



BAYARTAI PROGRAMME

UPSKILLING PROFESSIONALS IN RESIDENTIAL CARE
CENTRES, SPECIAL EDUCATION SCHOOLS, AND TEMPORARY
PROTECTION SHELTERS WITH ART THERAPY METHODS

Reporting period: 05/09/2022 - 30/10/2023

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BRIEF INTRODUCTION

In Mongolia, thousands of children and adolescents are grappling with psychological difficulties as they live in impoverished conditions and face daily distress and trauma. Regrettably, many children and young adults across the country are subjected to horrendous living conditions that harm their physical and psychological well-being and overall development. These adversities form extreme levels of distress, leading to the abandonment or neglect of children by their parents. As a result, many children end up dropping out of school or remaining disconnected from the education system. This experience often results in a loss of confidence and self-esteem, coupled with significant academic difficulties. Moreover, it places children and their families in a constant state of vulnerability, exposing them to the ongoing risks of exploitation, violence, and abuse.

Christina Noble Children's Foundation is an international humanitarian organisation with over 34 years of grassroots experience in humanitarian work. We have been serving in Vietnam since 1989 and in Mongolia since 1997. In 2015, drawing upon our experience, we, along with Ms. Miranda Marsh, an Integrative Child Psychotherapist based in England, established a training module for working with traumatised children. Since then, we have been actively implementing this module.

In 2022-2023, with the support of the Nelumbo Foundation, we initiated the ground-breaking "BayARTai" Programme in Mongolia. This programme directly empowered 34 specialists from care centres, temporary shelters, and special needs schools with effective methods for working with psychologically traumatised children and practical art therapy techniques. We have successfully completed this initiative

within 18 months. Through the "BayARTai" Programme, our goal was to make a positive impact on the lives of children aged 6-10 years old, and we successfully reached and influenced over 1,000 children in this period alone, both directly and indirectly.

PROGRAMME OBJECTIVES:

- Unlocking access to life-transforming Art Therapy support for children in orphanages, temporary protection shelters and schools for children with disabilities across Mongolia.
- To provide free of charge access to a progressive CNCF copyrighted curriculum to wider communities.
- Implementing the country's first Art Therapy curriculum for target group children aged 6-10 years old, handbook and workbook for psychologists and beneficiary children.
- To upskill and increase the efficiency of the 37 professionals who work in residential care centres, shelters, and special education schools by imparting the theory and practice combined skills needed to work with traumatised children.
- Empowering children with the tools to be able to overcome their emotional traumas and barriers through Art Therapy to become self-aware, confident, and happy young people.
- Raising awareness on Mental Health social issues across the country and progressive Psychosocial techniques to draw a nationwide path for access to Art Therapy.

SCOPE OF THE PROGRAMME:

- 37 specialists in residential care centres, temporary shelters and special needs schools.

PROGRAMME IMPLEMENTATION AND PERFORMANCE

Nº	Purpose	Activities	Executed date
Detailed planning, scheduling, and resource allocation (06/10/2022 – 15/12/2022)			
1	Programme activity set-up and planning (06/10/2022-15/12/2022)	Engaged in a collaborative working relationship with the consultants listed below, each specialising in their respective areas: <ul style="list-style-type: none"> • Miranda Marsh, a Child Psychotherapist – as an international consultant for the programme, to provide training under the theme “Psychological Trauma and Working with Traumatized Children” • Khongozul.T, a Clinical Psychologist - as a local consultant for the programme, to provide supervision • Khishignyam.B, Ph.D, lecturer – to provide training and supervision on the research works of the participants 	15/10/2022
2		The training curriculum and programme developed by the psychology team and reviewed by programme consultants.	15/12/2022
3		Developed an action plan for the public awareness activities.	11/11/2022
4		Upon completion of online courses under the theme “Guided Drawing, Art Therapy, and Play Therapy”, CNCF psychologists organised a 3-day training for CNCF employees to share their knowledge.	14/11/2022
5	Launching event	Programme launching ceremony successfully held. 76 guests attended the ceremony, including The Deputy Minister for Labour and Social Protection of Mongolia, a senior representative of the United Nations Children’s Fund, The Head of the Authority for Family, Child, and Youth Development, senior management personnel of child care centres, professionals and specialists in the child protection field, as well as social workers and psychologists who work in residential care centres in Mongolia.	06/10/2022

6	Upskilling CNCF Art Therapist	CNCF Art Therapist received a certificate of Art Therapy Training Course Programme from the College for Educational and Clinical Art Therapy.	08/11/2022
Development of handbooks, preparation of training (15/09/2022 – 27/01/2023)			
7	Developing handbooks, preparation for programme training (15/09/2022-27/01/2023)	Conducted market research on training stationery materials and made purchases in cooperation with the finance department	15/12/2022
8		Within the framework of the programme, signed a cooperation agreement with a designer to collaborate on designs for the handbook and children's book.	15/12/2022
9		60 handbooks for professionals were developed and published	27/01/2023
10		The children's book on Art Therapy "I Am the Sun" (created and designed by CNCF) specifically for children aged 6-10 years old for basic psychological support. The books were published (1,000 copies) and distributed to specialists.	27/01/2023
Organising the programme training (15/12/2022 - 31/01/2023)			
11	Organising programme training (15/12/2022-31/01/2023)	After administering a questionnaire to the programme participants both before and after the training, we observed a significant increase in their knowledge. The results showed a remarkable 45% improvement in participants' knowledge levels post-training.	31/01/2023
12		Expenses for sending 12 specialists participating in programme from rural areas to Ulaanbaatar provided.	25/01/2023
13		Contract signed with training hall, catering service providers and a 15-day training schedule drawn up.	15/12/2022
14		Organised 6-day off-line and 9-day online trainings.	31/01/2023
Internship report by participants (01/02/2023 – 31/05/2023)			
15	Programme report writing activity (01/02/2023-31/05/2023)	Guidelines with operational instructions related to the implementation of practical work were developed and presented to the participants.	07/02/2023

