

BETTER TOGETHER

A MONTHLY NEWSLETTER FOR THE PROSOCIAL.WORLD COMMUNITY

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WHAT'S NEW?

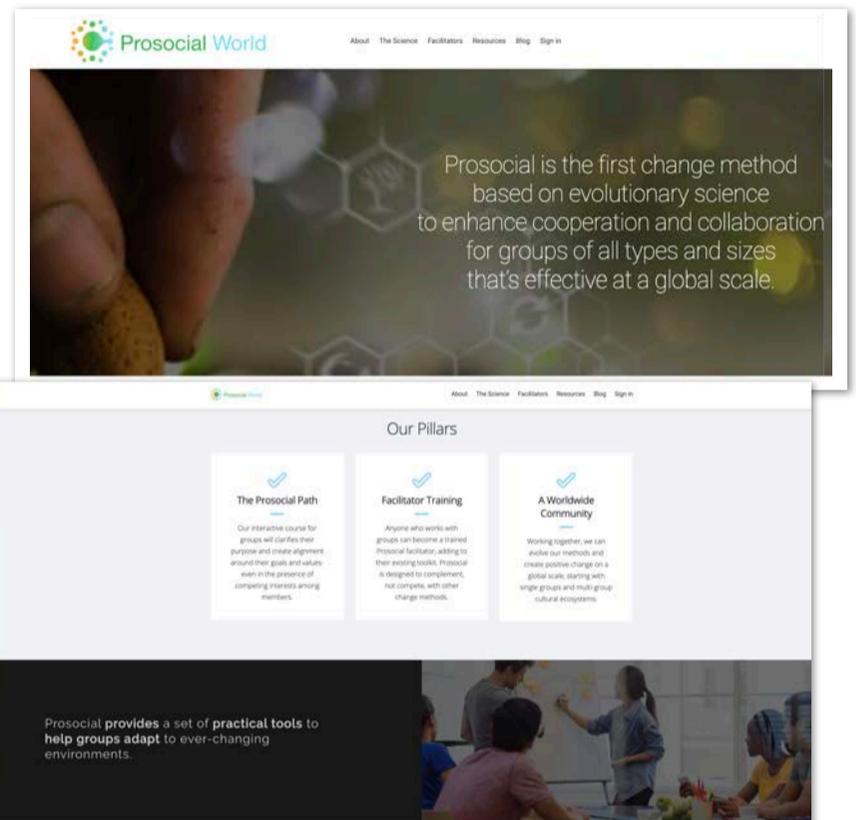
Back in January, we announced the beginning of a redesign of Prosocial.World to include the development and configuration of a central hub for facilitators and groups to easily and intuitively access information about Prosocial, its use cases, and the tools needed to implement it effectively. While there will still be work to be done in the coming months, we have developed a new logo and color scheme, migrated the Prosocial.World website, and built the architecture for collaboration among facilitators on the Ning platform.

We are diligently working through bug reports and making updates so that everyone has as seamless an experience as possible. Very soon you will be getting instructions on how to log into this new community to access content, provide thoughts, ask questions, and share best practices. We hope you are as excited as we are about these newest enhancements to Prosocial.World and look forward to your feedback so we can continue improving and providing value to the community.

One of the immediate needs we have is for your feedback on some possible changes to the format of the facilitator training including changed number of consultation sessions, increased online content in advance of sessions, use of teams and team assignments, and coaching for teams. We would love your feedback on these proposed changes [here](#).

Thank you for your continued participation in helping bring Prosocial.World to the whole world.

— Prosocial Development Team



SPECIAL CORONAVIRUS VIDEO

Coronavirus has shocked us into a state of shared introspection where we're rethinking what's of most value to us as individuals and as a society on a daily basis. While the net impact of this over the long term could well be positive, the short-term confusion, anxiety, and fear of the unknown continues to distract us from moving toward our goals. Click [here](#) for a special personal matrix video to help you and those you care about get through this crisis.

**Using the Personal ACT Matrix
To Help You Respond to COVID-19**

with
Dr Paul Atkins





PROSOCIAL PROJECTS

The MasterCard scholars program at Makerere University provides an in-depth look at the power of Prosocial Training.

MasterCard offers scholarships to academically talented young people who come from poor backgrounds and couldn't afford a university education without support. Because of this background, the majority of MasterCard scholars struggle to fit into life at a premier university, necessitating psycho-social support.

To address this challenge, the project implementation team (PIT) clustered scholars into groups of 10 people called "families." The family structure has a head and two peer supporters tasked with a responsibility of supporting family members. Most of the family heads, admitted to lacking skills on how to make their groups productive and cohesive.



The MasterCard PIT contacted Khamisi to offer a peer support training to all family heads and peer supporters. Khamisi opted to use prosocial during the training, with its emphasis on the matrix and Core Design Principles. The group was able to understand how to experientially build group identity, identify common challenges, define common goals, and build cohesion. Family heads were given a chance to walk through the quadrants of the matrix expressing their ideas which were then followed by a group discussion. The training was evaluated as "very important, practical and timely."

The PIT has now resolved to make prosocial part of their support curriculum. Khamisi will be conducting two more similar trainings to mentors in the program, and to all members of the PIT.

Please click [here](#) and let us know how you're using Prosocial. We'd love to spotlight your project!

MEMBER SPOTLIGHT



Khamisi Musanje, Psychology Lecturer Makerere University, Uganda



Khamisi is a registered PhD student and full time lecturer in the School of Psychology at Makerere University. His research area of interest is using ACT principles to improve well being of people living with HIV/AIDS. He is also passionate about management of occupational stress using ACT acceptance and commitment training (ACT).

Khamisi was introduced to Prosocial at the 2019 ACBS world conference in Dublin. Since then, he has applied the prosocial path™ to small and medium groups, ranging from departments in organizations, small businesses, and a community of scholars — the latest being a group of peer leaders and family heads for the MasterCard scholars program at Makerere University.



In February 2020, Khamisi won a PhD scholarship with Makerere University Medical School, under the Behavioral Social Science Research project. His winning concept is looking at using a quasi-experimental design to evaluate the role of Prosocial and ACT in improving antiretroviral medication adherence among a group of young people living with HIV/AIDS in Uganda.

Click [here](#) to get in touch with Khamisi to talk about his interesting and exciting work.

SHARE YOUR PROSOCIAL STORY!

Click [here](#) if you'd like to be featured in the Member Spotlight.

