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International Institute
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Kenya National
Commission for UNESCO
(KNATCOM)

Psycho-social support for teachers A Kenyan Perspective

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Before COVID 19



- **Key Reforms in Education**
- Competence based Learning
- Changes in Teaching and learning methodologies
- Changes in teacher management (PCs)
- High Teacher Pupil ratio
- ICT integration
- Emerging issues in education

COVID 19 Crisis sets in.....

- Health Concerns
- New mode of teaching
- Some have limited capacities for working remotely
- Management of working at home (self & supervisors)
- Job security
- Participation of their learners
- Mobilising parental/guardian support



Psychosocial support for Teachers- Principles for effective interventions

- Framed within the broader view of '**Whole school approach**'
- Founded on addressing **risk factors** increasing **Protective factors**
- Leveraging on **existing resources**
- Develop **perceived need**
- Clarity on **coordination points**
- Building **partnerships**

Why Psychosocial support for teachers

- To help them appreciate the effects of the crisis on their wellbeing
- To energise teachers towards supporting learners
- You cannot give what you do not have
- Helps build the team spirit

Enhancing psycho-social wellbeing for teachers-The How

- ▶ Adjusting to new routine –teachers can share experiences
- ▶ Social support- establish collaborative working structures (Create peer support groups)
- ▶ Emotional Self Regulation-Debriefing sessions, experience sharing, expert
- ▶ Creating sense of achievement- identify opportunities for appreciation
- ▶ Fostering economic financial security-Linking with systems/ setting systems
- ▶ Participation in physical /cultural activities
- ▶ Creating optimism

Some good Practices- The How

- Integrating teachers wellbeing session within ongoing capacity building sessions
- Psycho-social interventions to be part of the institutional response plan.

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Specialised support

- Some teachers will require specialized support
- Need for capacity for identification and appropriate referral



END