Mental Health Awareness Campaign: (06/10/2022 – 30/11/2023)			
16	Execution of Mental Health Awareness Campaign (06/10/2022-30/11/2023)	Public awareness interview about the programme was conducted and published on 2 news sites. Prepared and delivered 4 podcasts through CNCF social platforms. 12 programme activity briefings and news were delivered.	31/01/2023
Execution of practical work (01/05/2023 – 31/05/2023)			
17	Practical training (01/05/2023-31/05/2023)	Supervision provided every 14 days during the internship.	31/05/2023
18		Supervised all participants to write a 2,000-word paper on their findings, experiences in working with the target group children, and received and reviewed progress reports.	20/09/2023
19		At the programme's closing event, two representatives from participating psychologists presented their reports on the adoption and implementation of art therapy methods, along with their technique enhancements.	05/10/2023
Closing event (01/05/2023 – 15/11/2023)			
20	Programme closing event (01/05/2023-15/11/2023)	3-day master class training delivery.	05/05/2023
21		The closing event took the form of an international conference on psychological trauma, hosting 277 guests, including psychologists.	06/10/2023
22		Final writing and translation of programme reports.	20/10/2023
Mental Health Awareness Campaigns: (01/09/2022 – 30/11/2023)			
23	Mental Health Awareness Campaign: (01/09/2022-30/11/2023)	Awareness of Mental Health issues through CNCF social platforms Weekly post on CNCF Social Media platforms.	30/11/2023
24		Organised Mental Health Awareness Campaigns (reached over 85,000 people).	30/11/2023
25		Organised 12 podcasts with influencers, professionals, Psychotherapists, and celebrities on CNCF's Noble podcast (pre-existing CNCF channel).	30/09/2023

PREPARATION PHASE

PROGRAMME LAUNCH EVENT



The launching event of the programme was successfully held on 10th of June 2022 at Tuushin hotel, Ulaanbaatar. A total of 76 guests arrived at the launching ceremony, including The Deputy Minister for Labour and Social Protection of Mongolia, the representative of the United Nations Children's Fund (UNICEF), The Head of the Authority for Family, Child and Youth Development, the management of child care centres, professionals and specialists from the child protection field, as well as social workers and psychologists who work in residential care centres in Mongolia. For this event, 7 programme members worked and 7 volunteers helped the organisers.

At the reception area of the event, we included the following activities and items:

1. Exhibition of paintings by the children of CNCF
2. Exhibition of drawings made by children during art therapy sessions
3. A board for the guests to express their feelings with movements using both hands
4. Mask therapy corner where the guests painted papier-mâché masks which allowed creative expression of their inner feelings.

The launching event programme:

- I) Under the theme "Why do we need art therapy techniques?", Deputy Minister of Labour and Social Protection of Mongolia and the director of Mongolia's "Orfei" Theatre gave speeches. Moreover, a panel discussion was held among the psychologists of residential care centres, temporary shelters, and special education schools on the difficulties and needs of working in this field.
- II) Presentation under the theme "Practical importance of Art Therapy" was given. During the presentation, results of art therapy interventions implemented at the Blue Skies Ger Village were introduced. In addition, Christina Noble Children's Foundation (CNCF) and the Authority for Children, Family and Youth Development signed a Memorandum of Understanding (MoU) for future cooperation.

Activities completed in the framework of the launching ceremony:

1. Introduction to the programme implementation – Placed 2 videos on social media sites and Facebook page.



2. Videos under the theme “Results of Art Therapy sessions at the Blue Skies Ger Village” were presented – 2 videos
3. Public awareness interview about the programme was broadcasted on Mongol HD television and Mongolian National Broadcaster (MNB) Television prior to the launching ceremony of the programme. The interview was also published on the Gogo.mn news site.

Interviews and press releases about the programme were published across news sites in Mongolia, including the Mongolian National Broadcaster (MNB), Mongolian National Radio, TV8, Tenger TV, and TV5 TV channels, and Ikon.mn news website conducted interviews during the event.



HANDBOOKS AND TRAINING MATERIALS

For the participants of the programme, the handbook "Using Art Therapy for Children Aged 6-10 years old" was developed. The handbook consists of 32 pages, 13 practical exercises, and detailed instructions. It includes:

1. Ethical principles of psychologists
2. Characteristics of children aged 6-10 years old and considerations for working with children with psychological trauma
3. A selection of theories to follow when working with traumatised children.
4. Psychological assessment
5. Practical methods to work with children aged 6-10:
 - Art therapy techniques
 - Guided Drawing techniques
 - Play Therapy techniques
 - Positive psychology and gratitude
6. Tips on taking care of personal psychological well-being



The children's book "**I Am a Sun**" was developed for children aged 6-10. The book consists of 24 pages and 18 exercises aimed at increasing self-confidence and recognising the emotions and feelings of children with the guidance of a teacher.

