

*Creating Play-Based Group Support Psychotherapy for Rural African Youth.*

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This presentation will explore how innovative approaches, such as play, task-shifting and time-limited group therapy, can be effectively tailored to address the mental health needs of young populations in Africa. Emphasis will be placed on the creative adaptation of these methods to align with cultural nuances and the specific realities of rural life in Africa. The presenter designed time-limited group support interventions for persons living with HIV infection and their families that have proven effective in Uganda and neighboring countries. Mpungu's creative interventions are highly cost-effective and affordable, feasible and acceptable, proven to reduce domestic violence and prevent HIV transmission, and have the potential to create economically vibrant communities.