

# 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),  
Tribhuvan 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” has been 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 is going to expand 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 Kirmayer and Professor Guzder from McGill University Montreal, Canada, the pioneer in this field, will be the major ones.

The course is designed to provide knowledge on cultural psychiatry, trauma and global mental health with experiences from all over the world including Canada, Nepal and Norway. This course is on the process of being accredited by Nepal Medical Association, Norwegian Medical Association and University of Oslo. Furthermore, young researchers and scientists will also have a possibility to make either a poster or a brief oral presentation during the course. There will be discussions and social events during the course.

# Target Participants

**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.

# Program

## October 16 (Day1)

08:00 -08:30	Registration & tea/coffee
08:30-09:15	<ul style="list-style-type: none"> <li>• Opening of the seminar</li> <li>• Welcome speech by Prof. Saroj Prasad Ojha, Head of Department of Psychiatry, IOM, TUTH.</li> <li>• Inauguration of the seminar by Prof Jagadish Agrawal, Dean, IOM,TUTH</li> <li>• Greetings from McGill University by Prof. Laurence Kirmayer.</li> <li>• Greetings from Norway by Associate Prof. Suraj Thapa</li> <li>• Vote of thanks by Prof Vidya Dev Sharma, Department of Psychiatry, IOM</li> </ul>
09:15- 09:30	Coffee Break
09:30-09: 45	Introduction of the participants
09:45- 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
15:30-16:00	Biology of trauma by Asso. Prof. Thapa/ Dr. Koirala
15:30-16:15	Mini presentations from the participants 10 minutes each
16:45-17:00	Poster presentations and coffee
18:00	onwards Event Dinner

# Program

<b>October 17: (Day 2)</b>	
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	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	Mini presentations by the participants
15:30- 16:30	Discussions followed by closing ceremony

# Registration

Participants	Fee ( US \$)
Participants from High Income Countries	\$ 300
Participants from Low Income Countries	\$ 100
Psychiatrists from Nepal	\$ 75
Other participants from Nepal	\$ 50

**For registration and other activities, please contact  
Rishav Koirala: rishavk@gmail.com with a copy to  
Suraj Thapa: suraj.thapa@medisin.uio.no**

Send your email your credentials which includes;

- Name
- Age/ Sex
- Nationality
- Position
- Contact phone number and email
- Diet preferences/allergies

***Payment will be done at the spot/venue but registration should be by 30th september.***

# Social Events

- Sightseeing of Kathmandu valley at the day time and mountain flight (\$200) in the early morning on 15th October for those who want to join by paying extra for this event,
- Pre-seminar/workshop dinner on 15th October can be arranged for those who are willing to join and pay on your own.
- For those who are willing to stay longer after the workshop will get help and guidance to go to trekking or visit other places in Nepal like Chitwan, Pokhara and Lumbini.

## Hotels in Kathmandu near to the venue

Radisson Hotel	<a href="http://www.radisson.com/">http://www.radisson.com/</a>
Hotel Shankar	<a href="http://www.shankerhotel.com.np">http://www.shankerhotel.com.np</a>
Hotel Shangrila	<a href="http://www.hotelshangrila.com/">http://www.hotelshangrila.com/</a>
Manasalu hotel	<a href="http://www.hotelmanaslu.com/">http://www.hotelmanaslu.com/</a>



# Resource Persons

## Biographical Notes

*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).



# Resource Persons

## Biographical Notes

*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.

*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.

# Resource Persons

## Biographical Notes

**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 UiT, 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.



# Resource Persons

## Biographical Notes

**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 [sekhar@nimhans.ac.in](mailto:sekhar@nimhans.ac.in) NIMHANS, Hosur

# Resource Persons

## Biographical Notes

***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 organising national and international mental health events in Nepal.



# Readings

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# Readings

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