





Report of The International Course on Cultural Psychiatry and Global Mental Health 2017

**International Course on
Cultural Psychiatry and Global
Mental Health 2017**

Organised by:

 **McGill**  **Global Mental Health Program**  **Programme mondial pour la santé mentale** 

Division of Social & Transcultural Psychiatry & Global Mental Health Program, McGill University, Canada

Department of Psychiatry and Mental Health, Institute of Medicine (IOM), Tribhuwal University (TU), Kathmandu, Nepal

Division of Mental Health and Addiction, Institute of Clinical Medicine, & Centre for Global Health, University of Oslo Norway

Venue:
Department of Psychiatry and Mental Health,
IOM, TUTH, Kathmandu, Nepal

Date
October 16-17, 2017

Introduction

Carrying a vision to provide newer knowledge and understanding by bringing together mental health professionals from different parts of the world “International Course on Cultural Psychiatry and Global Mental Health 2017” was planned by three leading Universities of the three different continents; McGill University, Canada; Institute of Medicine (IOM), Tribhuvan University (TU), Nepal and University of Oslo (UiO), Norway. After several years’ experience of conducting international seminars in collaboration with Norwegian Psychiatric Association, Department of Psychiatry and Mental Health, IOM, TUTH has expanded it further by involving Division of Social & Transcultural Psychiatry & Global Mental Health Program, McGill University.

Among the several prominent figures as the resource persons, Professor Laurence Kirmayer and Professor Jaswant Guzder from McGill University Montreal, Canada, the pioneer in this field, were the major ones. The course was designed to provide knowledge on cultural psychiatry, trauma and global mental health with experiences from all over the world including Canada, Nepal and Norway. The course has been accredited by Nepal Medical Association.

Date and Venue:

The Course was conducted at the Global Health Conference Hall, MOHEGO building, Institute of Medicine, Tribhuvan University Teaching Hospital, Kathmandu Nepal from 16th to 17th October 2017.

Organizing Team/Representatives:

- Dr Saroj Prasad Ojha, Professor & Head, Department of Psychiatry and Mental Health, Institute of Medicine (IOM), Tribhuvan University (TU), Nepal
- Dr Laurence J. Kirmayer, Professor & Director, Division of Social & Transcultural Psychiatry & Global Mental Health Program, McGill University, Canada
- Dr Suraj Thapa, Associate Professor, Division of Mental Health and Addiction, Institute of Clinical Medicine, & Centre for Global Health, University of Oslo, Norway

Course Coordinator:

Dr. Rishav Koirala, PhD research fellow, University of Oslo

Objectives:

- To provide knowledge on cultural psychiatry and its impact on daily practice and management of patients with different sociocultural background.
- To make mental health professionals as well as people involved in mental health, aware about the Global Mental Health.
- To update on recent advances on biological and cultural aspects of trauma.
- To bring together people involved in mental health from different parts of the world in order to share their learning and experiences.

Briefly about the resource persons:

Jaswant Guzder, MD is Professor, Department of Psychiatry, McGill University, and active in Divisions of Child Psychiatry and Social and Transcultural Psychiatry. At the Jewish General Hospital, she is Head of Child Psychiatry, Co-Director of Childhood Disorders Day Hospital, Senior Clinician (founding co-director) Cultural Consultation Service, and Director of the Fellowship in Family Therapy Training. She is actively involved in teaching, training, research collaborations (currently on follow-up of high risk children, mental health promotion, child war trauma and rape culture in university campus context), global health training and consulting in Jamaica, Nepal and India, and in visual arts.