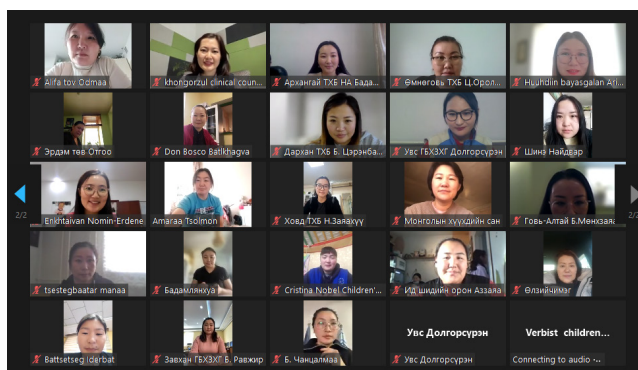
These two handbooks were handed over to the participants along with training materials to test their practical methods of art therapy.



PROGRAMME TRAINING

A blended training approach was used with the goal of providing the participants with the knowledge, skills, and attitudes necessary to successfully work in the professional field. This included e-learning, instructor-led training, and interactive training. A total of 9 days of online training and 6 days of classroom training were held in the framework of the programme.

In addition to providing basic knowledge of trauma-informed care, the training aimed at helping young professionals put theory into practice and acquired skills in some scientific-based art therapy and positive psychology interventions. Online training aimed at providing the base of knowledge of psychological trauma and the theoretical background for working with traumatised children, such as attachment patterns and how childhood trauma affects brain development.



Training Curriculum

Nº	Structure	Date	Topic	Content	Lecturer
1	Online	09/01/2023	Attachment theory	The online training is designed to establish a solid foundation of knowledge regarding psychological trauma and the theoretical framework necessary for working with traumatised children.	Miranda Marsh, MA, Integrative Child Psychotherapist
2		10/01/2023	Brain development in children		
3		11/01/2023	Stages of child development		
4		12/01/2023	Working with traumatised children. What is trauma?		
5		13/01/2023	Ethical principles of psychologists and code of conduct	The American Psychological Association (APA) Ethical Principles and Code of Conduct for Psychologists consists of six general principles (A - F) and specific ethical standards.	Khongorzul.T Clinical Psychologist, PhD

5	Online	13/01/2023	Ethical principles of psychologists and code of conduct	The course aims at providing a base of knowledge on ethical responsibility and professional code of conducts.	
6		18/01/2023	Art and Art therapy	The purpose of the course is to provide a base of knowledge on art and art therapy, and skills of some practical applications of art therapy methods.	Narantulga.B, Art therapist
7		19/01/2023	Basics of Art therapy		Narantulga.B, Art therapist
8		20/01/2023	Basics of play therapy	The purpose of the course is to provide basic knowledge of play therapy, theory and practice. At the end of the course, students will expand their knowledge of the theory and principles of play therapy.	Dulguun.E Psychologist
9		23/01/2023	Positive psychology and gratitude	The course aims to raise awareness of the importance and applications of gratitude interventions. These include gratitude meditation, gratitude letter, and gratitude journaling.	Bolorchuluun.G Psychologist
10	Classroom	24/01/2023	Art therapy and the development stages of children's drawing	Course content includes a base of knowledge to art forms such as painting, abstract art, sculpture, and collage, as well as some grounding and relaxation art therapy techniques.	Narantulga.B, Art therapist
11		25/01/2023	Practical applications of art therapy	To apply Art Therapy for working with children with psychological trauma, providing a sense of safety, self-esteem and confidence, and to provide methodology on working with groups.	Narantulga.B, Art therapist
12		26/01/2023	Guided drawing	The purpose of the course is to provide a basic knowledge of healing trauma using the sensory motor art therapy approach of guided drawing. The course content includes an introduction to Sensorimotor Art Therapy.	Nomin-Erdene.E Psychologist

12		26/01/2023	Guided drawing	Guided drawing is a drawing approach that allows clients to express their inner tensions and release the embedded emotions through rhythmically repeated scribbles.	Nomin-Erdene.E Psychologist
13		27/01/2023	Practical applications of play therapy	The purpose of the course is to provide basic knowledge of play therapy theory and practice. At the end of the course, students will expand their knowledge of the theory and principles of play therapy. For example, students should learn practical methods such as choosing toys and materials and creating the right environment.	Dulguun.E Psychologist
		27/01/2023	Positive psychology and gratitude	The science of positive psychology focuses on creating a more positive attitude in people's daily lives, helping them cope with potential negative events and negative emotions, and thus preventing the development of psychological disorders (Seligman et al., 2006; Lyubomirsky & Layous., 2013; Layous et al., 2014). The course aims to raise awareness of the importance and applications of gratitude interventions. These include gratitude meditation, gratitude letter, and gratitude journaling.	Bolorchuluun.G Psychologist
14		30/01/2023	Psychodiagnostics assessment for children (6-10 years old)	The purpose of the course is to help participants learn how to use psychodiagnostic methods suitable for the psychology of children of young age, and to explain the results. To recognise the psychological characteristics of children aged 6-10 years and to acquire the ability to use specific psychodiagnostic methods suitable for the psychology of children of that age.	Doljin.N Psychologist

15		31/01/2023	Statistical methods in psychology	The purpose of the course is to help participants develop the ability to perform statistical analyses appropriate to research results and write conclusions. The course aims to provide knowledge on entering research data into SPSS, perform statistical analysis, interpret results, learn to write conclusions, etc.	Khishignyam.B Psychologist
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TRAINING OUTCOMES AND EVALUATION



A total of 34 professionals out of 37 specialists participated in a 15-day training program, which combined classroom and online components. Due to family and health issues, three specialists out of the initial 37 were unable to continue with the programme. The Christina Noble Children's Foundation recognised these valid reasons and decided to move forward with 34 participants. Among the participants, 12 individuals came from rural areas, while the remaining 22 were

based in Ulaanbaatar, specialising in fields such as residential care centres, temporary shelters, special education school psychology, and social work. Upon comparing the results of the pre- and post-training knowledge assessment questionnaires, it became evident that the participants' knowledge increased by an impressive 45%. This outcome attests to the successful implementation of the training programme.

