



# SEEK-GSP ANNUAL REPORT 2024



---

## Table of Contents

1. About SEEK-GSP .....	4
2. Mission, Vision & Core Values .....	4
3. Message from the Executive Director .....	5
4. Message from the Board of Directors .....	6
5. List of Acronyms .....	7
6. Executive Summary .....	8
7. Activity Profile .....	10
7.1 Group Therapy Training for Doctors in Uganda .....	10
7.2 ERA Mental Wellness Training Report .....	11
7.3 International Conference Participation .....	13
7.4 Planning Scale-up with WHO & Grand Challenges Canada.....	14
7.5 Group Therapy with Women in Kampala .....	15
7.6 Conference Pictorial .....	17



# 1. About SEEK-GSP

SEEK-GSP is dedicated to advancing culturally sensitive, evidence-based group support psychotherapy across Africa. Since its inception, we have partnered with Ministries of Health, and grassroots organizations to train health workers, integrate mental health into primary care, and scale interventions that address depression, stress, and trauma in low-resource settings.

## 2. Mission, Vision & Core Values



**Mission:** To empower communities by building capacity in Group Support Psychotherapy (GSP), ensuring accessible, sustainable, and culturally grounded mental health care. **Vision:** A world where effective psychotherapy is within reach for every individual, regardless of socio-economic or geographic barriers.

### Core Values:

**Integrity:** Upholding the highest ethical standards

**Innovation:** Continuously refining methodologies to meet local needs

**Quality:** Delivering rigorous, evidence-based interventions

**Commitment:** Ensuring sustained support through training, supervision, and mentorship

**Empowerment:** Enabling communities to lead their own healing

**Accountability:** Transparent governance and responsible stewardship

### **3. Message from the Founder**

Dear Friends, Partners, and Esteemed Supporters,

As we reflect on 2024, I am filled with gratitude for the remarkable strides SEEK-GSP has made in expanding mental health access across Uganda and beyond. Over the past year, SEEKGSP has made significant strides across multiple fronts. We began by equipping thirty Ugandan medical doctors with the skills to facilitate Group Support Psychotherapy in their clinics, ensuring that group-based therapeutic approaches are now embedded in routine patient care.



Simultaneously, our partnership with the Energy Regulatory Authority culminated in the launch of the “Embracing Change” Mental Wellness Program, which not only broke longstanding taboos around workplace stress but also boosted participants’ resilience and peer-support networks.

On the strategic front, we deepened collaboration with the World Health Organization and Grand Challenges Canada to co-design a comprehensive scale-up roadmap, complete with costed implementation plans and training-of-trainers professional development programs.

At the community level, we delivered eight weeks of GSP to sixty women in Kampala’s corporate women. Finally, SEEK-GSP’s global profile was amplified through keynote presentations in Barcelona, Rome, and Mexico City, where we showcased rigorous evidence of GSP’s cost-effectiveness and cultural adaptability. These achievements reaffirm our conviction that community-led, group-based approaches can transform mental health care in low-resource settings.

The current Board’s term officially expired on 31 December 2024. In light of funding cuts and a drive for leaner governance, the decision has been made not to renew all existing seats but instead to downsize the Board to three members. We are deeply grateful to outgoing



Directors for their vision and service, and we look forward to a more agile leadership structure in 2025.

### **Change of Address**

SEEK-GSP has relocated our headquarters. Our new address is: Plot 15–17, Lugard Avenue Entebbe, Uganda

I extend my heartfelt thanks to our funders, partners, Board members past and present, and every team member whose dedication has made this possible. Together, we are not only treating depression and anxiety—we are nurturing hope, resilience, and collective healing.

Warmest regards,

**Prof. Etheldreda Nakimuli-Mpungu, PhD**

Founder, SEEK-GSP

Plot 15–17, Lugard Avenue, Entebbe | [www.seek-gsp.org](http://www.seek-gsp.org)

---

## **4. Message from the Board of Directors**

*To our Esteemed Community, Partners, and Supporters,*

The Board of Directors applauds SEEK-GSP’s transformative impact in 2024. Building on a decade of innovation, this year’s expansion into doctor-led group therapy, workplace mental wellness, and coordinated scale-up planning reflects our unwavering commitment to mental health equity. As we make way for a new board, we remain inspired by the pioneering spirit of our team and the resilience of the communities we serve.

