will be able to:

- Describe the CBT and its structure
- Identify Approaches for Cognitive change
- Apply the techniques for cognitive and Behavior changes
- Produce the tools kit for therapeutic practice of CBT
- Evaluate the case progress

17.3 Contents:

- Introduction to CBT
- Restructure formation of CBT
- Assessment scales and tools for treatment plan
- CBT Approaches as cognitive change agent
- Cognitive and Behavioral change techniques
- Application of CBT for Individual and Group - Rolling out
- Designing the Evaluation Criteria for CBT Practice

17.4 Target Group:

Counselling Practitioners, Psychiatric Social Workers, Officers are engaged in Counseling and Psychiatric Units, Personality Development Trainers, Mentors

17.5 Duration: 05 days

17.6 Course Fee: Rs 7,500/= per participant



Title: 09. Correctional Counselling and Rehabilitation

18.1 Course Number: STT/018

18.2 Learning Outcome:

The end of this Training programme, the participants will be able to;

- define the Concept of correctional counseling and Rehabilitation
- use of approaches and Models for Correctional and Rehabilitation
- Develop the Life Skills
- apply advanced counselling skills to the correctional and Rehabilitation

18.3 Content:

- Introduction to Correctional Counselling and Rehabilitation
- Consequences of Cognitive and Behavioral Changes
- Life Skills Development
- Basic counselling skills in correctional services
- Application of Approaches and Models in correctional and Rehabilitation services

18.4 Target Group:

Correctional Social Workers, Mental Health Workers, Social Welfare Officers, Students, Probation Officers, Welfare Officers, Prison Officers, Rehabilitation Officers,

18.5 Duration: 5 days

18.6 Course Fe: Rs. 7500/=



Title: 10. Drama Therapy

19.1 Course Number: STT/019

19.2 Learning outcome:

At the end of this training programme, the participants will be able to:

- To define what is drama therapy
- To demonstrate conducting drama therapy
- To apply skills in drama therapy
- To consolidate theatre processes to achieve the therapeutic goals such as relief, emotional expression, physical integration, personal growth and change

19.3. Contents

- Introduction to drama-therapy
- Significance of drama therapy for development
- Definition of the drama-therapy
- Theories, principles and Techniques of Drama-therapy
- Use of role play, psychodrama, storytelling, mask work, puppetry and creative play
- Performing Art for development
- How to facilitate personal exploration, change and healing through drama

19.4. Target group:

Social Workers, Mental Health Practitioners, Psychologists, Counsellors, Expressive Therapists, Relief Workers, Youth Workers, Institutional and Community-Based Rehabilitation Officers, Social Work and Counseling Students

19.5. Duration: 5 days

19.6. Course Fee: Rs. 7500/=



Title: 11. Geriatric Counselling

20.1. Course Number: STT/020

20.2. Learning Outcomes:

At the end this Training programme, the participants will be able to:

- Describe what is Geriatric Counselling
- Identify Psychosocial Challenges of Elder persons
- Assess the Elderly Person's Psychosocial Challenges
- Create an appropriate intervention Technique for Geriatric Counselling
- Explain the impact of life changes on the mental health and Psychosocial wellbeing
- Plan and Develop the intervention to enhance Psychosocial wellbeing of Elderly persons
- Apply counselling approaches to promote elder care and Psychosocial wellbeing

20.3. Contents:

- Introduction to Counselling intervention in Elder Care
- Mental health disorders and psychosocial concerns
- Counselling intervention
- Psycho-Social programme Development for promoting elder care and mental health

20.4. Target Group:

Elder rights promotion officers, CBO Members, Social Workers Counselling Practitioners and Students

20.5. Duration: 5 days

20.6. Couse Fee: Rs. 7500/=



Theme: 04. Social Care

The thematic module on the subject of social care focuses care workers to facilitate a caring society and develop competent in social care, home based care for vulnerable and Social Care in Safe home to effectively facilitate social care activities in institutionalized and community settings. These modules also enhance professionals for using an array of skills with professional competency in social care.

Title: 01. Social Care

21.1 Course Number: STT/021

21.2 Learning Outcome:

At the end of this training programme, the participants will be able to:

- Define social care and social care practice settings
- Identify and analysis social care needs in different settings
- Plan and implement intervention with people in need of social care
- Analyze and explain the roles performed by the social care practitioner in meeting the total needs of service users
- Relate protection and welfare guidelines through social care practice
- Develop roles and skills of a social care practitioner
- Consolidate managerial competencies and welfare policy in a care setting

21.3. Content:

- Introduction to social care
- Professional practice in social care
- Psychology across the lifespan in the social care context
- Social care intervention
- Roles and skills in social care
- Management and leadership in social care settings

21.4. Target Group:

Social Care Workers, Institutionalized Care Workers, Community Workers, Mental Health Workers, Counsellors, Social Workers and Students

21.5. Duration: 5 days

21.6. Course Fee: Rs. 7500/=



Title: 02. Home based care for vulnerable

22.1 Course Number: STT/022

22.2 Learning Outcome:

At the end of this Training programme, the participant will be able to:

- Define the term vulnerability
- Identifying the essential psychological and social needs of home - based care for vulnerable people.
- Identify issues faced by vulnerable people at family and community
- Relate legal basis of vulnerability in Sri Lankan Context.
- Apply essential home-based care support for vulnerable people in Sri Lanka.

22.3 Content:

- Identifying the factors of vulnerability
- Problem analysis of vulnerable people
- Identifying the issues and challenges of vulnerable people
- Right based and empowerment approach
- Legal basis of vulnerability
- Essential home-based care support for vulnerable people
- Vulnerability and family counselling.
- Using essential techniques and skills by family member to prevent vulnerability at family level.

22.4 Target Group:

Care workers, Community Leaders, Social Welfare Officers, Counsellors, Social Workers and Students

22.5 Duration: 5 days

22.6 Course Fee: Rs 7500/=



Title: 03. Social Care in Safe home

23.1 Course Number: STT/023

23.2 Learning Outcome:

At the end of this Training programme, the participants will be able to:

- Explain childhood development
- Explain the term ‘abused children’ and their changes due to abusive experiences.
- Identify necessary intervention for abused children.
- Apply psychosocial intervention with children and families

23.3 Content:

- Defining childhood
- Defining ‘abused children’.
- Identification of changes in abused children
- Physical
- Mental
- Behavioral
- Safe homecare for abused children
- Re- unification and home-based support for abused children

23.4 Target Group:

Child Welfare Officers, Police Officers Legal Officers, Social Work and Counselling Students

23.5 Duration: 5 days

23.6 Course Fee: Rs. 7500/=



Theme: 05. Social Work in Environment

The thematic module on social work in environment focuses social workers to intervene in situations where individuals, families, group and communities leading towards a level dysfunctionality in interaction with environment with a unique competence to work with sensitivity to facilitate environmental protection using an array of skills with understanding, patience and using different resources bases for achieving environmental sustainable development goals.

Title: 01. Green Social Work

24.1 Course Number: STT/024

24.2 Learning Outcome:

At the end of this Training programme, the trainees will be able to:

- Define Green Social Work
- Identify factors concerning green social work
- Explain the theoretical background of green social work globally and in the Sri Lankan context
- Relate Social Work activities in Green Social Work
- Plan and implement promotional activities
- Evaluate changes in people's behavior, that impact climate change and transforming environment

24.3 Content:

- Introduction to Green Social Work
- Theoretical background of Green Social Work.
- Areas of concerns in Green Social Work in Global and Sri Lankan context
- Plan and implement Social work activities in green social work
- Evaluation of changes
- Involve in promotional programmes

24.4 Target group: Social Workers, Development Officers, Students and the public

24.5 Duration: 5 days

24.6 Course Fee: Rs. 7500/=



Theme: 06. Social Work Methods and Skills Development

The thematic module on social work methods focuses social workers to intervene in situations where people in need with a unique competence using an array of social work methods, skills and techniques enhancing soft skills in professional relationships, Basic skills in Social Work practice, Basic skills for working with groups, Community based Organization's (CBO) Capacity Development, Basic skills for working with communities, Building Governance and Democratic Values for Sustainable Community Development, Creative Leaderships at community level and Workshop on Community project proposal writing.

Title: 01. Soft Skills in Professional Relationships

25.1 Course Number: STT/025

25.2 Learning Outcome:

At the end of this Training programme the participants will be able to:

- Define what is 'soft skills.
- Identify soft skills in professional relationships
- Describe the importance of soft skills.
- Use of soft skills in relation to the professional responsibilities.
- Using ethical background while using soft skills.

25.3 Content:

- Define term the soft skills
- The importance of soft skills.
- Types of soft skills:
 - Communication skills
 - Teamwork
 - Body language
 - Written communication skills
 - Presentational skills
 - Inter-personal relationships
 - Time management
- Ethical background and soft skills.
- Using soft skills effectively in different professional contexts.



25.4 Target group:

Social Welfare Officers, Mental Health Workers, Counsellors, Social Workers and Students

25.5 Duration: 5days

25.6 Course Fee: Rs. 7500/=



Title: 02. Basic Skills in Social Work Practice

26.1 Course Number: STT/026

26.2 Learning Outcome:

At the end of this training programme, the participants will be able to:

- Explain the concepts of Social Work
- Identify the methods of Social Work Practice
- Define Social Work knowledge, skills and attitude
- Explain basic skills of a social worker in practice
- Develop skills in an intervention process
- Apply the social work skills in helping relationships

26.3 Content:

- Definition of Social Work and related concepts
- Define Social Work knowledge, skills and attitude
- Basic skills of intervention in helping relationships
- Qualities and competencies of a Social Worker
- Basic competency in Social Work Practice
- Social work skills in day to day practice

26.4 Target Group:

Public Relation Officers, Development Officers and Students

26.5 Duration: 5 days

26.6 Course Fee: Rs. 7500/=



Title: 03. Basic skills for working with groups

27.1 Course Number: STT/027

27.2 Learning Outcome:

At the end of this Training programme, the participants will be able to:

- Define the Social Groups
- Describe types of Social Groups and Group Work
- Identify group dynamics and stages of group development process
- Develop skills in working with groups for “mutual Aid”
- Apply skill in intervention in Social Work with groups

27.3 Content:

- Define Social Group
- Types of Social Groups
- Assessment and formation of a Social Group
- Group dynamic and group process
- Stages of group development
- Values, principles and techniques of working with groups
- Role of group workers in building mutual Aid in groups.