Overall results of the pre-test assessment score	Overall results of the post-test assessment score	Increase/decrease
85.5	155.5	45% increased

TRAINING EVALUATION

PARTICIPANT TESTIMONIAL SELECTION

"Attending the training allowed me to explore a different side of myself, acquire new knowledge, and collaborate with experienced professionals. As a result, I am highly satisfied with the experience."

"Long-term capacity-building training for psychologists in Mongolia can be considered non-existent. This training has proven to be highly beneficial, reaching numerous individuals. Personally, I have gained valuable knowledge and rediscovered some forgotten concepts. The training was both useful and timely, and I am extremely pleased to have had the opportunity to participate in such an exceptional programme. I would like to express my heartfelt gratitude to CNCF. Please continue your valuable work in empowering us."

"Participating in the training has been instrumental in enhancing my skills in working with children and individuals from vulnerable groups, which was the specific area I aimed to develop. I have gained extensive knowledge and proficiency in a range of methods for effectively engaging with children. The training has been highly beneficial in my professional growth, allowing me to acquire valuable insights and techniques."

"Every moment of the training was dedicated to learning and discovering new things. The instructors were not only kind-hearted but also intelligent and inspiring. The time management, training program, and teaching methods were outstanding, making the entire training process both enjoyable and stress-free. I am sincerely grateful for the experience and extend my heartfelt thanks."

"In a short span of time, I have acquired a wealth of knowledge and learned the importance of ethical and honest application of what I have learned in practical settings. The teachers, without exception, demonstrated exceptional teaching skills, delivering knowledge in a structured manner and with genuine passion. Their exemplary teaching methods have left a lasting impact on me."

"The training proved to be an exceptional experience for me, as I had the privilege of learning from a highly skilled team. I was introduced to new methods, techniques, and valuable insights that I can readily apply in my work. I am eager to put into practice what I have learned and further refine my skills through continuous practice."

The post-training evaluation comments show that the participants are very satisfied with the training and that they are satisfied with the course content, organisation, teacher's skills, learning environment, and training materials. We believe that the training not only helped

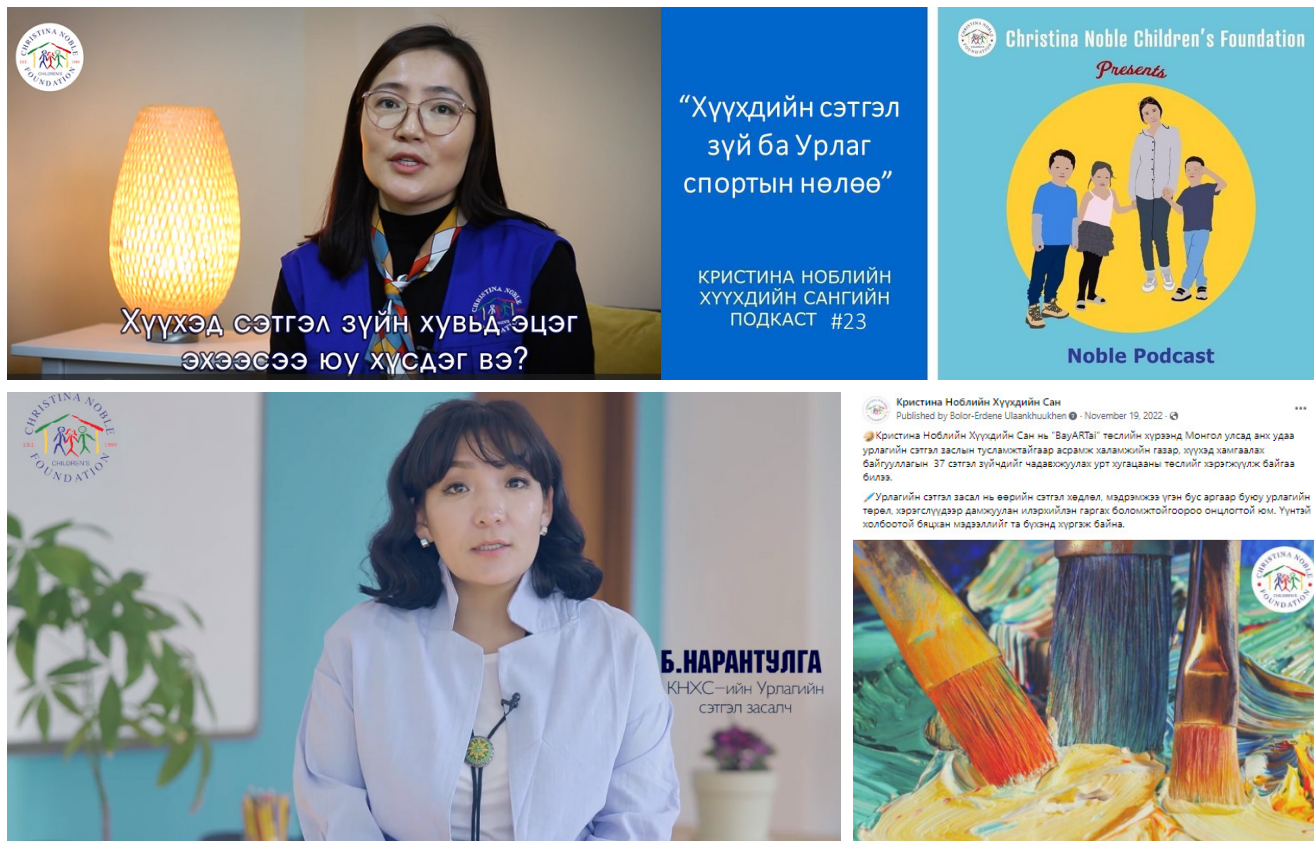
participants acquire a base of knowledge on working with traumatised children but also provided valuable experiences to try out all art therapy and positive psychology methods by themselves.