Thank you for your partnership in this vital journey.

With sincere appreciation,

The Board of Directors, SEEK-GSP

---

## 5. List of Acronyms

- **GSP:** Group Support Psychotherapy
  - **SEEK-GSP:** Social, Emotional, and Economic Empowerment through Knowledge of GSP
  - **WHO:** World Health Organization
  - **GCC:** Grand Challenges Canada
  - **ERA:** Energy Regulatory Authority (Mental Wellness Program)
  - **WHIF:** World Health Innovation Forum
- 



## 6. Executive Summary

2024 marked a pivotal year for SEEK-GSP. We broadened our training portfolio—most notably piloting a GSP workshop for thirty doctors at Mulago Hospital. Over online interactive sessions delivered daily for 10 days in January 2024, participants were immersed in the principles of group facilitation, culturally sensitive psychoeducation, and community engagement. Pre- and post-training assessments revealed a 42% average increase in facilitation confidence, and every participant committed to launching monthly GSP sessions in their clinics. This initiative not only empowered individual practitioners but also laid significant groundwork for systemic integration of psychotherapeutic approaches into routine clinical services across Uganda.

In partnership with the Uganda Electricity Regulatory Authority (ERA), we delivered two full-day “Embracing Change” Mental Wellness training for 40 regulators in April, 2024. This workshop combined interactive lectures on stress physiology, peer-support techniques, and mindfulness exercises adapted to the local context. Participants engaged in role plays, and small-group reflections. Pre-training stress-coping scores averaged 58 out of 100; posttraining scores rose to 83, reflecting a 20 point improvement. Qualitative feedback highlighted increased self-awareness, stronger peer networks, and concrete plans to incorporate brief group debrief sessions during quarterly staff meetings. The ERA training underscores our ability to tailor GSP methodologies to diverse professional settings and to break stigma around workplace mental health.

On the advocacy and scale-up front, SEEK-GSP forged strategic alliances with the World Health Organization and Grand Challenges Canada to design a national rollout roadmap anchored in our “Mountain Model” of sustainable innovation. Between January and June, we convened meetings in Kampala, and together, we co-developed a costed implementation plan, a robust monitoring and evaluation framework. The roadmap emphasizes integration into existing primary care structures, alignment with national DHIS2 reporting, and phased expansion to districts with high HIV prevalence. Next steps include securing funding commitments and piloting the approach in 15 Uganda districts.

Our founder’s international engagements throughout 2024 further amplified SEEK-GSP’s visibility and credibility. In May, Prof. Nakimuli-Mpungu presented at the 17th International

Symposium on Neuropsychiatry & HIV in Barcelona, sharing robust data on GSP's efficacy and cost-effectiveness in HIV clinics.

October's WFP Regional Congress in Rome showcased our integration of creative modalities—storytelling, play, and art—in play based group support psychotherapy. Finally, at the 24th World Congress of Psychiatry in Mexico City, she championed the inclusion of group-based psychosocial training in medical curricula.

Locally, we continued to deepen community impact by facilitating eight weeks of GSP for 60 women in Kampala's corporate space between February and July. Sessions wove together trauma recovery exercises, livelihood skills training, and peer-led problem solving, resulting in a 80% average reduction in SRQ depression scores. Participants also formed a cooperative savings group to support small-scale enterprises, demonstrating the intervention's ripple effect on socio-economic well-being. As we transition from pilot to scale in 2025, these collective efforts have laid a robust foundation, demonstrating that group-based, culturally attuned psychotherapy can be both effective and empowering. We look forward to expanding our reach and strengthening partnerships in the year ahead.