27.4 Target Group:

Social Welfare Officers, Health Practitioners, Social Workers, Correctional Social Workers, Rehabilitation Officer, and Counsellors who use Social Group Work Practice

27.5 Duration: 5 days

27.6 Course Fee: Rs. 7500/=



Title: 04. Community based Organization's (CBO) Capacity Development

28.1 Course Number: STT/028

28.2 Learning Outcome:

At the end of this training programme, the participants will be able to:

- Define CBO for Community Development
- Identify gaps in CBOs' Capacity for Community Development
- Explain formation or re activate CBOs for sustainable Community Development
- Mapping existing community strengths and resources
- Relate community organizing power to strengthening communities themselves
- Apply empowerment and right based approaches
- Evaluate the functions of Community Based Organizations (CBO) towards rural development.

28.3 Content:

- Introduction to community-based organizations (CBO) for Community Development
- Identification of community projects for community development
- CBOs' capacity assessment for community development
- CBO Formation / re- activation
- Community empowerment process and role of CBOs
- Community project proposal planning and implementation
- Leadership & communication for community development.

28.4 Target Group:

Community level Field Officers, Community Leaders and Members of CBOs.

28.5 Duration: 05 days

28.6 Course Fee: Rs. 7500/=



Title: 05. Basic skills for working with communities

29.1 Course Number. STT/029

29.2 Learning Outcome:

At the end of this Training programme, the participants will be able to:

- Define the communities
- Describe types of communities
- Explain community development process
- Apply Working Principles of community work
- Apply intervention process in community work

29.3 Content:

- Definition of communities
- Community Assessment and formation of a community organization
- Intervention: Community development process
- Values and Principles of community work
- Techniques in working with communities
- Roles and skills community workers

29.4 Target Group:

Social Welfare Officers, Health Practitioners, Social Workers, Correctional Social Workers, Community Workers, Community Mobilizers who Use Community Work Practice

29.5 Duration: 5 days

29.6 Course Fee: Rs. 7500/=



Title: 06. Building Governance and Democratic Values for Sustainable Community Development

30.1 Course Number: STT/030

30.2 Learning Outcome:

At the end of the training programme, participants will be able

- Describe good governance and democratic values in the context of family
- Create a caring community development and community development.
- Build good governance and uphold democratic values for sustainable community development with collective responsibility.
- Enhance Community-Based Organizations to uphold good governance and democratic values for decision making.
- Arbitrate right way of transforming values and act in proactive manner when working with community animation related activities.

30.3 Content:

- Concepts of Good Governance & Eight Elements of Good Governance
- Good Governance at family and Community
- Skills in Relationships building
- Knowledge on Humanity Concepts of democratic values
- Basic Code of Ethics and Promoting Democratic Values
- Conflict resolution at Community level

30.4 Target Group:

Community level Government Officers, NGO officers, CBO Leaders and Self- help group members

30.5 Duration: 3 Days

30.6 Course Fee: Rs. 4500 per participant



Title: 07. Creative Leaderships at community level

30.7 Course Number: STT/031

30.8 Learning Outcome:

At the end of this Training programme, the participants will be able to:

- Explain the concept of leadership
- Identity the different types of leadership
- Explain qualities of leadership
- Apply the leadership competencies at community level

30.9 Content:

- Introduction to leadership
- Types of leadership
- Leadership qualities
- Challengers of the leadership
- Leadership skills
- Leadership skills at community level

30.10 Target Group:

Leaders of Community Based Organization, Field Officers, Public Relation Officers and Students

30.11 Duration: 5 days

30.12 Course Fee: Rs. 7500/=



Title: 08. Workshop on Community project proposal writing

31.1 Course Number: STT/031

31.2 Learning Outcomes:

At end of this Training programme, the participants will be able to:

- Identify the key elements of a well-constructed project proposal
- Recognize the differences between the various types of proposal & funding opportunities
- Explain steps in Community project proposal writing
- Evaluate skills in writing a community project proposal

31.3 Contents:

- Introduction to project proposal
- Basic elements of a proposal
- Format of a community project proposal
- Professional Writing in a project proposal

31.4 Target Group:

Development practitioners, Development officers, CBO Leaders

31.5 Duration: 2 days

31.6 Couse fee: Rs. 3000/=



Theme: 07. Social Work in Different Field of Specialization

The thematic module on social work in different field of specializations focuses social workers to intervene in different groups of service users in a special social context. This thematic module is designed to introduce school social work, Medical Social Work, Gender Development, Mental Health Social Work, Industrial Social Work for Social welfare, Conflict Management in a workplace, Psychosocial work intervention, workshop on community project management, Workshop on Project Monitoring and Evaluation on Social Development Programmes and Workshop on Poverty Reduction Strategies and Sustainable Livelihood Development.

Title: 01. School Social Work

32.1 Course Number: STT/032

32.2 Learning Outcome:

At the end of this training programme the participants will be able to:

- Identify the concepts related School Social Work
- Explain School Social Work and its scope
- Identify, plan, implement and evaluate School Social Work activities
- Analyze and apply home-school- community-pupil liaison approach

32.3 Content:

Introduction to School Social Work

Problems/issues encountered by school children, teachers and parents

Roles and Skills of Social Worker in a school

Application of the Home-School-Community-Pupil liaison approach in; Social work intervention with Children, families, school and community Skills development training on;

- Attendance and School dropouts
- Children in need of care and protection
- Children with behavioral problems
- Crisis Intervention
- Guidance ,Career guidance and Counselling
- Skills to develop effective school social work programs that enhance the wellbeing of children



32.4 Target Group:

School Social Workers, Child Right Promotion Officers, Principals, Teachers, Career Guidance officers, Counsellors, School Counsellors, Undergraduate and Graduate Students

32.5. Duration: 5 days

32.6. Course Fee: Rs. 7500/=



Title: 02. Medical Social Work

32.5 Course Number: STT/033

32.6 Learning outcome:

At the end of the programme, the participants will be able to

- Define Medical Social Work
- Describe the role and functions of a Medical Social Worker
- Assess and analysis patients in psychosocial needs
- Apply skills in managing patients' stay in a hospital
- Promote and evaluate health education programme

32.7 Content:

- Introduction to Medical Social Work
- Patient as a person with worth and dignity
- Managing the patients that stay in a hospital
- Role of a medical Social Worker in Diagnosis, Treatment, Rehabilitation and Prevention
- Role and function of a Medical Social Worker, Hospital setting, Community setting, Promotion of health care access and Palliative care
- Skills in Public health education.

32.8 Target Group:

Medical Social Workers, Health Workers, Undergraduate and Graduate Students

32.9 Duration: 5 days

32.10 Course Fee: Rs. 7500/=



Title: 03. Gender Development

34.1 Course Number: STT/034

34.2 Learning Outcome:

At the end of training programme, the participants will be able to:

- Define concepts of Sex and Gender
- Describe gender as a development issue
- Relate gender roles and development
- Analyze current context of gender and development
- Apply empowerment approach to working together with men and women
- Develop skills in communicating gender within a relevant context

34.3 Contents:

- Introduction to Gender and Development
- Building self -awareness on gender
- Gender roles, tasks and development
- Gender analysis and working together with men and women
- Strategies for change
- Skills in communicating gender
- Reflection in action and reflection on action

34.4 Target Group:

Social Workers, Women Development Officers, Counsellors, Community Leaders, Human Resource Managers, Undergraduate and Graduate Students

34.5 Duration: 3 days

34.6 Course fee: Rs. 4500/=



Title: 04. Mental Health Social Work

35.1 Course No: STT/035

35.2. Learning Outcome:

At the end of the training programme, the participants will be able to:

- Define Mental Health Social Work and its scope
- Explain factors for mental wellbeing and illness
- Assess Mental Health of a person
- Refer to appropriate services
- Analyze and demonstrate deskills in mental health promotion

35.3. Contents

- Introduction to Mental Health Social Work
- Mental illnesses (Neurotic and Psychotic)
- Mental health social work intervention process
- Role and functions of Social Workers (hospital, Institutional care and community settings)
- Professional practice in working with mental health patients, families and community

35.4. Target Group:

Mental Health Social Workers, Counsellors, Medical Social Workers, Health Workers, Undergraduate and Graduate Students

35.5. Duration: 5 days

35.6. Course Fee: Rs. 7500/=



Title: 05. Industrial Social Work for Social Welfare

36.1. Course Number: STT/036

36.2. Learning outcome:

At the end of this Training programme, the participants will be able to:

- Identify the concepts related to Industrial Social Work
- Explain Industrial Social Work and its scope
- Identify, plan, implement and evaluate Social Work activities in a industrial setting
- Analyze and demonstrate application of social work approaches in an industrial setting

35.7. Content:

- Introduction to Industrial Social Work
- Problems/issues encountered by the employers/ employees in an industrial setting
- Social work intervention methods in an industrial setting
- Roles and Skills of Social Worker in an industrial setting
- Application of social work approaches to relevant situations.

