

Anthropology of Trauma
Cultural Identity Migration Homelessness
Semiotics Psychopharmacology
Culture Bound Syndromes Update
Recent Advances Cultural Psychiatry
Anthropology at the Clinic
Hospital Ethnography
Cultural Formulation

**RECENT ADVANCES IN CULTURAL PSYCHIATRY
3RD UCL-BALM SHORT COURSE
9-11 NOVEMBER 2009
IFMR CAMPUS
CHENNAI
INDIA**

Cover credits

*Cover designed by Sushrut Jadhav with partial assistance from 'Wordle' software,
copyright © 2009 Jonathan Feinberg, <http://www.wordle.net/>*

University College London Medical School

Department of Mental Health Sciences

**Charles Bell House
67-73 Riding House Street
London W1W 7EJ**

Phone: +44 (0)20 7679 9478/9292

Fax: +44 (0)20 7679 9028

Web address: <http://www.ucl.ac.uk/mental-health-sciences/>

The course structure and content is copyright UCL

BALM

66/5B Spur Tank Road

Chetpet, Chennai 600031

Phone No: +91 44 42233600

Email: mirjam.d@thebanyan.org

Web address: www.balm.in

TABLE OF CONTENTS

BALM & UCL: history & collaboration	3
UCL-BALM Research Unit: objectives and activities	7
3 rd UCL-BALM short course: recent advances in cultural psychiatry for South Asia	8
Time table	9
Faculty biographies	10
Previous UCL-BALM short courses	13
UCL Masters in Culture & Health, 2010-2011	19
Directions to the venue	20
Acknowledgements	21

BANYAN ACADEMY FOR LEADERSHIP IN MENTAL HEALTH (BALM) & UNIVERSITY COLLEGE LONDON (UCL)

Recognizing mutual synergies in the areas of health and social development, BALM and UCL signed a Memorandum of Understanding in 2007. This agreement paved the way for future cooperation in developing academic initiatives, training programs and research collaboration.

BALM – An Initiative by The Banyan

The Banyan, an organization founded in 1993, focuses on providing support for people from the margins with mental health issues. At its crisis intervention centre, Adaikalam, The Banyan provides the women a safe shelter and a supportive environment to enable them to recover and take responsibility of their lives. Over the past 14 years, The Banyan has reached out to more than 1800 women and reunited 850 women successfully back to their families across India.

What started as a treatment and rehabilitation centre has today scaled up its operations to address the needs of the most disadvantaged groups in a holistic manner. Currently its projects range from community outreach to active networking and training programmes to transferring skills and building capacity in the NGO sector. The Community Mental Health Programme works on setting up a demonstrable model by showcasing its scientific success and then replicating the same, thereby ensuring scope for maximum impact and reach.

Acutely aware of the need to nurture and train a pool of skilled professionals, The Banyan has conceived The Banyan Academy of Leadership in Mental Health (BALM) to bridge the gap between knowledge and practice by providing training, research, and advocacy to impact positive changes in society. “Our prime endeavour at BALM is to provide an enabling environment, which will equip human resources to handle social and economic developments in society with appropriate skills and knowledge. We are very keen to develop human resources with appropriate skill sets and capacities to ensure high levels of strategic input ranging from direct interventions to advocacy. This is an absolute necessity especially now, as a result of our own expansion, growth and scaled up operations and opportunity to work with several other stakeholders across the country. There is such a strong need for action through leaders, planners, managers and strategists in the social and development sector” (BALM mission statement).

To spread mental health care across India, BALM will transfer the Banyan DNA; a unique brand to open eyes to social issues, to take the initiative and be innovative. There remains a lot to be done in this service domain and by taking this decisive and significant step BALM hopes to make mental health management a promise fulfilled.

University College London – London’s Global University

UCL, London’s global university, is located in the heart of the capital’s culturally and intellectually vibrant Bloomsbury quarter, close to the British Library and the British Museum. Its main campus, dating from 1826, is a historic landmark in its own right. This campus – which is home to leading experts in science, technology, arts, social sciences and humanities – is a centre for creative, interdisciplinary thinking, challenging the boundaries of knowledge to the benefit of students, scholars and society alike.