---





## 7. Activity Profile

### 7.1 Group Therapy Training for Doctors in Uganda

#### Dates & Venue:

8th Jan –20th Jan 2024

SEEK-GSP Academy Online Platform

#### Participants:

150 medical doctors, including General Practitioners, Internists, and HIV clinicians registered for training

#### Curriculum Highlights:

##### Principles of GSP Adaptation:

Understanding how to tailor Group Support Psychotherapy (GSP) content to fit busy clinical workflows and diverse patient populations.

##### Facilitating Group Dynamics:

Techniques for fostering trust, peer support, and mutual accountability within therapy groups.

##### Integrating Psychoeducation:

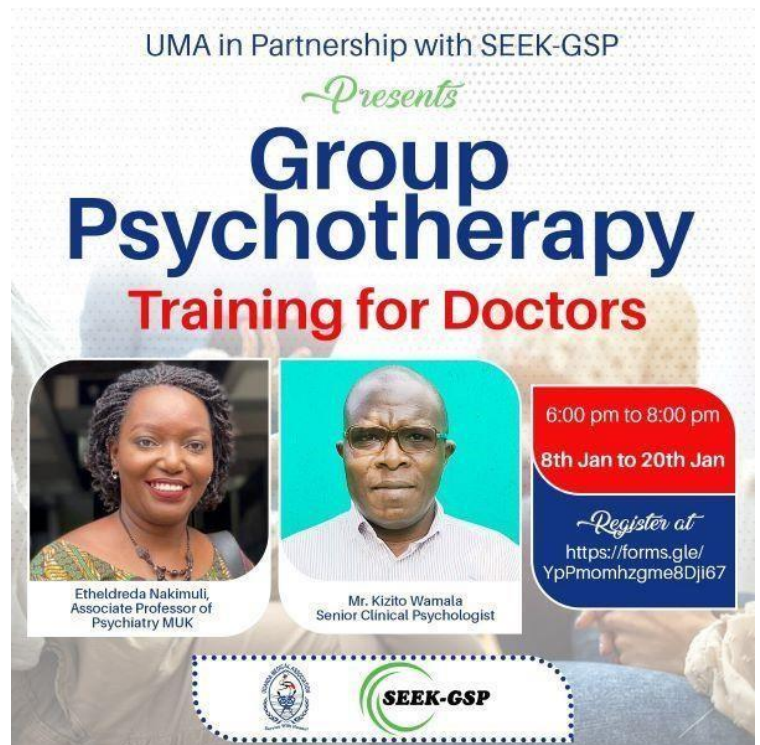
Embedding brief, culturally sensitive teaching moments on depression, stress management, and coping skills into routine consultations.

#### Key Outcomes:

##### Knowledge Gains:

Average scores increased from 62 percent on the pre-test to 88 percent on the post-test, reflecting strong mastery of GSP principles.

##### Commitment to Practice:



Every participant pledged to launch at least one monthly GSP session in their clinic, aiming to reach an estimated 1,200 patients over the next year.

### **Challenges & Recommendations:**

#### **Scheduling Conflicts:**

Doctors reported difficulty freeing five consecutive days per week for training.

**Recommendation:** Enrol medical doctors onto a digital training platform, the SEEKGSP Academy where they can upskill at their own pace in the privacy and comfort of their homes or workplaces without disrupting clinical duties.

This pilot workshop has laid the foundation for integrating group-based psychosocial care into Uganda's health system and will inform our scale-up roadmap in partnership with WHO and Grand Challenges Canada.

## **7.2 ERA Mental Wellness Training Report**

### **Date & Venue:**

5 April 2024, Golf View Hotel, Entebbe

### **Trainees:**

40 staff of the Uganda Electricity Regulatory Authority (ERA)

### **Objectives:**

Enhance understanding of stress physiology and self-care techniques

Introduce culturally appropriate therapeutic modalities grounded in GSP principles

### **Key Findings:**



**Knowledge Improvement:** Pre-test average score of 70 % rose to 85 % post-training

**SelfRated Well-being:** Overall mental health ratings increased from 61.5 % to 75 %

### Highlights:

**Dance Movement Therapy:** Participants experienced guided movement exercises that promoted physiological relaxation and group cohesion

