

Additional file 2: Training Curriculum for MHPPs.

Training Curriculum

Interpersonal Counseling (IPC) for Children and Adolescents in the Israeli Mental Health System Training Program for Mental Health Para-Professional (MHPP)

Program Overview: This training curriculum is designed to equip support providers with the knowledge, skills, and tools required to deliver suicide-focused interpersonal counseling (IPC) interventions for children and adolescents in the Israeli mental health system. The program combines theoretical foundations, ethical guidelines, clinical protocols, and applied practice.

Training Format: In-person

Duration: 5 training days

Instructional Methods: Lectures, group discussions, skills practice, case studies, and role-play simulations.

Learning Objectives

By the end of this program, participants will be able to:

1. Understand the structure and services of the Israeli mental health system.
2. Apply core ethical principles in work with children, adolescents, and parents
3. Recognize, assess, and address depression and suicidality in youth
4. Conduct structured suicide risk assessments and develop safety plan
5. . Implement the IPC-SCI protocol for depression and suicidality
6. Build effective therapeutic alliances within a clear intervention framework.
7. Integrate interpersonal, cognitive, behavioral, and emotional skills into treatment
8. Collaborate effectively with parents in suicide prevention intervention.
9. Manage crisis situations and navigate ethical dilemmas in clinical settings.

Curriculum Outline

Day 1-

Topic: Mental Health in Israel, Ethical Principles, Depression and Suicidality in Youth

8:00 Overview of the Israeli mental health system, patient profiles, common disorders, treatment types, and public service challenges. (Orit Cohen Shtiler)

10:00 Core ethical principles: confidentiality, mandatory reporting, informed consent, therapeutic alliance, professionalism, and boundaries. (Orit Cohen Shtiler)

12:30 Depression and suicidality in youth: definition, prevalence, risk factors, and treatment approaches. (Dr. Shira Barzilay)

14:00-16:00 Structured suicide risk assessment tools and practical exercises. (Dr. Shira Barzilay)

Day 2 –

Topic: Suicide-Focused Interpersonal Counseling Protocol (IPC-SCI) – Introduction

10:00 Safety planning for suicide and self-harm prevention. (Dr. Shira Barzilay)

12:00 Introduction to IPC: historical background, theoretical and research development, IPC-SCI protocol for depression and suicidality. (Prof. Anat Brunstein-Klomek)

13:30 Setting the framework, building a therapeutic alliance, emotional and interpersonal assessment (proximity circles, interpersonal inquiry). (Prof. Anat Brunstein-Klomek)

15:30-17:30 Selecting the target problem area, working within the problem area, practice. (Prof. Anat Brunstein-Klomek)

Day 3 –

Topic: From Theory to Practice

09:00-15:00 Introduction to the outpatient system at the Department of Psychological Medicine, Schneider Children's Medical Center: coordination, record-keeping, risk management, crisis handling, volunteering procedures, and the support provider's role in the stepped-care research project. (Orit Cohen Shtiler)

Day 4 –

Topic: IPC Protocol – Stage 2

8:00- 13:00 IPC Stage 2: symptom-focused treatment, coping skills, interpersonal and emotional skills training. (Dr. Liat Haruvi-Katlan)

13:30 Cognitive and behavioral skills training and practice. (Dr. Shira Barzilay)

15:00-17:00 IPC-SCI Protocol – Termination and relapse prevention (Prof. Anat Brunstein-Klomek)

Day 5 –

Topic: IPC-SCI Protocol – Termination and Working with Parents

09:00 Termination phase: concluding treatment and follow-up recommendations. (Prof. Anat Brunstein-Klomek)

11:00 Working with parents in suicide-focused interventions: psychoeducation, collaborative approaches, ethical and practical challenges. (Orit Cohen Shtiler)

14:30-16:00 Case presentations, discussion of therapeutic challenges, crisis management, and applied research in clinical settings. (Orit Cohen Shtiler)

Trainers and Lecturers

Dr. Shira Barzilay – Clinical Psychologist, Senior Lecturer, Department of Community Mental Health, University of Haifa

Prof. Anat Brunstein-Klomek – Supervising Clinical Psychologist, Dean, School of Psychology, Reichman University

Dr. Liat Haruvi-Katlan – Supervising Clinical Psychologist, Former Director, Depression and Suicide Clinic, Schneider Children's Medical Center

Orit Cohen Shtiler – Supervising Clinical Psychologist, Practicum Supervisor, School of Psychology, Reichman University

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