35.8. Target Group:

Industrial Welfare Officers, Social Workers, Counsellors, Human and Resource Managers.

35.9. Duration: 5 days

35.10. Course Fee: Rs. 7500/=



Title: 06. Conflict Management in a Workplace

37.1. Course Number: STT/037

37.2. Learning Outcome:

At the end of this training programme, the participants will be able to:

- Define conflict management in workplace
- Identify nature of conflicts and its root causes
- Identify conflicting partners and stakeholder groups
- Explain confrontation and role in managing conflict in the workplace to ensure individual and team performance
- Analysis and demonstrate skills in applying strategies in workplace
- Develop skills in resolving conflicts

37.3. Content:

- Current strategies for handling conflict in the workplace
- Conflict management styles
- Process for managing conflict
- Influencing and assertiveness styles
- Conflict resolution activities/ Skills
- Action planning and reflection

37.4. Target Group:

Any Officers and Students

37.5. Duration: 5 days

37.6. Course Fee: Rs. 7500/=



Title: 07. Psychosocial work intervention

38.1 Course Number: STT/038

38.2 Learning Outcome:

At the end of this Training programme, the participants will be able to::

- To describe and define concepts of psychosocial wellbeing
- To identify psychosocial needs and issues within the Sri Lankan context
- To explain the importance of psychosocial intervention for development
- To plan and implement psychosocial interventions
- To evaluate changes among service users

38.3 Content:

- Introduction to Psychosocial Wellbeing
- Psychosocial needs and issues
- Emergency and disaster situations
- Psychosocial intervention in a specific situation
- Psychological First Aid

38.4 Target Group:

Relief workers, Health workers, social workers, Counsellors, Welfare Officers, Community Workers and Students

38.5 Duration: 5 days

38.6 Course Fee: Rs. 7500/=



Title: 08. Workshop on Community Project Management

39.1 Course Number: STT/039

39.2 Learning Outcomes:

At the end of this Training programme, the participants will be able to:

- Define what is project management
- Identify the major components of Project Management
- Explain community project planning and implementation
- Demonstrate the ability to develop skills in community project planning and management

39.3 Contents:

- Introduction to project Management
- Types of projects
- Context and content analysis of community projects
- Problem analysis
- Stakeholders analysis
- Setting Objectives
- Define a strategy
- Making a logical Framework
- Project monitoring and evaluation

39.4 Target Group:

Development practitioners, Development officers, CBO Leaders

39.5 Duration: 3 days

39.6 Course Fee: Rs. 4500/= per participant



Title: 09. Workshop on Project Monitoring and Evaluation on Social Development Programmes

40.1 Course Number: STT/040

40.2 Learning Outcome:

At the end of training programme, the participants will be able to,

- Explain the different types of project monitoring and evaluation
- Identify steps in monitoring and evaluation
- Develop key indicators in monitoring and evaluation
- Explain how to design and conduct an impact evaluation
- Develop skills in monitoring and evaluation

40.3 Content:

- Introduction to project monitoring and evaluation
- Monitoring and evaluation processes
- Developing key performance indicators (KPI)
- Input, process, output, outcome and impact evaluation.
- Designing and conducting Evaluation
- Contribution to social policy
- Skill in monitoring and evaluation

40.4 Target Group:

Senior Officers, Managers and Graduate Students

40.5 Duration: 3 days

40.6 Course Fee: Rs. 4500/=



Title: 10. Workshop on Poverty Reduction Strategies and Sustainable Livelihood Development

41.1 Course Number: STT/041

41.2 Learning Outcomes:

At the end the training, the participants will be able to:

- Describe existing approaches, strategies, models and techniques of poverty reduction
- Identify and explain development concerns in sustainable livelihood development
- Facilitate participatory planning for poverty reduction and sustainable development.
- Demonstrate how to evaluate poverty reduction strategies and sustainable livelihood development

41.3 Content:

- Introduction to Poverty
- Introduction to Sustainable Development goals
- Poverty reduction strategies
- Livelihood development
- Contribution to regional and national development

41.4 Target Group:

Development Officers, CBO Leaders, Development Practitioners, Samurdhi Managers, Final Year Students in Degree Programme and Graduate Students

41.5 Duration: 5 days

41.6 Course Fee: Rs. 7500/=



Theme: 08. Professional Development

This thematic module focuses Public Relationship. Reflective learning Journal writing and Training of Trainers for Social Development for continuous professional development in the field of social work, counselling, social welfare and social development .

Title: 01. Public Relationship

42.1 Course Number: STT/042

42.2 Learning Outcome:

At the end of this training programme, the participants will be able to:

- Identify elements of public relations
- Describe a range of public relations tactics, tools and planning techniques
- Critically assess key public relations in current context
- Illustrate different methods of public relations
- Identify and compare relationships between public relations, and other disciplines including marketing, advertising and journalism
- Analyze risks and issues faced by the publics in using services
- Demonstrate how to promote public relationships

42.3 Course Content

- Introduction to public relations
- Importance of public relations
- Introduction to Communication on public relationships
- Methods, techniques and Skills in public relations
- Process of public relations
- Community relations
- Public awareness and campaigns

42.4 Target Group:

Development Officers, CBO Leaders, Development Practitioners, Any Officer Students

42.5 Duration: 2 days

42.6 Course Fee: Rs. 3000 per participant



Title: 02. Reflective learning Journal writing

43.1 Course Number: STT/043

43.2 Learning outcome:

At the end of the training programme, the participants will be able to:

- Identify ability to strengths and weekness own- self
- Explain theoretical concepts in reflective practice
- Demonstrate learning and unlearning from own field work experience
- Demonstrate critical thinking for accepting of professional responsibility and continuous professional growth

43.3. Content:

- Introduction to concept of reflection
- Significance of reflecting journal for professionals
- Reflective journal writing process
- Critical thinking and self -awareness
- Continuous professional development

43.3 Target group:

Social Workers, Counsellors, Nurses, Development Officers, Social Welfare Officers, Field Officers and Students

43.5. Duration: 2 days

43.6. Course Fee: Rs. 3000/=



Title: 03. Training of Trainers for Social Development

44.1. Course Number: STT/044

44.2. Learning outcome:

At the end of this training programme, the participants will be able to:

- Define training and development
- Describe the importance and relevance of systematic approach of conducting training
- Relate role of training and development for human resource development in Social Work and Social Development
- Analyze training needs and design a training programme.
- Demonstrate how to use IT in Training
- Develop skills in training programme

44.3. Contents:

- Introduction to training and development
- Importance of training Programmes in social development
- An over view of the learning and development process
- Psychological aspect for TOT
- Training cycle in different nature of Programmes
- Training need analysis (TNA)
- Design a training programme
- Develop a session plan/module and Manual
- Use of training aid
- Basic training competencies
- Digital knowledge for training
- Skills in designing training Programmes
- Selection and Use of training methods
- Basic delivery skills
- Trainees training session – role play for evaluation
- Role and tasks of a trainer
- Evaluation of training programme

44.4. Target Group: Managers, Line Managers, Development Officers, Social Welfare Officers, Field Officers and Students

44.5. Duration 3 Months

44.6. Course Fee: Rs. 18000/=



Theme: 09. Social Work Research

This thematic module focuses on Workshop on Social Work Research Proposal Writing, Training Program on Training on Participatory Rural Appraisal, Training on Statistical Package for Social Sciences (SPSS) and Workshop on Social policy analysis for demonstrating advanced skills in social work research and policy analysis.

Title: 01. Workshop on Social Work Research Proposal Writing

45.1 Course Number: STT/045

45.2 Learning Outcomes:

At the end of this training programme, the participants will be able to:

- Define what is Social Work Research and what is proposal writing
- Explain the difference between Social Work Research for Social Development
- Identify ways of acquiring knowledge
- Explain steps in Social Work Research proposal writing
- Apply research and practice skills in research proposal writing

45.3. Content:

- Introduction to Social Research and Social Work Research
 - Social research vs. social work research
 - Connection between social work research, theory & practice
 - Professionalism and research in social work
- Social Work Research as a Social Work Practice
- Components of a Social Work Research proposal
- Ethical consideration in research

45.4. Target Group:

Development Officers, Social Welfare Officers, Field Officers and Students

45.5. Duration: 3 days

45.6. Course Fee: Rs. 4500/=



Title: 02. Training Program on Training on Participatory Rural Appraisal

46.1 Course Number: STT/046

46.2 Objective of the Training

The main objective of the course is to enhance and improve conceptual and practical understanding of trainees on various participatory rural appraisal tools and techniques so as to enable them to apply these during their field activities for collecting data pertinent to project planning, implementation, monitoring and evaluation.

46.3 Learning Outcome:

At the end of this Training programme, the participants will be able to;

- Explain the importance of community involvement in project implementation
- Use PRA tools relevant to project preparation process
- Apply PRA tools for project planning, implementation, monitoring and evaluation

46.4 Content

- General Introduction on PRA
- Brief on various PRA tools
 - Transect Walk
 - Seasonal Calendar (info on problems that repeats in a certain period of time)
 - Venn diagram
 - Daily Routine Charts
 - Flow Diagram
- Interviewing
 - Structured
 - Semi-Structured
- Preference ranking
- Matrix Ranking
- Proportional Piling
- Poverty Ranking



- **Mapping, Modelling, Report Writing and Two days field work**
 - Social Maps
 - Resource Maps
 - Topical Maps
 - Hazard Maps
 - Report Writing

46.5 Minimum competency of Participants

The participants should have basic understanding on the project objectives, activities and outputs. In addition to these, they should have minimum level of understanding about the village set up, the social customs & taboos, community profile, broad socio-economic and geographical set up of the project areas etc. This will help in doing effective PRA exercise.