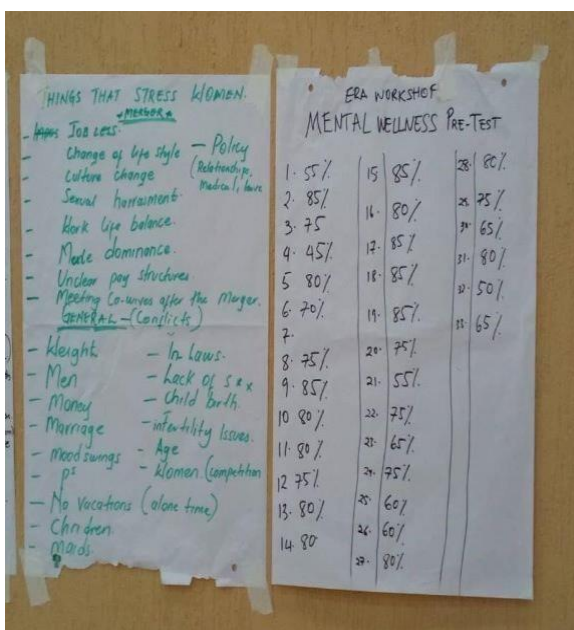
**CTFAR Model Practice:** Hands-on sessions enabled trainees to identify and reframe negative thought patterns using the CTFAR (Circumstance–Thought–Feeling–Action–Result) framework

### Recommendations:

**Peer-Support Circles:** Institutionalize monthly group debrief sessions to reinforce learning and build ongoing social support

**Employee Assistance Program (EAP):** Establish confidential counseling services, integrating brief GSP-inspired group check-ins

This training showcased SEEK-GSP's capacity to adapt group psychotherapy methods for workplace settings and will inform our broader scale-up strategy with WHO and Grand Challenges Canada.



### 7.3 International Conference Participation

- **17th International Symposium on Neuropsychiatry & HIV**, Barcelona (31 May–1 June) ○ Presentation on GSP effectiveness among people living with HIV, emphasizing scalability and cost-effectiveness.
- **WFP Regional Congress on Psychotherapy, Creativity & the Arts**, Rome (18–19 October) ○ Showcased integration of storytelling, play, and group modalities within GSP for trauma-affected populations.
- **24th World Congress of Psychiatry (WCP-24)**, Mexico City (14–17 November) ○ Symposium on “Medical Education Promoting Holistic Psychiatric Care for PLHIV,” featuring GSP in curricula.





## 7.4 Planning Scale-up with WHO & Grand Challenges Canada

From January through 11 June 2024, SEEK-GSP participated in a series of stakeholder meetings both virtually and at the World Health Organization's regional offices—to co-design a national scale-up strategy for Group Support Psychotherapy (GSP).

These discussions brought together senior representatives from WHO headquarters, WHO AFRO, the Ugandan Ministry of Health's Mental Health Division, Grand Challenges Canada (GCC), district health officers, and community-based organization leaders. Our aim was to ensure that the roadmap reflected both international best practices and local realities, creating a plan that is technically sound, culturally appropriate, and financially sustainable.



### Key Deliverables:

- **Costed Implementation Roadmap:** We developed a detailed budget model that estimates unit costs per GSP session, facilitator training costs, and ongoing supervision expenses. The roadmap outlines a three-phase scale-up—pilot, consolidation, and national roll-out—spanning 2025–2028 and targeting 15 highburden districts in the first phase.
- **Monitoring & Evaluation Framework:** In close collaboration with the MoH's Health Information Analytics unit, we aligned our indicators with the national DHIS2 platform. Core metrics include number of facilitators trained, GSP groups established, average session attendance, and pre-/post-intervention SRQ depression score changes. We also built in quarterly qualitative feedback loops to capture patient and facilitator experiences, allowing real-time course corrections.

### Outcomes:

Our submission of the final proposal to the GCC Investment Committee was halted by the World Health Organization. We await feedback from the Ministry of Health and WHO.