Laurence J. Kirmayer, MD, FRCPC, FCAHS, FRSC is James McGill Professor and Director, Division of Social and Transcultural Psychiatry, Department of Psychiatry, McGill University and Co-director of the McGill Global Mental Health Program. He is Editor-in-Chief of *Transcultural Psychiatry*, and Director of the Culture & Mental Health Research Unit at the Institute of Community and Family Psychiatry, Jewish General Hospital in Montreal, where he conducts research on culturally responsive mental health services, the mental health of Indigenous peoples, and the anthropology of psychiatry. He founded and directs the annual Summer Program and Advanced Study Institute in Cultural Psychiatry at McGill. His current research includes studies on: culturally based, family centered mental health promotion for Indigenous youth; the use of cultural formulation in cultural consultation; and the place of culture in global mental health. He co-edited the volumes, *Understanding Trauma: Integrating Biological, Clinical, and Cultural Perspectives* (Cambridge University Press), *Healing Traditions: The Mental Health of Aboriginal Peoples in Canada* (University of British Columbia Press), *Cultural Consultation: Encountering the Other in Mental Health Care* (Springer), *DSM-5 Handbook for the Cultural Formulation Interview* (APPI), and *Re-Visioning Psychiatry: Cultural Phenomenology, Critical Neuroscience and Global Mental Health* (Cambridge). He is a Fellow of the Canadian Academy of Health Sciences and of the Royal Society of Canada (Academy of Social Sciences).

Suraj B. Thapa, MD, MPhil, PhD is Associate Professor at the University of Oslo and Senior Consultant Psychiatrist at Oslo University Hospital. He is the head of the research group- Traumatic Stress Forced Migration and Global Mental Health at the University of Oslo and the Board of Transcultural Psychiatry, Norwegian Psychiatric Association. He is currently leading the research project- Study of Outcome of Trauma (SHOT Study) in Norway and Nepal. He is also a CBT and EMDR therapist. He has been involved in collaboration between Norway and Nepal for several years.

Saroj P. Ojha MD, is Professor at the Tribhuvan University of Nepal, and Head of Department of Psychiatry and Mental Health, Institute of Medicine (IOM), Tribhuvan University Teaching Hospital in Kathmandu. He is working in the IOM, which was founded in 1972 under Tribhuvan University for “Training of Human Resources for Health” for the whole country. IOM is one of the innovative medical schools in South Asia. Currently, he is one of the five members of Implementing Committee of IOM, which is responsible for policy implementation of different programs in IOM.

He is the immediate past president of Psychiatrists’ Association of Nepal and Vice President of Nepal Epilepsy Society. He is actively involved in teaching, training, research activities in IOM and building capacity of medical doctors, lawyers and judges of Nepal government. He is also involved in international research collaborations like conducting PTGI scale contextualization and validation study in Nepal (supported by Yokohama City Hospital, Japan) and local supervisors for Ph.D. program in Nepal for University of Oslo, Norway.

Cecilie Jávo, MD, PhD, is the Associate professor at the University of Tromsø, the Arctic University of Norway and a senior consultant child psychiatrist at the Sámi National Competence Center for Mental Health and Substance Abuse (SANKS) in Karasjok, Norway. Her field of research is cross-cultural psychiatry, mainly on the indigenous Sámi population in Norway. She is currently leading an epidemiological research project in Nepal on child & adolescent mental health. She has been the leader of the Board of Transcultural Psychiatry, Norwegian Psychiatric Association, 2008 – 2016.

Arun Kunwar MD. After completing his residency in Psychiatry and Child & Adolescent Psychiatry (CAP) at SUNY Upstate Medical University in Syracuse, New York, he joined the same department as Assistant Professor. During his tenure there he was awarded Pilot Research Award (American Academy of Child and Adolescent Psychiatry, 2005) and Young Investigator Award (NARSAD, 2008). He moved to Nepal in 2009 and was Associate Professor at Kathmandu Medical College. Presently, he is the only Child & Adult Psychiatrist of Nepal and leads the only full time Child and Adolescent Psychiatric clinic of Nepal at Kanti Children’s Hospital. He is also the President of the Psychiatrists’ Association of Nepal.

Sekhar Seshadri MD is a graduate of Maulana Azad Medical College, Delhi and a post-graduate in Psychiatry from National Institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore. He is currently Professor and Head, Department of Child and Adolescent Psychiatry, (NIMHANS), Bangalore. Besides working with child and adolescent mental health including developmental disabilities, he is actively involved in the areas of gender and sexualities, violence/trauma and abuse, children in difficult circumstances, juvenile justice, experiential methodologies, school programmes/teacher training in life skills education, Community and school mental health programmes, forum theatre and qualitative research. Contact shekhar@nimhans.ac.in NIMHANS, Hosur Road, Bangalore - 560 029. Karnataka. India.