46.6 Target group

Social Welfare Officers, Health Practitioners, Social Workers, Correctional Social Workers, Community Workers, Community Mobilizers who use Community Work Practice

46.7 Duration: 5 days

46.8 Course Fee: Rs. 7500/= (Plus field expenses will be changed as per selected field practice location.)



Title: 03. Training on Statistical Package for Social Sciences (SPSS)

47.1. Course No: STT/047

47.2. Objective of the Training

The main objective is to introduce data analysis using SPSS. The trainees will have opportunity to analyses real life data and supports for results discussion and conclusion. Handling statistical data is an essential part of any social science research. However, many people find the idea of using statistics, and especially statistical software packages, extremely daunting. This training, Getting started with SPSS, takes a step-by-step approach to statistics software through computer based interactive session.

47.3. Learning Outcome:

At the end of this Training programme, the participants will be able to;

- Identify basic SPSS functions and its tools
- Explain data processing (entering, labelling, creating, cleaning, etc.)
- Present data using SPSS generated graphs and summary statistics
- Conduct an independent and paired sample t-test to analyze data, where variable is collected on a continuous scale
- Carry out a statistical analysis that can test hypotheses
- Evaluate the effect of exposures on the outcome where outcome are continuous, categorical, categorical Binary and time dependent

47.4. Content:

The training will cover: Data entering, data labelling, data cleaning, data computing / transforming, and data analysis (using commands on menus) including summary statistics, hypothesis test, 95% CI, ANOVA, non-parametric method, RR, OR, correlation, linear regression, logistic regression and Cox's regression.

47.5. Minimum competency of Participants

This course is suitable for those who have knowledge of the basic concepts in statistics.



Special note: All participants must bring a laptop to this course which has either SPSS or a trial version of SPSS installed.

47.6. Target Group:

Researchers, Graduate and Postgraduate Students, Social Workers, Project Officers and Others who are working for Government and Non-Government Organizations

46.9 Duration: 5 days

47.8. Course fee: Rs. 7500/=



Title: 04 Workshop on Social Policy Analysis

48.1. Course No. STT/048

48.2. Learning Outcomes:

By the end of the training programme, the participants will be able to:

- Describe the structural analysis of Sri Lankan Society
- Identify factors that cause social problems
- Critically analyze the structure and system of existing social welfare
- Relate social welfare programme to social development
- Analyze selected Social Policy

48.3. Content:

- Introduction to Social Work and Social Policy
- Philosophy to view human not as recipient of social services but as one with worth and dignity to have right and responsibilities towards development
- Structural systemic analysis of society
- Existing social policy and gap identification
- Social policy formulation process
- Analysis a selected social policy
- Identify programme to be modify or change
- Innovate new Programmes

48.4. Target Group:

Social Welfare Managers, Social Work Managers, Development Officers Social Work final year students in a degree programme and graduate students.

48.5. Duration: 5 days

48.6. Course fee: Rs. 7500/=



Certificate Courses

1. Certificate Course in Social Work

Introduction

The certificate course in Social Work focuses on skills development of professionals and Para- professionals to promote empowerment of individuals, groups and communities to achieve balanced economic and social development and deliver effective social welfare services in Sri Lanka. It is designed in keeping with the Qualification Framework advocated by the Quality Assurance and Accreditation Council of UGC in Sri Lanka.

SLQF Level 2 (Advanced) certificate Level - 6 months Certificate holder can enter to follow the Diploma course in Social Work).

Aim of the course

To produce professionals and Para -professionals with skills in social work with the required knowledge, skills, attitude and right aptitude for social work practice

Objectives

- Enhance the professional skills of social welfare service providers for using empowerment as an approach.
- Develop the capacity of such officers and service providers to facilitate intervention in social welfare and social development matters related to individuals, families, groups and communities owned system for sustainable development.

Target group:

- A certificate holder in social work (Employable opportunity for a certificate holder in social work)
- Para - social workers
- Community level welfare officers, volunteers, community mobilizers, family strengthening programme co- workers, care workers, community service officers, community-based care givers and psycho social support workers

Career Path: Eligible to enter to Diploma in Social Work those who are with GCE O/L and without O/L



Medium

Sinhala/ Tamil /English

Duration: 6 months (15 credits) on weekdays or weekends

Admission Requirement

GCE (O/L), without GCE (O/L) with-3 years experiences in volunteer work/community work and GCE (A/L) qualifications or graduates

The beneficiaries of this programme are professionals and para- professionals such as:

1. Candidate with GCE (O/L)
2. Candidate without O/L with 3 years experiences in Community work/volunteer work
3. Samurdhi officers, Grama Niladharis, Community leaders, experienced social welfare officers, community mobilizers, volunteers and social welfare officers in NGOs and private sector organizations.

The participants shall be selected by the NISD.

Medium of Instruction: Sinhala, Tamil and English

Course Structure, Subject Codes and Course Titles

This Certificate course consists of the following components:

- Four course units
- Field practice

Module Code	Module	No. of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
CCSW 101	Introduction to Social Work	03	45	105	150
CCSW 102	Human behavior and Social Environment	03	45	105	150
CCSW103	Intervention methods of Social Work	03	45	105	150
CCSW104	Skills Development in Social Work Practice (Practice Lab)	03	45	105	150
CCSW105	Field Practice	03	45	105	150
	Total credits & hours	15	180		750



2. Certificate in Social Work Research Methods

This certificate course is designed to give basic understanding of research methods used as foundation level candidates who work in the field of Social Work, by Social Workers and other Social Scientists. The candidates' critical thinking is fostered by developing the knowledge, skills and attitudes required to understand and evaluate various stages of the research process used for developing a scientific study, including problem formulation, research questions and hypotheses, variable measurement, design, sampling, and data collection. And also, candidate's competence is further strengthened through building knowledge and skills in data analysis, with an emphasis on understanding the purpose of various data collection and analysis techniques and developing the capacity to interpret and identify implications of statistical results. The course concludes with attention to various approaches for dissemination of research findings in order to better inform Social Work Practice. The overall course content is grounded in the Code of Ethics of the International Federation of Social Workers, placing emphasis on the appropriate professional ethical conduct in engaging in research, and on sensitivity to issues of diversity in all phases of the research process.

Aim

To produce Social Work professionals and Para-professionals in the field of Social Work and research-based evidence to enhance the required knowledge, skills, and attitude for best practice in Social Work

Objectives

- Enhance candidates' abilities to be critical consumers of the professional knowledge base
- Increase candidates' competence in research literacy and conduct research with human subjects
- Build appreciation of the different ways, research development and translation of research findings to create evidence for practice that underpin human services with diverse populations
- To provide a foundation for more advanced knowledge and skill development during research coursework.



Medium

Sinhala/Tamil /English

Admission Requirement

GCE (A/L) and GCE (O/L) with field experiences in social work and welfare and graduates

The target group of this programme are professionals and para- professionals'

- Social Workers
- Community Mobilizers
- Social Service Officers
- Experienced graduates who are working in the field of social welfare in GO, NGO, Private Sector

The participants shall be selected by the NISD

Course Structure, Subject Codes and Course Titles

This Certificate course consists of the following components:

- Eight course units
- Field practice

Module Code	Module	No. of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
CSWRM-1	Introduction to Social Work Research	02	30	70	100
CSWRM-2	Research Process	01	15	35	50
CSWRM-3	Type of Research	01	15	35	50
CSWRM-4	Sources of Data and Methods of Data Collection	01	15	35	50
CSWRM-5	Sampling Methods in Social Work Research	01	15	35	50
CSWRM-6	Methods of Data Analysis	01	15	35	50
CSWRM-7	Research Proposal Writing	01	15	35	50
CSWRM-8	Report Writing	01	15	35	50
CSWRM-9	Field Practicum	03	45	105	150
	Total credits & hours	11	180	420	600



3. Certificate Course in Child Focused Community Development

Introduction

The certificate course in Child Focused Community Development focuses on skills development of professionals and Para- professionals in promoting community-based child protection system and child welfare in Sri Lanka. It is designed in keeping with qualification framework advocated by the Quality Assurance and Accreditation Council of UGC in Sri Lanka.

Aim

To produce professionals and Paraprofessionals in child protection and Child welfare with the required knowledge, skills, and attitude for best practice at community levels.

Objectives

- Produce quality professionals in community based- child protection
- Enhance the professional skills of child welfare, child care providers and child protection services using Child focused Community Development model.
- Develop the capacity of such officers and service providers to facilitate intervention on child protection to individuals, families, groups and community own system for sustainable community development.

Medium of Instruction: Sinhala/ Tamil /English

Admission Requirement

GCE (O/L), without GCE (O/L) with experiences in community work and GCE (A/L) qualifications or graduates

The target group of this programme are Professionals and Para- Professionals'

- Community Leaders
- Experienced Child Welfare Officers and Child Protection Officers in NGOs
- Experienced graduates who are working in the field of Child Welfare Services, Probation Officers, Child Right Promotion Officers (CRPO), National Child Protection Authority (NCPA) officers, Teachers, Volunteers in Government Sector.



- Early Childhood Officers, Pre- School Teachers, Child Right Promotion Officers, the Grama Niladharis and the Samurdhi Development Officers and other Social Welfare Officers at community level.

The participants shall be selected by the NISD.

Medium of Instruction: Sinhala, Tamil and English

Course Structure, Subject Codes and Course Titles

This Certificate course consists of the following components:

- Four course units
- Field practice

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
CCFCD 100	Introduction of Child Focused Community Development	03	45	105	150
CCFCD 101	Understanding Child Development for protecting child rights	03	45	105	150
CCFCD 103	Intervention methods of Social Work	03	45	105	150
CCFCD 104	Professional practice and Research Skills Development	03	45	105	150
CCFCD 105	Field Practice	03	45	105	150
	Total credits & hours	15	180	-	750



4. Certificate Course in Counselling

Introduction

The certificate course in Counselling focuses on skills development of Para-professionals in promoting mental health and wellbeing in Sri Lanka. It is designed in keeping with qualification framework advocated by the Quality Assurance and Accreditation Council of UGC in Sri Lanka.