We organised an advanced 3-day Master Class course for programme participants. This course covered person-centred child therapy methods, basics of mathematical statistics, and professional guidance for working with traumatised children. The workshops were led by Miranda Marsh, a child psychotherapist from England, T. Khongorzul, a clinical

psychologist from Mongolia and Dr. Monica Wong, an art therapist, and a founder of Narrative Drawing Institute in Hong Kong. This practical training aimed to provide further professional guidance, building on the content of previous online and classroom training, and to empower children with psychological trauma.

MENTAL HEALTH PUBLIC AWARENESS CAMPAIGNS



To promote public mental health awareness, we created and shared 7 video podcasts addressing children's, men's, and women's mental health, along with 4 podcasts on art therapy. Additionally, we published 6 videos featuring expert advice on children's mental health on CNCF's Facebook page. We also provided 17 programme activity updates and mental health counselling sessions, and

shared programme activity information on our website 4 times. This campaign successfully reached over 220,000 people as of 1 November 2023 and we consider the reach will increase to 500,000 by the end of this year with potential to reach out up to 1 million participants in near future as all our content will be kept in our social media archives.



Nº	Date	Conducted, and prepared interviews	Topic
1	06/06/2022	Amarjargal.B, Country Director, CNCF Mongolia	Public awareness interview about the programme was conducted on the topic "Empowering psychologists through Art Therapy" and published on Gogo.mn news site.
2	03/06/2022	Amarjargal.B, Country Director, CNCF Mongolia	Delivered a Television interview about "BayARTai" programme at the "Morning" broadcasting programme of the Mongolian National Public Television /MNB/.
3	18/06/2022	Nomin-Erdene.E, Psychologist and Narantulga.B, Art therapist	Prepared and delivered a podcast on the "Noble" podcast about the "BayARTai" programme.
4	17/10/2022	Nomin-Erdene.E, Psychologist and Narantulga.B, Art therapist	Prepared and delivered a podcast on the "Noble" podcast about the "Psychological well-being of children and the Children's Walk for Hope" activity.
5	18/10/2022	Nomin-Erdene.E, Psychologist and Narantulga.B, Art therapist	Prepared and delivered a podcast on the "Noble" podcast about the "Psychological well-being of children and the importance of art and sports in psychological wellbeing.
6	23/09/2022	Post prepared by assistant psychologist, Bayardelger.L	"Four Simple Ways to Support Early Childhood Development" Facebook page post.
7	05/11/2022	Post prepared by assistant psychologist, Bayardelger.L	"Take Care of Your Mental Health" Facebook page post.
9	19/11/2022	Post prepared by assistant psychologist, Bayardelger.L	"What Is Art Therapy?" Facebook page post.
10	02/12/2022	Post prepared by assistant psychologist, Bayardelger.L	"Why do we need to consult a psychologist?" Facebook page post.
11	14/12/2022	Post prepared by assistant psychologist, Bayardelger.L	"How does childhood trauma affect adulthood life?" Facebook page post.
12	25/01/2022	Nomin-Erdene.E, Psychologist and Battumur.B, Psychologist,	Prepared and delivered a podcast on the "Noble" podcast about the "The family values" programme.
13	03/02/2022	Khongorzul.T, Programme consultant,	"How to take care of children's psychological well-being?" Prepared and delivered video content.

14	03/03/2022	Photo poster	"How to express your love to your child?" Facebook page post.
15	07/03/2022	Photo poster	"The benefits of hugging your child" Facebook page post.
16	14/03/2022	Photo poster	"Importance of Listening to Your Child" Facebook page post.
17	21/03/2022	Photo poster	"The importance of parents playing with their children" Facebook page post.
18	30/03/2022	Photo poster	"How to encourage your child" Facebook page post.
19	06/04/2022	Photo poster	"Supporting Your Child's Interests" Facebook page post.
20	06/04/2022	Photo poster	"Nurturing Your Child's Hobbies" Facebook page post.
21	20/04/2022	Photo poster	"Nurturing Your Child's Hobbies. Encouraging curiosity" Facebook page post.
22	26/04/2022	Khongorzul.T, Programme consultant	"Effective Communication with Your Teenage Child." Facebook page post.
23	03/05/2022	Photo poster	"Nurturing Your Child's Hobbies and involving them in training" Facebook page post.
24	10/05/2022	Khongorzul.T, Programme consultant	"Effective Communication with Your Teenage Child" Facebook page post.
25	13/06/2022	Photo poster	"Nurturing Your Child's Hobbies and avoiding over-participation" Facebook page post.
26	22/06/2022	Video prepared by assistant psychologist, Bayardelger.L	"Understanding Preschooler Characteristics: Psychological Advice and Insights"
27	29/06/2022	Video prepared by psychologist, Buyankhishig.B	"The Significance of Children's Psychological Education: Psychological Advice and Insights"
28	06/07/2022	Video prepared by psychologist, Nomin-Erdene.E	"Practical Advice: Meeting Children's Needs and Desires as Parents"
29	20/07/2022	Video prepared by psychologist, Bolorchuluun.G	"What is positive psychology? Psychological Advice and Insights"
30	05/09/2022	Amarjargal.B, Country Director, CNCF Mongolia	Video podcast about the "BayARTai" programme