Rishav Koirala, MD is a PhD Scholar from UiO, Norway who is working on health outcomes of trauma in the SHOT study. He currently runs the first and only Psycho-oncology clinic in Nepal at NCHRC. As the former Focal Person for Mental Health in WHO, Nepal, he had introduced mhGAP-HIG in health ministry of Nepal and has worked in community psychiatry. He is also Joint Treasurer at Psychiatrists Association of Nepal. He has been active organizing national and international mental health events in Nepal.

Course Schedule:

October 16 (Day1)	
08:30 -09:00	Registration & tea/coffee
09:00-09:30	<ul style="list-style-type: none"> • Inauguration Program: • Welcome speech objective of the workshop by <i>Prof. Saroj Prasad Ojha, Head of Department of Psychiatry, IOM, TUTH.</i> • Inauguration of the seminar by <i>Prof Jagadish Prasad Agrawal, Dean, IOM, TUTH</i> • Greetings from McGill University by Prof. Laurence Kirmayer. • Greetings from Norway by <i>Associate Prof. Suraj Thapa</i> • <i>Remarks by Prof Jagadish Prasad Agrawal, Dean, IOM, TUTH</i> • <i>Vote of thanks by Prof V. D. Sharma, Department of Psychiatry, IOM, TUTH</i>
09:30- 09:45	Coffee Break
09:45-10: 00	Introduction of the participants: Dr Rishav Koirala
10:00- 10:45	The place of culture in global mental health – Prof. Kirmayer
10:45-11:00	Break
11:00- 12:00	Research methods in cultural psychiatry – Prof. Kirmayer
12:00- 13:00	Lunch break
13:00-13:45	Intergenerational legacies of trauma – Prof. Guzder
13:45- 14:15	Trauma, resilience and recovery – Prof. Kirmayer
14:15-14:30	Coffee break
14:30-15:00	Mental health situation and challenges in Nepal –Prof. Ojha
15:00-16:00	Biology of trauma by Asso. Prof. Thapa/ Dr. Koirala
18:30onwards	Event Dinner at Radisson Hotel, Lazimpat

October 17: (Day 2)	
08:30-09:00	Tea/coffee
09:00-10:00	Culturally based mental health promotion – Prof. Guzder
10:00-10:45	Integrating cultural safety and competence in mental health training - Prof. Kirmayer
10:45- 11:00	Coffee Break
11:00-12:00	Working with families – Prof. Guzder
12:00-13:00	Lunch
13:00- 13:30	Child & adolescent psychiatry – ways of bridging the service gap in rural Nepal- Dr. Arun Kunwar
13:30-14:00	Cultural considerations in child mental health and psychosocial interventions – Prof. Seshadri
14:00-14:15	Coffee break
14:15-14:30	The Cultural Formulation Interview (CFI) – adaptation to a minority child population in Norway -Ass. Prof. Javo
14:30- 15:30	Discussions followed by the closing ceremony

Participants:

The course was designed for mental health professionals which include; adult and child psychiatrists/ psychologists, nurses, public health workers, sociologists, anthropologists, social workers, mental health activists, user organizations, child health workers etc. There were total 45 participants with different background related to mental health. The name list and designation is present in the annex.

Summary:

The ICCPGMH 2017 was an intensive course that ran for 2 full days. The program started with the welcome speech by Prof Dr. Saroj Prasad Ojha who highlighted the objectives of the course, which was followed by short comments regarding the course and the collaboration by the Dean of IOM, TUTH, Prof. Dr. Jagdish Prasad Agrawal, Prof. Laurence Kirmayer and Associate Prof. Suraj Thapa. This was followed by the introduction and interaction among participants.

Prof. Kirmayer then highlighted the role of culture in global mental health and explained that without including the culture the evaluation of a patient would never be complete. Then he talked about what all aspects need to be taken into consideration while doing a research in cultural psychiatry. The participants

with full interest and enthusiasm received the lectures given by the trainers. Commenting on the lecture of Prof. Laurence Kirmayer one of the participants said, “ It was music to my ears and I didn’t want him to end his lectures”.