Aim

To produce befrienders in Counselling and Social Welfare with the required knowledge, skills, and attitudes for best practice at community levels.

Objectives

- Produce quality befrienders in Counselling
- Enhance the befriending skills of the service providers
- Develop the capacity of such service providers to facilitate referral service

Admission Requirement

GCE (O/L), without GCE (O/L) with experiences in Counselling and social welfare and GCE (A/L) qualifications or graduates

The target group of this programme are professionals and para professionals'

- Community Leaders
- Community volunteers
- Experienced Social Welfare Officers
- Experienced graduates who are working in the field of Social Welfare in GO, NGO, Private Sector.

The participants shall be selected by the NISD.

Medium of instruction: Sinhala, Tamil and English

Course Structure, subject codes and Course titles

This Certificate course consists of the following components:

- Four course units
- Field practice



Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
CCC001	Basics of Psychology	02	30	70	100
CCC002	Basic of Counselling	02	30	70	100
CCC003	Basic counselling skills	02	30	70	100
CCC004	Introduction to Abnormal behavior	02	30	70	100
CCC005	Introduction to special area in Counselling	02	30	70	100
CCC006	Field observation study	01	-	50	50
	Total credits & hours	11	150	-	550



Diploma Programmes

The Diploma programme in Social Work is a part-time one-year programme. It is conducted in two semesters (of six months duration each), through class room lessons, on-site-teaching-learning methods and guided field practice exercises. Within the one-year study period, two concurrent field placements will be conducted. In these two field placements, students are taught to apply the theoretical knowledge that they gained in class room lessons to real field settings under close supervision provided by trained professionals. The placements are part-time and shall be conducted during a total time period of 16 weeks. Apart from the field placements, observation field visits based on the needs of the participants will also be conducted during the 1st and 2nd semesters.

The total number of teaching hours of the programme is 630 hours. Of which 360 hours are allocated for classroom lectures and 270 hours for training in the field. To date, this professional course has found the students to be committed learners working with people in need.

Definition of a Credit

In the credit system propounded by the Sri Lanka Qualifications Framework a student's workload of a full-time study programme is defined as 1500 notional learning hours per year. Notional learning hours include direct contact hours with teachers and trainers, time spent in self-learning, preparation for assignments, carrying out assignments and assessments. The minimum number of credits per course module/course unit is 1. The number of credits per course module/course unit should be indicated by integers. One credit is equivalent to 15 hours of lectures or 30-45 hours of laboratory work or 45 hours of field work/clinical work. For every one hour of lecture, a student is expected to carry out at least 2-2½ additional hours of independent learning. For every 2 hours of laboratory work, a student is expected to carry out at least 1 additional hour of independence studies.

Course Structure

The structure of this course consists of the following components:

- Ten Course Units
- Two Field Practicum
- Study Tour



1. Diploma in Social Work

Introduction

The newly revised Diploma programme in Social Work is offered by the School of Social Work at the NISD as part time training programme. The Diploma programme in Social Work was reviewed and revised to fit into the Quality Assurance and Accreditation Council of UGC (SLQF).

Aim

To produce professional Social Workers with the required knowledge, skills, attitude and aptitude for best practice

Objectives

- Produce quality professionals in the field of social work
- Enhance the professional skills of a social work practitioner
- Develop the interventional capacity of a social work practitioner

Medium on Instructions: Sinhala/Tamil/ English

Duration: One year including field practice
Week and Weekend programme

Admission Requirement

GCE (A/L) qualification required for admission to the university

- Experienced Social welfare officer in GOs and NGOs
- Experienced graduates who are working in the field of social welfare (SSO, DO, PO, CRPO, NCPA officers, Teachers, Volunteers) in GO Sector and Welfare officers of NGO/Private sectors.

Course Structure (Total Credits 30 including Field Practice)



The Diploma in Social Work program consists of the following components:

First Year-First Semester and Second Semester

Course Code	Course Title	No of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
SWD111	Introduction to Social Work	3	45	105	150
SWD 112	Human Growth and Development	2	30	70	100
SWD 113	Casework and Case Management	3	45	105	150
SWD 114	Skills Development (Practice Lab)	2	30	70	100
SWD 115	Mental Health Social Work and Counseling	2	30	70	100
SWD 116	Concurrent Field Practice 1- (1 Credit 50 Hours)	3	150	150	150
SWD 121	Multi-cultural Social Work practice & Social Work in different settings	3	45	105	150
SWD 122	Basic Social Work Research	3	30	70	100
SWD 123	Social Problems in Sri Lanka	2	30	70	100
SWD 123	Social Problems in Sri Lanka	2	30	70	100
SWD 124	Social Work with Groups	2	30	70	100
SWD 125	Social Work with Communities	3	45	105	150
SWD 126	Field Placement II(Concurrent)	3	150	150	150
Total notional hours and Credit for Diploma		30	-	-	1500



1. Diploma in Counselling

Introduction

The newly revised Diploma programme in Counselling is offered by the Training Division at the NISD as part time training programme. The Diploma programme in Counselling was reviewed and revised to fit into the SLQF.

Aim

To produce professional counsellors with the required knowledge, skills, attitude and aptitude for best practice

Objectives

- Produce quality professionals in the field of counselling
- Enhance the professional skills of counselling practitioner
- Develop the interventional capacity of the of the practitioner

Medium on Instruction: Sinhala/ Tamil/ English

Duration: 21 months including three-month counselling practice
Weekend course.

Admission Requirement

GCE (A/L) qualification required for admission to the university

- Experienced Social welfare officer in GOs and NGOs
- Experienced graduates who are working in the field of social welfare (SSO, DO, PO, CRPO, NCPA officers, Teachers, Volunteers) in GO Sector and Welfare officers of NGO/Private sectors.

Course Structure

(Total Credits 30, Direct contact/Lectures - 405 and Field Practice – 150 Hours)



Diploma in Counselling Course Structure & Course Description

The Diploma in counselling program consists of the following components:

- Nine Course Units
- One Field Practicum unit
- Study tour

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
DipC111	Introduction to Psychology	03	45	105	150
DipC112	Introduction to Counselling	03	45	105	150
DipC113	Introduction to Basic Research Methods	03	45	105	150
DipC114	Introduction to Counselling Skills	03	45	105	150
DipC115	Psychological Disorders	03	45	105	150
DipC121	Professional Ethics in Counselling	03	45	105	150
DipC122	Counselling Interventions	03	45	105	150
DipC123	Counselling in the Sri Lankan Context	03	45	105	150
DipC124	Counselling with different client groups	03	45	105	150
Dip C125	Field Practicum	03	150	-	150
Total notional hours and Credit for Diploma		30	-	-	1500



2. Diploma in Child Protection

Introduction

The diploma in Child Protection and Social Work intervention focuses on skills development of professionals in Child Protection, Child Welfare and other related fields in Sri Lanka. It is designed in keeping with qualification framework advocated by the Quality Assurance and Accreditation Council of UGC in Sri Lanka.

Aim

To produce professionals in Child Protection with the required knowledge, skills, and attitude for best practice

Objectives

- Enhance the professional skills of the providers of child welfare, child care and child protection services
- Develop the ability of such officers and service providers to assess the needs and intervene in child protection matters related to individuals, families, groups and communities.

Medium : Sinhala/Tamil/ English

Duration: 18 Months part-time (on weekends)

Admission Requirement

GCE (A/L) qualification required for admission to the university

- Experienced Child Welfare Officers, Child Protection Officers, in NGOs, experienced Graduates who are working in the field of Child Welfare Services (PO, CRPO, NCPA Officers, Teachers, Volunteers) In GO Sector.

The course consists of the following components;

- 11 Course units
- Two field practicums
- Study Tour



Diploma in Child Protection

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
First Semester					
DCP111	Introduction to Child care and Protection	1	15	35	50
DCP112	Social Work and Child Protection	3	45	105	150
DCP113	Human growth and Development	2	30	70	100
DCP114	Case work and case Management	3	45	105	150
DCP115	Child and Law	2	30	70	100
DCP 116	Reconciliation and Peace Building among the Children	1	15	35	50
DCP117	Field practicum 1	3	150	-	150
	Total notional hours and Credit for 1st Semester	15	-	-	750
Second Semester					
DCP121	Child Counselling	3	45	105	150
DCP122	Community mobilization for Child protection	3	45	105	150
DCP123	Child with disability	2	30	70	100
DCP124	Child welfare organization and management	2	30	70	100
DCP125	Communication, public relationship and Social Work Research	2	30	70	100
DCP126	Field practicum 11	3	150	-	150
	Total notional hours and Credit for 2nd Semester	15	360	-	750
Total notional hours and Credit for Diploma		30			1500



3. Diploma programme in Gerontology and Elder Care

Introduction

This Diploma programme in Gerontology/Elder care is designed for individuals who wish to develop their careers in the field of gerontology/elder care, to those already employed or active in gerontology/elder care or related fields who wish to enhance their career paths. It is also offered to those seeking challenging and meaningful career changes in response to new opportunities created by an aging society. Upon completion of this programme with interdisciplinary inputs, the students are expected to be well equipped with problem-solving and research skills responding to a demand for a longer living and healthier public life. It helps to prepare students to develop individualized career paths in the elder care-based service industries

This Diploma programme in Gerontology/Elder care is a part time study programme developed in line with the Sri Lanka Qualification Framework (SLQF) developed by the Sri Lanka Qualifications Framework and Quality Assurance Unit of the Ministry of Higher Education to promote national and international recognition of qualifications offered in Sri Lanka.

