



MARIE STOPES INTERNATIONAL TRAINING CENTRE (MITC)

CERTIFICATE COURSE SCHEDULE FOR 2025/2026

Marie Stopes International Training Centre (MITC) believes that human resource is a key driver of any development. To ensure the performance and high productivity of the human resource in any organization, there is a need to build their capacity through relevant training programmes. Training enhances staff knowledge, skills and competencies required to better perform their roles. MITC excels in the delivery of capacity building programmes to health care workers in both public and private facilities. Through its affiliate partner, MSI Reproductive Choices, the centre has developed comprehensive Sexual and Reproductive Health (SRH) training packages which are based on best practices observed from our global work and reference guidelines from the Ministry of Health (MoH) and reputable organizations like the World Health Organization (WHO), International Federation of Gynecology and Obstetrics (FIGO) and the Royal College of Obstetricians and Gynecologists. MITC is delighted to offer the following competency-based training packages to SRH service providers globally. All courses offered are continuous professional development (CPD) accredited.

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1. Training Package for Permanent Methods

This package includes trainings in permanent methods (vasectomy and bilateral tubal ligation). The training sessions cover a description of the key characteristics of the different contraceptive options including mechanism of action, effectiveness, side effects and myths and misconceptions. Other sessions covered include identification of suitable clients for permanent methods using the WHO Medical Eligibility Wheel (MEC), counselling and informed consent process using job aids like the FP flip chart and the REDI technique. As a final step all trainees are taken through a competency assessment exercise using MSI service specific competency checklists which rate provider competency into different categories that will determine whether they are ready to offer services or if they need further support.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person

2. Training Package for Short-Term and Long-Acting Reversible Contraceptives (LARCs)

This package includes trainings on all Long Acting Reversible Contraceptives (LARCs) family planning options which include short-term and permanent methods (vasectomy and bilateral tubal ligation). The training sessions cover a description of the key characteristics of the different contraceptive options including mechanism of action, effectiveness, side effects and myths and misconceptions. Other sessions covered include identification of suitable clients for different methods using the WHO Medical Eligibility Wheel (MEC), counselling and informed consent process using job aids like the FP flip chart and the REDI technique. Participants will also be taken through practical sessions using training models (pelvic and arm models) before they are taken to MSI Kenya service delivery sites to practice on real clients under supervision by the trainers. As a final step all trainees will be taken through a competency assessment exercise using MSI service specific competency checklists which rate provider competency into different categories that will determine whether they are ready to offer services or if they need further support.

Cost: USD 700

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person

3. Training Package on Post Abortion Care (PAC)

Provision of safe post abortion care services is one of MSIK's core services. MITC has experience training thousands of health care workers on the delivery of safe PAC services. This training is designed to build capacity of health providers to offer comprehensive post abortion care services using safe medical and surgical options. The training sessions include modules on: Pre service care (counselling and informed consent, screening and assessing eligibility), Introduction to PAC options (medical and surgical), step by step guide on the provision of medical and surgical PAC services, after care (monitoring, preparing for discharge and follow up) and competency assessment of trained providers at service delivery points.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person

4. Training Package on Cervical Cancer Screening Prevention and Treatment (CCSPT)

This training is designed to build the capacity of SRH providers to integrate cervical cancer screening into other SRH services they offer. Providers attending this training will acquire knowledge on the risk factors and pathophysiology of cervical cancer, deliver key messages about CCSPT to clients to enable them to make an informed choice, perform visual inspection with acetic acid (VIA), interpret VIA results correctly to inform decisions and / or referral for women with pre-cancers lesions. Trainees will also be trained on how to perform cryotherapy as one of the options for managing positive pre-cancer lesions. The training has site based practical sessions where trainees practice counselling, VIA and cryotherapy skills before having a formal competency assessment.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person