Then Prof Guzder spoke regarding the impact of trauma on the generations that follow. The lecture was followed by lectures on trauma related to resilience given by Prof Laurence and the biochemical and genetic basis of trauma delivered by Dr. Thapa and Dr. Koirala. Then Prof. Ojha highlighted regarding the mental health situation in Nepal.

The next day course started with sharing of experiences by Prof. Guzder regarding her work in Jamaica. Then Prof. Kirmayer talked about how cultural safety and competence is important during the evaluation and treatment of a patient. During this he also gave ideas about what all instruments can be used for better evaluation.

Then after the break, Prof. Guzder introduced something new to Nepal, “Family Therapy”. She discussed about its implications and the modalities and its benefits. That was followed by sessions that focused on Child Psychiatry. It started with Dr. Arun Kunwar delivering a lecture on how services can be improved in rural areas for children having psychological issues. Then Prof. Seshadri explained about the cultural considerations regarding the evaluation of a child. He highlighted how trauma would have a different impact in different situations on children. The final lecture was given by Associate Prof Cecilie Jávo, who talked about Cultural Formulation Interview and how it has shown good impact while dealing with indigenous Sami people of Norway.

Conclusion and recommendations:

Since the concept of cultural psychiatry is new to Nepal, the lectures widened the perspective of the local participants, hence improving their knowledge in dealing with their work. The presence of prominent speakers from around the world also gave a boost to the education of mental health in Nepal. This kind of program should be regularly conducted in Nepal to increase the capacity of the professionals involved in Mental Health in Nepal. We plan to organize similar kind of conferences in future.

Acknowledgement to Collaborators and Sponsors:

We would like to thank all the people and institutions involved in making the course successful.

Photo Journey of the program



Photo 1: Group photo of participants and trainers



Photo 2: Queries to the presenter



Photo 3: Officials chairing during the opening ceremony



Photo 4: Queries to the presenter

Certificate:



Attendance Sheet:

Intern		International Course on Cultural Psychiatry and Cross-Cultural Psychology 16th and 17th October 2017.		1st Day REGISTRATION		Mental Health	
S.No	Name	Address	Qualification	Contact Number	Email Address	Registration Amount	Signature
1	Cetin	Kethran	PhD Specialist	9849205290	perumaladale@gmail.com	5000/-	[Signature]
2	Dr. Karthana Sivanan	Madhavagudi	Psychiatrist	9851102649	srilaxa@latitudinal.com	5000/-	[Signature]
3	Dr. Sulabha Shashi	Lalpur	Psychiatrist	9843537958	dr.sulabha@latitudinal.com	1500/-	[Signature]
4	Dr. Sankar Sankar	Winnah Sangar	MD	99199575857	shanker@latitudinal.com	5000/-	[Signature]
5	Erang Mahalingam	Machana Subramanyam	Medical Health Supervisor	9860927004	erangmahalingam@gmail.com	5000/-	[Signature]
6	DR. RAJASEKARAN	Medical Officer, P&S	Resident	9841184937	rajasekaran@gmail.com	5000/-	[Signature]
7	Rajika Rajiv	Travellers, Kottur	Student	9842481336	rajika.r@gmail.com	5000/-	[Signature]
8	Domnu Leong	Transnational Center	Psychologist	+1741545844	domnu.l@gmail.com	5000/-	[Signature]
9	Deballo Kanya	ACE Vegal	MD	9801183511	deballo.k@gmail.com	5000/-	[Signature]
10	Anuragha Acharya	Kurumbani	Teel. coordinator	9841158524	anuragha@gmail.com	5000/-	[Signature]
11	Dr. Parthasarathy Velu	Chennai	MD	9841158524	parthasarathy@gmail.com	5000/-	[Signature]
12	Pra Nee	Sorega	PhD student	9910152272	praneer@gmail.com	5000/-	[Signature]
13	Shruti Ram	Muvungudi	MD	9841174240	shruti.r@gmail.com	5000/-	[Signature]
14	Dr. Suresh Suresh	Chennai	MD	9841174240	suresh.s@gmail.com	5000/-	[Signature]
15	Upma Poudel	Tonpatti	MD	9841174240	upma.p@gmail.com	5000/-	[Signature]
16	Renuka Shivani	Chennai	MD	9841174240	renuka.s@gmail.com	5000/-	[Signature]
17	Dr. Kapil Dev Singh	Chennai	MD	9841174240	kapil.d@gmail.com	5000/-	[Signature]
18	Smita Sivanan	Chennai	MD	9841174240	smita.s@gmail.com	5000/-	[Signature]
19	Sudhakar Raju	Chennai	MD	9841174240	sudhakar.r@gmail.com	5000/-	[Signature]
20	Nagesh Sankar	Chennai	MD	9841174240	nagesh.s@gmail.com	5000/-	[Signature]
21	Amir Raji	Chennai	MD	9841174240	amir.r@gmail.com	5000/-	[Signature]
22	Sybil Man	Chennai	MD	9841174240	sybil.m@gmail.com	5000/-	[Signature]
23	Suman Dayal	Chennai	MD	9841174240	suman.d@gmail.com	5000/-	[Signature]
24	A. Sankar	Chennai	MD	9841174240	a.sankar@gmail.com	5000/-	[Signature]
25	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
26	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
27	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
28	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
29	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
30	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
31	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
32	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
33	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
34	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]
35	Dr. Sankar	Chennai	MD	9841174240	dr.sankar@gmail.com	5000/-	[Signature]