Aim To produce professional related with **diploma in gerontology/elder care** with the required knowledge, skills, attitude and aptitude for best practice

Objectives:

- Produce quality professionals in field of care givers
- Enhance the professional skills of the elders related practitioner
- Develop the interventional capacity of the of the practitioner

Medium of Instruction: Sinhala/Tamil

Duration: 21 including three-month practice on Weekends



Admission Requirement

- (i) has passed the G.C.E. (A/L) Examination or,
- (ii) has other equivalent higher educational qualifications acceptable by the Academic Affairs Board of the Institute; or
- (iii) has passed GCE O/L examination with three years of work experience in a related job category

Note:

- (1) Applicants under Eligibility Requirements (i) (ii) and (iii) above shall be considered on a case by case basis and the decision of the Institute to recognize or reject a qualification/s submitted shall be final.
- (2) Special consideration may be given to those candidates with higher educational qualifications and/or experience in the Social Welfare or Social Development fields.

Course Structure

(Total Credits 30, Lectures - 405 and Field Practice – 150 Hours)

Diploma in Gerontology & Elder Care Course Structure

The Diploma in Gerontology/Elder care programme consists of the following components:

- Ten (10) Course Units
- One Field Practicum unit
- Study tour

Course Units Code & Course Units by Semester

The subjects and subject codes of the courses and lecture hours per semesters and the number of credits per course are given below:



Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
First Semester					
DipG 111	Introduction to Gerontology and Elder Care	03	45	105	150
DipG 112	Introduction to Psychology for Elder Care	03	45	105	150
DipG 113	Ageing Society & Culture (Global and local context)	02	30	70	100
DipG 114	Basic Research Methods	02	30	70	100
DipG 115	Social Work for Elder Care	03	45	105	150
Second Semester					
DipG 121	Health, Safety and Nursing Care	04	60	140	200
DipG 122	Ayurveda Health and Elder care	02	30	70	100
DipG 123	Counseling for Elder care	04	60	70	200
DipG 124	Social policy, Welfare programmes and Care Management	02	30	70	100
DipG 125	Case Management for Elder care	02	30	70	100
DipG 126	Field practice	03	-	150	150
Total		30	405	1050	1500



4. Diploma in Social Care

Introduction

This Diploma programme in Social Care is a part time study programme developed in line with the Sri Lanka Qualification Framework (SLQF) developed by the Sri Lanka Qualifications Framework and Quality Assurance Unit of the Ministry of Higher Education to promote national and international recognition of qualifications offered in Sri Lanka.

Aim

To produce professionals in Social Care with the required knowledge, skills, attitude and mindset for best practice

Objectives

- Produce quality para professionals/ professionals in social Care
- Enhance the professional skills of the providers of social care services
- Develop the capacity of social care service providers to facilitate intervention in social welfare and social development matters related to individuals, families, groups and communities owned system for sustainable development.

Medium of Instruction: Sinhala/Tamil/English

Duration: 21 including three-month practice (Two Weekends)

Admission Requirements

- (a) Those who have successfully completed the GCE (A/L) and full fill the basic admission requirements to the university.
- (b) An officer in the Social Care, Social Welfare and Social Services field with a minimum of 3 years experiences

Course Structure

(Total Credits 30, Lectures - 405 and Field Practice – 150 Hours)



Course Units & Course Unit Codes by Semester

The subjects and subject codes of the courses and lecture hours per semesters and the number of credits per course are given below.

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
DSC 101	Introduction to Social Care	02	30	70	100
DSC 102	Community, Culture and Family	01	15	35	50
DSC 103	Health wellbeing, Health care of Ayurveda (21 Hours), Mental Health (24 Hours)	03	45	105	150
DCS 104	Health and Safety for care users (15 Hours), Nursing & First Aid (30 Hours)	03	45	105	150
DSC 105	Social Welfare Policies and Legal Framework	03	45	105	150
DSC 106	Case Management and Reunifications	03	45	105	150
DSC 107	Life skills	04	60	140	200
DSC 108	Psychological Counseling	03	45	105	150
DSC 109	Social Work Intervention	02	30	105	150
DSC 110	Professional Ethics of social care	03	45	105	150
DSC 111	Field Practicum	03	150	-	150
	Total	30	555		1500



5. Diploma in Women Empowerment

Introduction

This Diploma programme in Women Empowerment is a part time study programme developed in line with the Sri Lanka Qualification Framework (SLQF) developed by the Sri Lanka Qualifications Framework and Quality Assurance Unit of the Ministry of Higher Education to promote national and international recognition of qualifications offered in Sri Lanka.

Aim

To produce professionals in Women Empowerment for Gender development with required knowledge, skills, attitude and mindset for best practice

Objectives

- Produce quality paraprofessionals professionals in gender and development
- Enhance ability to critically analyse the concept of 'gender' and sex related differences and also critically analyse structures from a gendered perspectives
- Develop the capacity of professionals to facilitate intervention in gender and development matters related to individuals, families, groups and communities owned system for sustainable development.

Medium of Instruction: Sinhala/Tamil/English

Duration: One-year (weekdays and weekends programme)

Admission Requirements

- (a) Those who have successfully complete the GCE (A/L) and full fill the basic admission requirements to the university.
- (b) An officer in Women Empowerment, Social Welfare, Social Services fields with a minimum of 3 years experiences

Course Structure

(Total Credits 30 including Field Practice)



Course Units & Course Unit Codes by Semester

The subjects and subject codes of the courses and lecture hours per semesters and the number of credits per course are given below.

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
DWPE 101	Women in Sri Lankan Society	03	45	105	150
DWPE 102	Women and Law	03	45	105	150
DWPE 103	Women and Politics in Sri Lanka	03	45	105	150
DWPE 104	Women Personality Development	03	45	105	150
DWPE 109	Field practice 1	03	150	150	150
DWPE 105	Working with Power groups	03	45	105	150
DWPE 106	Women and Skill development	03	45	105	150
DWPE 107	Women and Leadership	03	45	105	150
DWPE 108	Women Empowerment	03	45	105	150
DWPE 110	Field Practicum 11	03	150	-	150
Total notional hours and Credit for Diploma		30	-	-	1500



6. Diploma in Sign Language Interpretation

Introduction

This Diploma programme in Sign Language interpretation is a part time study programme developed in line with the Sri Lanka Qualification Framework (SLQF) developed by the Sri Lanka Qualifications Framework and Quality Assurance Unit of the Ministry of Higher Education to promote national and international recognition of qualifications offered in Sri Lanka.

Aim

To produce professional interpreters in sign language with required knowledge, skills, attitude and mindset for best services to service users in need of sign language interpretation

Objectives

- Produce quality paraprofessionals and professionals in sign language interpretation
- Enhance the professional skills of sign language interpretation and employability

Medium of Instruction: Sinhala/ Tamil

Duration: One-year (weekdays and weekends programme)

Admission Requirements

- (a) Those who have successfully completed the GCE (A/L) and full fill the basic admission requirements to the university.
- (b) An officer in the same field with a minimum of 3 years experiences



Course Structure (Total Credits 30 including Field Practice)

Course Units & Course Unit Codes by Semester

The subjects and subject codes of the courses and lecture hours per semesters and the number of credits per course are given below.

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
DSLI - 111	Introduction to basic signs	45	03	105	150
DSLI - 112	Sign language grammar/ religious signs	45	03	105	150
DSLI - 113	History of sign language	30	02	70	100
DSLI - 114	Sign language dictionary	30	02	70	100
DSLI - 115	Sinhala/Tamil/English numbers and letters	30	02	70	100
DSLI - 116	Block placement	150	03	105	150
DSLI - 117	Translation practice	45	03	105	150
DSLI - 118	Voice control	45	03	105	150
DSLI - 119	Ethics	30	02	70	100
DSLI - 120	Colloquial Sign Sexuality related signs	30	02	70	100
DSLI - 121	Laws and disability	30	02	70	100
DSLI - 122	Concurrent field placement	150	03	150	150
Total Notional hours and Credits for Diploma		-	30		1500



Higher Diploma Programme

1. Higher Diploma in Social Work

Introduction

The newly designed Higher Diploma program in Social Work is offered by the School of Social Work at the NISD as fulltime program. The Diploma program in Social Work was designed to fit into the SLQF.