31	12/09/2022	Video podcast by Purevsuren.D, psychologist, director of “Meta” psychology institute	"The Vital Role of Psychological Health in Young Children"
32	15/09/2022	Video podcast by Dorjderem.B, neuroscientist	"The Crucial Role of Brain Development in Children" Video podcast
33	20/09/2022	Video podcast by Delgermend, psychologist, founder of “Family collage” center	"Exploring Couple Relationships" Video podcast"
34	28/09/2022	Video podcast by Jargal.Kh, psychotherapist, founder of “PC” mental health clinic	"Understanding Depression: Types, Myths, and Recovery" Video podcast
35	10/10/2022	News prepared by Nomin-Erdene.E and Bayardelger.L	The news about the activities carried out within the framework of the “BayARTai” programme was published on Ikon.mn news site
36	10/10/2022	News prepared by Nomin-Erdene.E and Bayardelger.L	The news about the activities carried out within the framework of the “BayARTai” programme was published on Gogo.mn news site
37	20/10/2022	Erdenebaatar.D, professor, psychotherapist	"Exploring Men's Psychological Issues" Video podcast
38	27/10/2022	Khongorzul.T, clinical psychologist, director of “Focus on the family”	"Mastering Your Mind" Video podcast

THE PRACTICAL INTERNSHIP RESEARCH RESULTS

To further enhance the knowledge acquired during the training, programme participants applied art therapy methods to children within their organisation for a duration of 3 months. A total of 774 children, aged 5 to 17 years, were reached by our 34 specialists. The programme involved the use of the "Incomplete Sentence" psychological projective test and the "I Concept"

pre-test and post-test, designed to reveal psychological characteristics emerging during the socialisation process. The outcomes of the research were compiled by Khishignyam.B, the programme's methodology consultant. The research has been published in a journal affiliated with the Mongolian Mental Health Association.



Summary of Research:

This study's objective was to alleviate children's challenges and issues, enhance their adaptability and attitudes through art therapy. A comprehensive examination was conducted before and after the implementation of art therapy techniques. The research

encompassed aspects such as children's behavioural self-control, emotional stability, overall satisfaction, feelings of happiness, their classroom participation, acceptance by peers, their self-perception, as well as their views on the past and the future.



The research utilised the 'Incomplete Sentence' psychological projective test to assess attitudes, and the 'I Concept' test to determine psychological attributes that develop during socialisation. The study involved a total of 774 children residing in vulnerable communities, aged between 5-17 years (with an average age of 9 years old), were selected to participate in this research.

The findings indicate that as children grow older, attitudes toward fear tend to decrease, while other attitudes tend to become more positive with age. The research results reveal a strong positive correlation between these attitudes, meaning that if one attitude is positive, the others are similarly positive, and if it's negative, they tend to be consistently negative. Notably, statistical analysis did not

uncover any significant differences between the baseline survey results and those of the final survey. Therefore, it can be concluded that art therapy has not produced a substantial impact on attitude change.

However, noteworthy improvements were observed in behavioural control, fostering acceptance, adopting positive attitudes, respecting environmental procedures, and enhancing levels of independence. Furthermore, the participants demonstrated enhanced emotional stability, a greater propensity for accepting challenges, and an improved ability to respond to them effectively. Remarkably, levels of anxiety were notably reduced among the participants following the art therapy sessions.



In summary, our analysis suggests a profound connection between self-concept and attitude. The positive changes observed in attitudes, behaviour, and emotional stability among participants underscore the potential for art therapy to facilitate improvements in self-concept. We firmly believe that continued support through art therapy has the capacity to positively influence and ultimately enhance self-concept in these individuals.

The findings of this study shed light on the transformative power of art therapy in fostering positive behavioral changes and emotional well-being, ultimately contributing to an improved sense of self and outlook on life for the participants. Further research and targeted interventions in this domain hold the promise of even more significant impacts on self-concept and overall mental health.

CLOSING EVENT AND INTERNATIONAL PSYCHOLOGISTS CONFERENCE

"On October 6, 2023, the BayARTai Programme marked the conclusion of its first phase by hosting the International Conference of Psychologists. The event, titled "International Conference on Childhood Trauma" focused on childhood psychological trauma and brought

together 277 guests and psychologists from around the world. As part of the conference, CNCF developed and distributed a comprehensive guidebook, 'Providing Services Based on Psychological Trauma,' along with the book 'I am the Sun,' to each participant.



As a part of the closing event, the Christina Noble Children's Foundation and the Mongolian Society of Psychologists collaborated to host a two-day master class titled "Methodology of Working with Children with Psychological Trauma". This training was designed for psychologists and led by experts

from Australia, South Africa, and Great Britain, focusing on practical methods grounded in psychological theory, experimental research, and clinical experience, providing valuable insights for psychologists and specialists working with children.