SNO	Name	Address	Designation	Contact	Number	Email id	Registered Prof	Sign
34	Dr. Rajan Pothirel	BR 7TH, 30M	MD Resident	9866811720		prh@vsnl.com	Resident	[Signature]
35	Dr. Madhu SANDHU	SOE 11/5, 0800	MD	92859747	0999889392	prh@vsnl.com	?	[Signature]
36	Dr. Valbona Pindjani	Neelakrishna 265	MD, PhD	93559872		valbona.pindjani@gmail.com	?	[Signature]
37	Sandhya Singh Bangar	KOSHER	Psychologist	984161129		sandhya@gmail.com	?	[Signature]
38	Dr. Ravindra Prasad	TUTH	Resident Psychiatrist	78111168		prasad@gmail.com	Resident	[Signature]
39	Dr. Raju Rajgopal	TUTH	Resident Psychiatrist	9851098282		rajgopal@gmail.com	Resident	[Signature]
40	Dr. Srinivas GURDEK	CANADA	MD Resident	9824217101		srinivasgurdek@gmail.com	Resident	[Signature]
41	Neelakrishna Jaiswal	TUTH, 10M	MD Resident			neelakrishna.jaiswal@gmail.com	Resident	[Signature]
42	NISHA SHARMA	TUTH, 10M	MD RESIDENT	985190725		nisha.sharma@gmail.com	Resident	[Signature]
43	Dr. Shreeram Upadhyaya	TUTH, 10M	Resident (Psychiatry)	9851093887		shreeramupadhyaya@gmail.com	Resident	[Signature]
44	Dr. Ashwin Rajan	TUTH, 10M	Resident (Psychiatry)	9841446335		ashwinrajan@gmail.com	Resident	[Signature]
45	Dr. Karishma Shrestha	TUTH, 10M	Resident (Psychiatry)	9851096229		karishma.shrestha@gmail.com	Resident	[Signature]
46	Dr. Sudip Choudhary	TUTH, 10M	Resident (Psychiatry)	9848261121		sudipchoudhary@gmail.com	Resident	[Signature]
47	Dr. Divya Lakshmi Das	GMC, Lalnao	Resident	9840046394		divyalakshmidas@gmail.com	Resident	[Signature]
48	Dr. Manoj Kumar Das	TUTH	Resident	984129889		manojkumardas@gmail.com	Resident	[Signature]
49	Manoj Kumar Das	TUTH, 10M	Resident			manojkumardas@gmail.com	Resident	[Signature]