Aim

To produce professional Social Worker with the required knowledge, skills, attitude and aptitude for best practice

Objectives

- Produce quality professionals in field of Social Work
- Enhance the advanced professional skills of a social work practitioner
- Build the interventional capacity of a Social Work Practitioner
- Develop professional practice

Medium of Instruction: Sinhala/Tamil/ English

Duration: Two years including field practice

Weekday, full time programme

Admission Requirement

Admission of candidates to the Diploma program in Social Work is considered on the basis of the minimum requirements for University admission as prescribed by the University Grants Commission (UGC). A person who successfully completes GCE (O/L) with 3 years of working experiences from government, non-governmental and international non-governmental organization

Course Structure : (Total Credits 66 including field practice)

Course Fee: Free of Charge and a registration fee which is decided by Governing Council



The Higher Diploma in Social Work program consists of the following components:

Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
HDipSW 111	Introduction to Social Work	03	45	105	150
HDipSW 112	Lifespan and Human Behaviour	03	45	105	150
HDipSW 113	Social Environment and Social Problems	03	30	70	100
HDipSW 114	Working with Individuals and Families	03	30	70	100
HDipSW 115	Social Welfare in Human Service Organizations	03	30	70	100
HDipSW 116	English for Social work level- 1	-	45	105	150
HDipSW 117	ICT (Compulsory)	-	06	-	-
HDipSW 118	Foundation Field Practicum 1	03	150	150	150
HDipSW 121	Working with Groups	03	45	70	100
HDipSW 122	Practice Lab Part 1 General Practice Part 11 General Counselling	03	45	105	150
HDipSW 123	Human Rights, Law and Social Work	03	45	105	150
HDipSW 124	Environmental Implications on Social Work	02	30	70	100
HDipSW 116	English for Social Work (Continuing from the first semester)	-	45	105	150
HDipSW 126	ICT (Compulsory)	-	06	-	-
HDipSW 127	Field Practicum 11- Block Field Placement	06	-	300	300
HDipSW 211	Working with Communities (Methods of Social Work 111)	03	45	105	150
HDipSW 212	Social Policy and Social Welfare Administration	03	45	105	150
HDipSW 213	Part 1 Social Work Research Part 11 Project Management	03	45	105	150



HDipSW 214	Service Delivery in Human Settlements (Theory)	03	45	105	150
HDipSW 215	Service Delivery in Human Settlements: Field Practice	03	45	105	150
HDipSW 116	English for Social Work	03	45	105	150
HDipSW 217	ICT (Compulsory)	-	06	-	-
HDipSW 221	Field Practicum 111	16	800	800	800
Total Notional hours and Credits for Diploma		66	-	-	3300



2. Higher Diploma in Counselling

Introduction

The Higher Diploma programme in Counselling is offered by the Training Division at the NISD as part time training program. The Diploma programme in Counselling was designed to fit into the SLQF. This Programme is conducted in Colombo only.

Aim

To produce professional counsellors with the required knowledge, skills, attitude and aptitude for best practice

Objectives

- Produce quality professionals in field of counselling
- Enhance the advanced professional skills of the counselling practitioner
- Develop the interventional capacity of a Counselling practitioner

Medium of Instruction: Sinhala/Tamil/ English

Duration: 21 months including three-month counselling practice
Weekend programme

Admission Requirement

Admission of candidates to the Diploma program in Counseling is considered on the basis of the minimum requirements for University admission as prescribed by the University Grants Commission (UGC).

- (1) A person who successfully completes all the examinations leading to the Diploma in Counselling.
- (2) Students who have completed courses equivalent to the Diploma in Counseling at institutions of higher learning recognized by the National Institute of Social Development shall also be considered for admission to the Higher Diploma in Counseling on the basis of merit 2

Course Structure: (Total Credits 30, Direct contact/Lectures - 405 and Field Practice – 150 Hours)

The Higher Diploma in counselling program consists of the following components:



Course Code	Course Title	No. of Credits	No. of direct contact hours	No. of hours Self-learning	Total Notional learning
HDipC 211	Introduction to General Psychology	4	60	140	200
HDipC 212	Counseling: Knowledge and Specialization and their Applications	4	60	140	200
HDipC 213	Counseling Theories & Techniques	4	60	140	200
HDipC 214	Skills, Interventions and Application I	4	60	140	200
HdipC 221	Skills, Interventions and Application II	6	90	210	300
HDipC 222	Research in Counseling	4	60	140	200
HDipC 223	Introduction to psychosocial Intervention	2	30	70	100
HDipC 224	Field Practicum	4	200	-	200
	Total	32	620		1600



Bachelor of Social Work

Introduction

The Bachelor of Social Work degree programme conducted by the NISD aims to produce professional Social Workers with a good grasp of Social Work values, capable of managing social welfare services, competent to engage in good quality teaching and research and promote peace and harmony in a multi-ethnic Sri Lanka. The Bachelor's degree course in Social Work is a full time four year programme, comprising of the first year made equivalent to the diploma in Social Work and the second year made equivalent to the Higher Diploma in Social Work and the 3rd and the 4th year running as the 3rd and 4th BSW years revamped with revised syllabi. The BSW programme is conducted in eight semesters, through class room lessons, on-site-teaching-learning methods and guided field practice.

Aim

Produce professional Social Workers with the required knowledge, skills, attitude and aptitude for best practice

Objectives

- Produce quality professionals in field of Social work
- Enhance the professional competency for employability in the field of social work and social development
- Develop the interventional capacity of a Social Work Practitioner

Medium: Sinhala/ Tamil/ English

Duration: Four academic years

Course fee: Free of Charge

Course Structure:

(Total number of Credits required qualifying for the BSW degree is 125 credits earned during the four years of study including guided field practice)



Admission Requirements

The minimum requirements for University admission prescribed by the University Grants Commission (UGC) and a good working knowledge of English. Short listed candidates in this category should appear for an Admission test conducted in the medium they have applied to follow the Course. Those who qualify at this Admission Test will be called for an interview for selection on the basis of merit.

BSW FIRST YEAR (First Semester and Second Semester)

(All Course units are compulsory)

Course Code	Course Title	No. of hours	No. of Credits	No. of Self Learning hours	Total Notional learning hours
DipSW/BSW 111	Orientation to Social Welfare organizations (Orientation Field placement)	90	2	100	100
DipSW/BSW 112	Introduction to social work	45	3	105	150
DipSW/BSW 113	Sociology for Social Work	45	3	105	150
DipSW/BSW 114	Psychology for Social Work	45	3	105	150
DipSW/BSW 115	Practice Lab	45	3	105	150
DipSW/BSW 116	English(compulsory) (will continue in the second semester)	45	None	105	150
DipSW/BSW 117	ICT Workshop (will continue in the second semester)	06	None	-	-
DipSW/BSW 121	Basic Methods & Techniques in Social Work Practice	45	3	105	150
DipSW/BSW 122	Social Work Values and Ethics	45	3	105	150
DipSW/BSW 123	Basic Research Methods	45	3	105	150
DipSW/BSW 124	Field Placement I (Concurrent)	315	7	105	150
HDipSW/BSW 116	English (compulsory) (continuing from the first semester)	45	None	105	150
HDipSW/BSW 117	ICT Workshop (compulsory) (continuing from the first semester)	06	None	-	-



BSW SECOND YEAR (First Semester and Second Semester)

(All Course units are compulsory)

Course Code	Course Title	No. of hours	No. of Credits	No. of Self Learning hours	Total Notional learning hours
HDipSW/ BSW 211	Field Placement II (concurrent) (will continue in the second semester)	135	3	150	150
HDipSW/ BSW 212	Social Case Work	45	3	105	150
HDipSW/ BSW 213	Social Work with Social Groups	45	3	105	150
HDipSW/ BSW 214	Social Issues & Problems in Sri Lanka	45	3	105	150
HDipSW/ BSW 215	Intervention Skills Development	45	3	105	150
HDipSW/ BSW 216	Volunteerism for Social Work I	45	3	105	150
HDipSW/ BSW 116	English (compulsory) (will continue in the 2 nd semester)	45	None	105	150
HDipSW/ BSW 117	ICT Workshop (compulsory) (will continue in the 2 nd semester)	06	None	-	-
HDipSW/ BSW 211	Field Placement II (Concurrent) (continuing from first semester)	270	6	300	300
HDipSW/ BSW 221	Case Management	45	3	105	150
HDipSW/ BSW 222	Human Rights & Social Work	45	3	105	150
HDipSW/ BSW 223	Applied Research Methods	45	3	105	150
HDipSW/ BSW 224	Volunteerism for Social Work II	45	3	105	150
HDipSW/ BSW 116	English (compulsory) (continuing from 1 st semester)	45	None	105	150
HDipSW/ BSW 117	ICT Workshop (compulsory) (continuing from 1 st semester)	06	None	-	-



BACHELOR OF SOCIAL WORK (BSW)
Third Year - (First Semester and Second Semester)

Course Code	Course Title	No. of hours	No. of Credits	No. of Self Learning hours	Total Notional learning hours
BSW 311	Community Health	45	3	105	150
BSW 312	Working in Organizations (Social work management)	45	3	105	150
BSW 313	Economics for Social Workers	45	3	105	150
BSW 314	Social Work Practice and Law	45	3	105	150
	Electives 1	45	3	105	150
BSW 315 (a)	Counseling Skill in Social Work I				
BSW 315 (b)	Medical and mental Health Social work I				
BSW 315 (c)	School Social Work I				
BSW 315 (d)	Human Resource Management I				
BSW 315 (e)	Social Work with Elderly I				
BSW 315 (f)	Persons with Disability I				
	Compulsory				
BSW 316	English	45	None	105	150
BSW 317	IT Workshop (Quantitative and Qualitative Statistical package)	06	None	-	-
BSW 321	Community work	45	3	105	150
BSW 322	Social policy	45	3	105	150
BSW 323	Research project (Continue to 4 th semester) <i>90 Notional Learning hours is a credit</i>	360	4	360	360
BSW 324	Service delivery in Human Settlements (Rural Camp)	45	3	105	150
	Electives 2	45	3	105	150
BSW 325(a)	Counseling II				
BSW 325(b)	Medical and Mental Health Social work II				
BSW 325(c)	School Social Work II				
BSW 325(d)	Human Resource Management II				
BSW 325(e)	Social Work with Elderly II				
BSW 325(f)	Persons with Disability II				



BSW 316	Compulsory English (Continue from 1 st semester)	45	None	105	150
BSW 317	IT Workshop (Quantitative and Qualitative Statistical package)	06	None	-	-

BACHELOR OF SOCIAL WORK (BSW)
Fourth Year - (First Semester and Second Semester)

Course Code	Course Title	No. of hours	No. of Credits	No. of Self Learning hours	Total Notional learning hours
BSW 411	Disaster Management	45	3	105	150
BSW 412	Social development – Global and National context	45	3	105	150
BSW 413	Multi-Cultural Social Work Practice	45	3	105	150
BSW 323	Research Project (Continuing from 3 rd year. Submission end of the semester)	360	4	360	360
BSW 421	Block Field placement (Community work)	850	17	850	850

Total number of Credits required qualifying for the BSW degree is 125 credits earned during the four years of study as depicted below;

Number of Credits required at each level

First year = 30

Second year = 36

Third year = 31

Fourth year = 30

Total = 127



The Master's Degree in Social Work

Introduction

The Master's Degree programme in Social Work is designed to provide advanced knowledge in Social Work encompassing a qualitative shift from knowledge acquisition to the development of analytical skills, critical appraisal and production of knowledge through critical inquiry. It aims to produce professionally qualified and managerially competent humanpower to service the Social Welfare System and thereby promote Social Development. The programme consists of classroom lessons which include mainly of lectures, discussions student presentations, seminar discussions, observation visits of selected social and related organisations study. It also includes lessons on leadership appropriate to professional practitioners and persons in managerial positions.