Master Class International Trainers:

Ncazelo Ncube-Mlilo (M.A. (MON), CEO at PHOLA International) Trauma Specialist and Narrative Therapist	"Trees of life" methodology
Elena Adams (M.A.(Hons), Dip. Psych., UKCP Accredited). Integrative Psychotherapist and Supervisor,	"Mind-body therapies"
Emily Berger (Ph.D), Monash University Senior Lecturer, MAPS, MCEDP	"Trauma Informed Practice in Mental Health"



Distinguished experts from Australia, Mongolia, South Africa, and Great Britain brought a wealth of experience to the conference **"Childhood is the Foundation of**

Life". During the first part of the event, they shared insights and their respective countries' experiences with the attendees.



Presentation topics and key note speakers

Key note speaker	Topic
Ncazelo Ncube-Mlilo (M.A. (MON), CEO at PHOLA International) Trauma Specialist and Narrative Therapist	"Trees of life" methodology
Elena Adams, Adult & child Psychotherapist & Supervisor (UKCP) MA (Hons), Dips.Psych & Supervision	"Mind-body therapies"
Emily Berger (Ph.D), Monash University Senior Lecturer, MAPS, MCEDP	"Trauma Informed Practice in Mental Health"
Monica Wong (Ph.D.), Art Therapist, Founder of Narrative Drawing Intervention	"The Use of Art Therapy and Narrative Drawing Intervention with Children Who have Experienced Trauma"
Purevsuren. D (M.A.), Child Psychologist, Director of "Meta" Psychological Institution	"Early Childhood Mental Health"
Khongorzul.T (Ph.D.), Clinical Psychologist, Consultant of "BayARTai" Programme	"Psychologists' Mental Health Matters"
Evariste Kouassi-Komlan, UNICEF, Representative to Mongolia	"The Best Start in Life for Every Child"



In the second part of the event, we delved into the results of the Art Therapy research. Two of our programme participants shared their insights and experiences in a report, detailing

how they implemented the practical work. Furthermore, a video recording showcasing the overall programme results was prepared and presented to the audience.

Khishignyam.B (Ph.D.), Programme Consultant, Professor at National University of Mongolia	"Analyses Report as A Result of The Art Therapy Method"
Programme Participant: Batlkhagva.J, Don Bosco Foundation Psychologist	Research Findings and Programme Results
Programme Participant: Erdenemanduul.M, Bilguunzul Foundation Psychologist	
Programme result video	CNCF, Mongolia



The conference had the honour of hosting representatives from the National University of Ho Chi Minh City, including ten distinguished psychology professors, and members of the Vietnam Psychological Association, who are valued educational partners of

CNCF. Furthermore, during the event, the Vietnam Psychological Association and the Mongolian Association of Psychologists signed a Memorandum of Understanding, strengthening the collaborative ties between the two organisations.



FEEDBACK AND COMMENTS OF GUESTS, PSYCHOLOGISTS, AND EXPERTS

"I am deeply appreciative of the opportunity to attend and present at the childhood is the foundation of life conference. This conference represented a great opportunity to share, collaborate and build national and international capacity to better support children impacted by trauma. Through the conference we heard from a range of national and international presenters on various interrelated topics, from play and art-based therapies for children impacted by trauma, to presentations on maintaining mental health and wellbeing of practitioners and therapists working with children impacted by trauma. Importantly, this conference provided an opportunity for practitioners and therapists to come together for the first time to share and hear about new, innovative, and evidence-based approaches to protect and enhance the mental health of Mongolia's most vulnerable children and young people. I would strongly support continuation of this conference and the opportunity to attend and present at the conference again. The conference was professionally organised and there was thoughtful consideration of all presenters and attendees. I greatly value the care, consideration and collaboration of my colleagues from the Christina Noble Foundation during my visit." **Emily Berger Ph.D, Monash University senior lecturer, MAPS, MCEDP**

"I would like to express my utmost gratitude for the warm welcome that I was given by Christina Noble Children's Foundation when I arrived in Mongolia. During my stay I was able to meet the President of the Mongolia Psychology Association who was very kind and keen to learn about the work of Phola and particularly the Tree of life methodology. He took his time to explain the status of Psychology in the country which was very helpful."

It was lovely to meet the Vietnamese delegation and to hear about Christian Noble Children's Foundation's work in Vietnam. We visited CNCF's Blue Skies Ger Village and met children at the centre. I found the centre quite inspiring; it was clear that the work being done there is important for children who have experienced abuse, neglect and other problems that make it difficult for them to be with their families.

Whilst in Mongolia, I had an opportunity to train a group of thirty Psychologists on the Tree of life methodology. The training was well received. There was a lot of enthusiasm about the course. This showed me how open and willing to learn Psychologists in Mongolia are. I thoroughly enjoyed the conference; it was lovely to hear different presentations about ways of responding to childhood trauma. I enjoyed listening to the presentation from the colleagues from Australia and the UK about working in trauma-informed ways and using play techniques to support children in distress. Several presentations at the conference tackled different ways of using play therapy with children in distress; this awakened me to the importance of play in therapeutic work with children. The presentation from the UNICEF official was also quite interesting. I found his talk about the 'best start in life for every child' very interesting; 'if you want to change a child's story, begin in their early childhood'.

Overall, it was inspiring to be in Mongolia, it was a new context quite different from what I am used to. Thank you for the invitation that has added new knowledge in both my personal and professional life. I look forward to future engagements with the Christina Noble Children's Foundation." **Ncazelo Ncube-Mlilo M.A. (MON), CEO at PHOLA International, Trauma Specialist and Narrative Therapist**

"It was a great honour to be invited to speak at the first conference of its kind in Mongolia. It was professionally run, well organised, and there was a diversity of interesting topics covered. Everyone I spoke to thought it was a big success in bringing together so many mental health specialists from the country and across the globe who share the same passion to support children who have been through childhood trauma.