5. Provider Share Workshop (PSW)

Provider Share Workshop is designed to help alleviate some of the unique burdens of providing post abortion care, in particular the burden of stigma, and to strengthen human resources for post abortion care. PAC is highly stigmatized resulting in PAC providers often experiencing shame, guilt, social isolation, loss of societal status, discrimination and inhibitions about being open about who they are and what they do. Difficulties with disclosure under these circumstances are to be expected, forcing providers to remain silent about their work. PSW aims to break this silence by creating a safe space for providers to share about the emotional aspects of the work. The immediate goal of the workshop is to help providers understand and manage the experience and consequences of doing stigmatized work. Participants are taken through engaging group activities aimed at helping them tackle PAC related stigma and how to create a conducive environment for the provision of life saving services.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person

6. Medical Emergency Management in SRH

This package is tailored for providers offering sexual and reproductive health services like family planning, obstetric services, post abortion care and cervical cancer screening. This is a modular training package made up of suggested exercises that support both knowledge and skills-based learning to give trainees the skills they need to manage common medical emergencies. Participants attending this training will learn how to prevent common medical emergencies in SRH facilities, recognizing early signs and symptoms of common medical emergencies, how to resuscitate, stabilize and refer clients with medical emergencies and provision of basic life support using a step by step approach of assessing a collapsed client. The training will also introduce participants to the key medical emergency drugs and equipment with a focus on how and when to use them. Trainees practice DRABCDE assessment and basic life support skills during scenarios for common medical emergencies using models. At the end of the training, trainees are assessed for their ability to carry out a structured assessment and ability to deliver emergency support in different scenarios.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:
Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:
In person



7. Value Clarification and Attitude Transformation (VCAT)

The goal of this training is to enhance SRH providers knowledge, attitudes and intended practices regarding contraceptive and PAC services especially for vulnerable populations like adolescents. The training sessions are aimed at enabling participants to:

- Clarify and articulate their own and others values, beliefs and attitudes that inform contraceptive and post abortion care especially for adolescents.
- Distinguish between myths, biases and factual information on contraceptive and PAC services.
- Describe the consequences when contraceptive and PAC services for adolescents are not accessible or are not provided in a compassionate, client-centered and with a rights based approach.
- Demonstrate empathy toward adolescents and women seeking contraceptive and PAC.
- Distinguish and appropriately separate their personal beliefs from their professional roles and responsibilities in contraceptive and PAC services.
- Articulate their personal commitments to improve contraceptive and PAC services.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person

8. Provision of youth responsive services and sexual health counselling in learning institutions

MSI Kenya has extensive experience implementing youth focused reproductive health programmes, including the delivery of youth responsive services and health education sessions for youth in and out of school by delivering age appropriate comprehensive sexual health education sessions in schools and colleges. These sessions are more focused on life skills that will help young people to navigate the challenges that come with being a youth and further guide them to make the right sexual and reproductive health choices to safeguard their future. This training will build the capacity of health care providers to offer SRH services in a manner that is responsive to the special needs of young people.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Trained health professionals (doctors, clinical officers, nurses and midwives)

Mode of delivery:

In person

9. Continuous supportive supervision (CSS)

In this course, participants will learn the dynamics of clinical support supervision and its impact on improving health through stronger systems. It involves a process that promotes quality at all levels of the health system by strengthening relationships within the system, focusing on identifying and resolving problems, and helping to optimize the allocation of resources—promoting high standards, teamwork, and better two-way communication. Upon completion of the course, participants will gain competency in CSS and support career progression, understand the role of a competent supervisor as an enabler, rather than an inspector; implement a continuous support supervision system in respective organizations, influence organizational culture change at work, develop participants role as a supervisor including understanding how CSS links with the corporate social responsibility; a process of monitoring and evaluating (CSS).

The syllabus comprises three units; Clinical support supervision in a health care setting; Implementing CSS in your organization/program; and Monitoring and evaluation of CSS.