The course equips graduates to work in a wide range of capacities as Social Workers, Counsellors, Field Officers, Project Officers, Programme Co-Ordinator's in the fields of health, education, development, criminal and juvenile justice, gender equality, Family Services Such As Family Courts, Family Counselling Centres, Adoption Centres, Broad Based Child Welfare Services, Community Organisations and Development Practice. Social Work being a versatile subject that produces `change maker graduates of the finest caliber in the country and the world.

Objectives of the Master of Social Work (MSW) Programme

The main objective of the Master's programme in Social Work is to meet the demand in the public and private sectors for upgrading the competencies of graduates/other equally qualified individuals already engaged in Social Work and to provide opportunities to graduates from other disciplines and other equally qualified personnel to obtain advanced knowledge in Social Work in order to meet the urgent need for Professional Social Workers in the country at the managerial level.

Upon successful completion of the Master's degree programme in Social Work the participants will be equipped with;

- A critical understanding of the body of knowledge and research in Social Work.
- Analytical and conceptual skills leading to the production of knowledge in Social Work and Social Development.



- Advanced knowledge in social work related organizational managerial strategies.
- Academic and professional skills required to perform as managers, planners and policy makers in social work, social welfare and social development.

Medium of Instruction: English/ Sinhala /Tamil

Duration:

The duration of the Master of Social Work shall be two academic years consisting of four semesters.

The course modules will be taught on weekdays and weekends

For the field practicum modules continuous attendance during the stipulated hours of study is compulsory. Therefore, those who are employed may be required to obtain leave of absence from their work places during those periods.

Admission Requirements

The minimum admission requirements are;

- A Bachelor's degree from a University or from a recognised higher education institution with a first or second class honours
- or
- A Bachelor's degree from a University or from a recognised higher education institution with an ordinary pass and a minimum of a one-year post-graduate diploma or
- A Bachelor's degree from a University or from a recognised higher education institution and a minimum of three years post-qualifying experience working in Social Welfare Organisation (s) or
- A professional qualification equivalent to a bachelor's degree considered on a case by case basis by the NISD on the recommendation of the Board of Graduate Studies and a minimum of three years of post-qualifying experience working in social welfare organisation (s) and

* A good working knowledge of English

SAARC/Foreign Nationals

- A SAARC/foreign national should fulfil the basic qualification laid down for admission to the Master's Degree in Social Work programme. He/She should produce



the transcript from his/her University/higher educational Institution as proof of eligibility

- The SAARC/foreign national should give two references one of whom should be his/her professor who taught him/her at the undergraduate level. The referees should provide information regarding the candidate's academic interests, character and suitability to the programme in a sealed envelope and this information should accompany the application.
- If the candidate is found suitable and selected for the programme a provisional admission letter will be sent to the candidate to enable him/her to secure the appropriate visa to come to Sri Lanka and join the programme.
He/She should obtain a student visa which should indicate a) the name of the Institute and b) period of study at the Institute

Auditing of Course Units

Candidates qualified under the admission requirements may opt to audit selected (no more than two) course modules on payment of the stipulated course module fee and other fees. Regulations regarding examination, evaluation etc. shall not be applicable to auditing candidates. Certificate of attendance will be issued if 80% attendance is maintained.

The Master of Social Work degree programme includes the following components;

- (i) Twelve Course Modules
- (ii) Two Field Practicum
- (iii) Research based Dissertation

Course Code	Course Title	No of Credits	No. of direct contact hours	No. of Self Learning hours	Total Notional learning hours
MSW 501	Sociology for Social Work	2	45	105	150
MSW 502	Psychology / Human Development for Social Work	2	30	70	100
MSW503	Philosophy and Principles of Social Work	2	45	105	150
MSW 504	Understanding Sri Lankan Society	2	30	70	100
MSW 505	Social Welfare Services Provision in Sri Lanka	2	30	70	100
MSW 506	Methods and Techniques in Social Work I	2	150	150	150



MSW 507	Globalization and Social Welfare	2	45	105	150
MSW 508	Human Rights and Social Work	2	30	70	100
MSW 509	Methods and Techniques in Social Work II	2	30	70	100
MSW 510	Social Work Management	2	30	70	100
MSW 511	Social Policy	2	30	70	100
MSW 512	Research Methods for Social Work	2	45	105	150
MSW 513	Foundation Field Practicum	8	400	400	400
MSW 514	Advanced Field Practicum	10	500	500	500
MSW 515	Dissertation	18	-	1620	1620
Total notional hours and Credits for Master degree		60	-	-	3000



Curriculum Development Committee for Short Term Training Programmes

1. Mrs. Shamini Attanayake, Director General (Acting) /Additional Director General (Academic), NISD
2. Mr. K. Prasanna Chandith, Director (Administration), SLIDA
3. Ms. Annie Kurian, Consultant in Social Worker,
4. Mrs. V. Vasudevan, Director, Training
5. Mr. M.S.M. Asmiyas, Director, Research and Publication
6. Mrs. Deepthi Niroshika, Senior Training Officer
7. Mrs. Kumudini Wedisinghe, Senior Training Officer
8. Mr. S. Hariharathamotharan, Senior Research Officer
9. Mrs. Kanchana Adikari, Training officer II
10. Mr. B.K.S. Karunaratne, Training Officer II
11. Mr. Ironne Jayasekara, Training Officer II
12. Mr. Priyan Hettiarachchi, Training Officer II
13. Mr. A.H. Ubaidullah, Training Officer II
14. Mr. T. Tharshan, Training Officer II
15. Mr. Y.M. Nimsath, Training Officer II
16. Ms. Iresha Madushani Samarasinghe, Training Officer II



Members of Governing Council

Mr. Neel Bandara Hapuhinne	Secretary, State Ministry of Samurdhi, Household Economy, Micro Finance, Self-Employment & Business Development, Chairman, Governing Council, NISD
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Mrs. A.P.D.D.N. Fernando	Director, Department of Project Management and Monitoring
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Prof. Premakumara de Silva	Dean, Faculty of Arts, University of Colombo
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Dr. Iresha Darshani	Lecture, Nagananda International Institute for Buddhist Studies
Mr. Jagath Wellawatta	Senior Lecturer, Department of Sociology, University of Colombo
Mr. Gotabaya Jayarathne	Management Consultant
Ms. Chandima Wickramasinghe	Additional Secretary, Presidential Secretariat
Mr. D. Vidanagamachchi	Retired Deputy Secretary to the Treasury
Mr. Sisira Rathnayaka	Retired High Court Judge
Mr. Roy Nilantha Silva	Director, Knowledge Village (Pvt)Ltd
Mr. T.N. Hettiarachchi	Additional Secretary (Development), Higher Education Division, Ministry of Higher Education, Technology and Innovations



Members of Academic Affairs Board

Mr. Neel Bandara Hapuhinne	Secretary, State Ministry of Samurdhi, Household Economy, Micro Finance, Self-Employment & Business Development, Chairman, Governing Council, NISD
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Prof. W. M. Danapala,	Senior Lecturer, Department of sociology, University of Sri Jayawardenapura
Prof. A.W.K.W. Subasinghe	Senior Lecturer, University of Kelaniya
Prof. Upali Pannilage	Dean, Faculty of Humanities and Social Sciences, University of Ruhuna
Dr. S.M.A.K. Samarakoon	Head, Department of Commerce and Financial Management, University of Kelaniya
Dr. Sunil Jayantha Nawaratna	Director General, National Institute of Education, Maharagama
Mrs. V. Vasudevan	Director, Training, NISD
Mr. K.M.Y. Karunarathna	Director, School of Social Work, NISD
Mr. M.S.M. Asmiyas	Director, Social Development Policy, Research and Publication, NISD
Mrs. C.H.D. Hettiarachchi	Registrar/Secretary to the AAB, NISD



Key Administrative Officers and the Teaching Faculty

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Mrs. L.K. Pushpakanthi - Director (Admin & Finance)

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Mr. R.M.D.S.S. Rathnayake - Accountant

B.Com (Special) (University of Sri Jayewardenepura)

Mrs. U.D.D. Danushka Ushetti – Internal Auditor

BB Mgt. (Mkt.) Sp., SAT, CBA, MCPM, PgDip. (ICASL)

Mr. D.K. Indika Wijerathna – Computer Programmer

B.Sc. (Special) in IT (SLIIT), Commonwealth Executive MBA (OUSL)

Ms. H.K. Fathima Rameeza – Translator - (Tamil)

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Mr. H.C.B. Sumanapala – Project Programmer

Dip. in Automobile Engineering (Dimo Lanka Automobile Training School), Diploma in Counselling (NISD)

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B.A. in Library Science (University of Kelaniya), Dip. in Library & Information Science (SLLA)

Mr. Sahan Peremarathna – Programme Assistant (Center in Charge) - Thalawa

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