I have worked with other charities that support disadvantaged and vulnerable children but not one has addressed the trauma the children have experienced. CNCF is the only charity I have worked with that has given the children tools, through different therapies, that offer a way to begin to process their traumatic experiences in a safe way. It can help children to reclaim some of their lost childhood and not carry their active trauma into their adult lives. In my experience, adults who have not had the opportunity to address their childhood trauma often turn to addictive behaviours to help numb the painful memories and suffer from lifelong mental health issues.

The people I worked with at CNCF have the qualities the children need to begin the process of recovery including authenticity, empathy and warmth. I was very impressed with the way the charity is run and the people who run it. They are professional and care, it is more than a job to all the people I met, they are dedicated and pursue best practice in areas of mental health. The work CNCF is pioneering in Mongolia and to be commended." **Elena Adams, Adult & child Psychotherapist & Supervisor (UKCP) MA (Hons), Dips.Psych & Supervision**

"The conference brought together experienced psychologists and psychotherapists from various countries, offering a valuable opportunity for learning and establishing collaborative relationships. Our encounter with Vietnamese psychology representatives

at the conference was significant, culminating in a memorandum of cooperation that strengthens international relations in the field of psychology. The event was well-organised, and the presentations were informative and beneficial. It was a great platform for participants to learn from international psychologists. We extend our gratitude to all who supported and collaborated with us. The success of the "BayARTai" programme and its contributions to the field of psychology were evident during this event. We look forward to continued collaboration and further accomplishments in the future. Expressing our complete satisfaction with this joint effort, we wish the CNCF team the best of luck and success in their endeavours. Working with you has been a pleasure. Your cohesive and collaborative team is truly commendable. On behalf of Mongolian psychologists and personally, I extend my heartfelt thanks."

Batsukh. Sh, Ph.D., Head of the Mongolian Association of Psychologists

"I had the pleasure of collaborating with CNCF on the "BayARTai" Programme, which trained orphanage child workers in art therapy methods to connect with children emotionally and aid in their healing. The programme was a great success, benefiting both the target group and professionals, including psychologists and counsellors, who gained insights into art therapy, trauma-informed care, and self-care. This marked Mongolia's first international conference for psychologists, advancing the professional field. My heartfelt thanks go to Nelumbo Foundation, Christina Noble Children's Foundation, the project team, partner organisations, orphanages, children, and dedicated professionals." **Khongorzul.T Consultant of "BayARTai" Programme, Clinical Counselor, (Ph.D.)**

"It was a great privilege for me to participate as a speaker at CNCF's Childhood is the Foundation of Life conference. The conference

presentations were exceptionally informative and practical. What stood out was not only the presentation of methodologies for influencing policy and strategies for understanding children's psychology but also the emphasis on safeguarding a psychologist's mental well-being in a short span of time. It was also inspiring to witness our speakers sharing their invaluable experiences that can be readily applied in Mongolia. The event's organisation was meticulously executed, punctuality was maintained, and a diverse range of participants actively engaged in the discussions. It is of paramount importance to convene such gatherings regularly, bringing together experts to enhance information exchange and communication. I extend my heartfelt gratitude to all involved."

Purevsuren.D M.A, Child psychologist, Director of "Meta" psychological institution

"I'm a psychologist at "Don Bosco Children's Care Centre," supporting children from challenging backgrounds. The "BayARTai" Programme, thanks to CNCF and the Nelumbo Foundation, helped us to significantly improve our skills.

The "Childhood is the Foundation of Life" conference was a valuable opportunity for child psychologists to learn from international and local experts. We're grateful for the insights shared by over 250 dedicated professionals who all work tirelessly for children's well-being. Thanks to both the foreign and Mongolian experts for their contributions. LET EVERY CHILD'S FUTURE BE BRIGHT. LET US BE THE ONE TO TURN ON THAT LIGHT." Batlkhagva.J, psychologist at Don Bosco Children's Care Centre

"First of all, I would like to express my gratitude and warm congratulations to the CNCF team for organising and implementing lasting impact for children in Mongolia. I have personally participated in many conferences,

but never of this kind and at such a professional level. Best of luck to your team. I hope more trainings and activities for Mongolian experts would be organised every year. Thank you."

Dulguun, Psychologist

"Childhood is the Foundation of Life" International Conference on Childhood Trauma has motivated me to study and learn more to become the person who adds light to the lives of those children who have a psychological trauma. Also, it was a meaningful event that emphasised the importance of our profession. In the future, I hope that the "BayARTai" Programme and the International Conference of Psychologists will be continuously organised and prepare competent specialists to reach out to children with psychological trauma".

Undarmaa, Psychologist at Bagakhangai District

Please see dedicated CNCF Conference Report Summary provided separately for more information.

Within the framework of this programme, we carefully chose specialists working under unique circumstances and set out to equip them with a diverse range of skills. Our goal has been to address the core issue of mental health within Mongolian society and, in doing so, empower thousands of children to overcome psychological trauma and grow into self-confident, independent, and active members of society. We are profoundly grateful for the significant contribution made toward improving the mental health of Mongolian society. We would like to express our deepest gratitude to the Nelumbo Foundation for offering the most substantial support in helping thousands of Mongolian children achieve psychological well-being, independence, and resilience.

"Childhood is the Foundation of Life"
Christina Noble OBE
www.cncf.org

PHOTOS OF THE PROGRAMME



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THANK YOU BAYARTAI PROGRAMME PARTNER



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