## 7.5 Group Therapy with Women in Kampala

Between February and August 2024, SEEK-GSP convened a specialized Group Support Psychotherapy (GSP) program in Kampala for 60 women working in the corporate space. Participants voluntarily responded to advertisements for group therapy posted on social media. A total of 3 groups comprising of 10 women each were facilitated online by Prof. Etheldreda Nakimuli Mpungu once a week for eight weeks.

Each weekly session, lasting three hours, blended core GSP techniques with participatory activities designed to foster trust, confidentiality, and emotional safety. Sessions opened with a brief local music to build cohesion and leverage cultural strengths. Early modules used storytelling circles, guided art exercises, and psychoeducation on trauma's effects on stress regulation. Facilitators established group norms, encouraged mutual support, and provided culturally adapted coping strategies.

Starting in week 7, economic empowerment content was introduced. Facilitators guided participants through budgeting exercises and the identification of micro-enterprise opportunities. Market visits and skills demonstrations provided practical insights and strengthened self-efficacy, while emphasizing low-cost, locally sourced inputs.



Quantitative outcomes were compelling: average SRQ depression scores fell by 80%, from a baseline mean of 16.2 to 3.9 at program end. Moreover, 80% of participants reported

improved problem-solving confidence, and the group achieved an 80% retention rate across all sessions. These metrics underscore both psychological and practical benefits of combining GSP with livelihood skills.

Qualitative feedback highlighted the transformative impact of the intervention. Many women described the group as a “trusted circle” that allowed them to process painful experiences, learn from peers, and collaboratively plan income-generating activities. Post-program surveys indicated an overall satisfaction rate of 93% and a strong interest in future sessions. Several participants formed an informal support network through WhatsApp groups where they continued interactions after program completion, sustaining both emotional and financial initiatives.

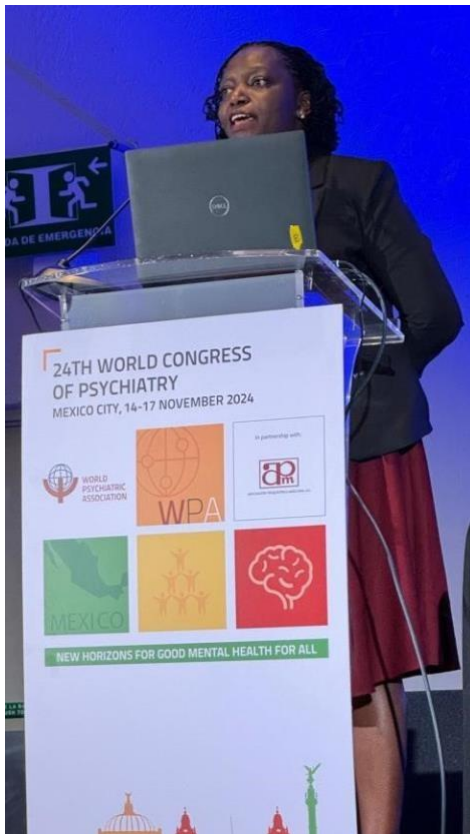
These results demonstrate the effectiveness of a hybrid model that integrates psychosocial therapy with economic empowerment. Lessons learned include the importance of contextualizing modules to local livelihoods, incorporating culturally resonant opening activities, and ensuring facilitators receive ongoing mentorship.

Moving forward, SEEK-GSP recommends expanding this program to additional Kampala neighborhoods, training community-based facilitators for continuity, and forging partnerships with microfinance institutions to support enterprise growth and long-term resilience.





## 7.6 Conferences Attended



Conference	Location	Date
International Symposium on Neuropsychiatry & HIV	Barcelona, Spain	February 2024
5th Global Health Conference, Glasgow UK	Glasgow, UK	June 2024
WFP Regional Congress on Psychotherapy & the Arts	Rome, Italy	Oct 18–19
24th World Congress of Psychiatry (WCP-24)	Mexico City, MX	Nov 14–17

*Report prepared by the Office of the Executive Director, December 2024* **SEEK-GSP** | [www.seek-gsp.org](http://www.seek-gsp.org) | Confidential