Cost: USD 650

Duration: 3-day training

Dates: January to December 2025



Target Group:

Clinical supervisors
in: Clinical
services, Operations;
Human resource
practitioners,
Research, monitoring,
and evaluation
professionals

Mode of delivery:

In person

10. Basic Emergency Obstetric Care (BEmOC)

The BeMoc course equips healthcare professionals with basic, essential skills and knowledge to manage obstetric emergencies effectively. The course focuses on life-saving interventions for severe pregnancy, childbirth, and postpartum complications, ensuring the safety of mothers and newborns. Participants learn to identify and manage emergencies such as preeclampsia, hemorrhage, obstructed labor, and sepsis, and acquire practical skills in procedures like cesarean sections and neonatal resuscitation. The course includes interactive lectures, hands-on training, and case studies, fostering evidence-based practices and enhancing teamwork.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Obstetricians,
Midwives, Nurses, and
Clinical Officers

Mode of delivery:

In person



MITC excels in the delivery of capacity building programmes to health care workers in both public and private facilities.

11. Comprehensive Emergency Obstetric Care (CEmOC)

The CEmOC equips healthcare professionals with essential skills and knowledge to manage obstetric emergencies effectively. The course focuses on life-saving interventions for severe pregnancy, childbirth, and postpartum complications, ensuring the safety of mothers and newborns. Participants learn to identify and manage emergencies such as preeclampsia, hemorrhage, obstructed labor, and sepsis, and acquire practical skills in procedures like cesarean sections and neonatal resuscitation. The course includes interactive lectures, hands-on training, and case studies, fostering evidence-based practices and enhancing teamwork.

Cost: USD 500

Duration: 5-day training

Dates: January to December 2025



Target Group:

Obstetricians,
Midwives, Nurses, and
Clinical Officers

Mode of delivery:

In person

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MITC is delighted to offer the following competency-based training packages to SRH service providers globally. All courses offered



Our Clinic Locations

Nairobi

Kilimani premier clinic

Location: Kindaruma Rd, off Ngong Road, Kilimani
Phone: 0793 379 465

Marie Stopes CBD Clinic

Location: JKUAT / ICEA Towers 4th Floor
Phone: 0721 487 163

Kenyatta Market Clinic

Location: Sunview estate, Opposite Kenyatta Market main entrance.
Phone: 0721 477 979

Eastleigh Clinic & Maternity Home

Location: 1st Avenue Eastleigh, Next to St. Theresa Church
Phone: 0721 467 734

Kangemi Clinic

Location: Kangemi Shopping Centre, Palace Building, off Waiyaki Way
Phone: 0721 483 882

Pangani Clinic

Location: Showbe Plaza 1st Floor, off Murang'a road
Phone: 0721 483 882

Runda Premier Clinic

Location: Nairobi, along Kiambu road, Runda Mall
Phone: 0708 749 397

Sameer Clinic

Location: Along Mombasa Rd, Sameer Business Park, Block E3 1st Floor
Phone: 0717 709 052

Others

Rongai Clinic

Location: Rescom House 1st Floor, Ongata Rongai
Phone: 0790 553 092

Eldoret Clinic

Location: Daima Towers, 1st Floor mezzanine 1
Phone: 0721 471 624

Kisumu Clinic

Location: Tom Mboya Estate, Next to the Women's Rep Office
Phone: 0721 471 013

Meru Clinic

Location: Greenwood Mall, 2nd Floor
Phone: 0721 471 013

Nyeri Clinic

Location: Pamki House, Ground Floor, Kimathi St
Phone: 0721 482 560

Nakuru Clinic

Location: Jennifer Riria Hub, 1st Floor, Opposite Bontana Hotel
Phone: 0721 487 109

Thika Clinic

Location: Mathai supermarket Matco, 4th floor Uhuru St, Thika
Phone: 0721 487 109

Mombasa Clinic

Location: Ganjoni off Moi Avenue, Opposite KCB Bank
Phone: 0721 486 564



Your Health Your Choice Your Future

Contact us

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