UCL’s record of research and teaching is outstanding, and it has produced no fewer than 19 Nobel Laureates. Of its academic departments, more than eight out of ten are independently rated as producing research of international excellence. Its teaching provision is independently rated ‘Excellent’, averaged across all departments. UCL has been placed 4th, in the Times Higher Education 2009 World University rankings (THES-QS)

UCL is proud that it was the first university in England to have welcomed students of any class, race or religion, and the first to welcome women on equal terms with men. Students from outside the UK were enrolled from the start. This same radical spirit thrives today, attracting the most talented students and staff from all over the world, as well as forging strong relationships with institutions and businesses across the globe.

As London’s major centre for research and teaching, UCL addresses the world’s problems through the application of its expertise, spanning the sciences, arts, humanities, social sciences and biomedicine. UCL’s vision today is the same as it was in 1826: to use its strengths and resources as a force for change and progress in education at all levels.

UCL and India

UCL has remarkably strong historical links with India. There is a long tradition dating back to the 1880s of Indian students studying at UCL. These early students included Mahatma Gandhi who studied Laws in 1889 and Noble Laureate, Rabindranath Tagore.

UCL has a number of research and educational projects in India. In the IT sector, UCL has a successful distance learning Masters programme in Telecommunications in partnership with British Telecom and provided to employees based in Pune and

Mumbai; is also a key partner in a University of Ulster led consortium of UK and Indian Universities and IT business partners such as Infosys, Wipro and BT to develop new generation networks for the digital economy.

The UCL Institute of Child Health have ongoing projects in Mumbai in association with an NGO SNEHA (The Society of Nutrition, Education & Health Action) which aim to impact on infant mortality through maternal support and education programmes linked with nutritional and educational programmes. The work is supported by DFID, the ICICI bank via their corporate social responsibility

commitments and the World Bank and forms part of UCL's International Institute for Society and Health. Members of the UCL Institute of Womens Health have been funded by the UKIERI initiative to deliver a medical ethics course with special emphasis on women's rights to reproductive health at the Alluri Sitarama Raju Academy of Medical Sciences (ASRAMS) in Andhra Pradesh, India. UCL's Development Planning Unit are researching ways to improve urban governance and management for the benefit of the poor and to increase the access of low income households to improved urban services through better guidance on governance and management of water and sanitation in the peri-urban interface of metropolitan areas.

Department of Mental Health Sciences, UCL

The Research Department of Mental Health Sciences at UCL is known for research in psychiatric epidemiology, molecular genetics, health service research, psychiatry of the elderly, and trials of complex treatments at both primary and secondary care levels. Together with the other UCL departments- Primary Care & Population Health; Infection & Population Health; Epidemiology & Public Health and Centre for Health Informatics & Multi-professional Education it constitutes the UCL Division of Population Health. It is multidisciplinary and has a teaching staff of seven Professors, one Reader, ten Senior Lecturers, three Lecturers and three statisticians. It is located on three campuses: the Bloomsbury Campus, the Royal Free Campus, and the Whittington Campus.

The department's *Unit of Clinical Anthropology* is staffed by three senior clinical social scientists - Simon Dein, Sushrut Jadhav and Roland Littlewood. All staff are consultant clinical psychiatrists trained in medical anthropology, with a track record of working at the interface of Clinical Medicine & Medical Anthropology. The Unit maintains close ties with the Department of Anthropology, through weekly seminars at the Centre for Medical Anthropology, UCL.

The Unit also runs a Masters course on Culture and Health. The aim of the MSc is to provide, through a coherent course of study, an advanced education in the theory and practice of cross-cultural health, along with methods and techniques for research in this area. Besides the understanding it offers of health issues, a primary focus of the MSc is on development of health services and clinical ethnographic research in low income countries; and with minority groups in Britain and abroad. Students can choose to study either mental health or physical health.

The Unit currently has five research areas, with doctoral students working on the following themes: New illnesses (R Littlewood); Religion and Mental Health (S Dein); Deployment of Cultural Formulation in Acute Mental Health care (S Jadhav); Mental Health in South Asia (S Jadhav); & International Mental Health (S Jadhav).

Research on the application of Cultural Formulation is also linked with the International Consortium for Cultural Consultation (ICCC), at McGill University. The ICCC is a network of investigators and clinicians organized by Culture & Mental Health Research Unit of Jewish General Hospital & the Division of Social & Transcultural Psychiatry, McGill University.

The *South Asia Mental Health programme* is lead by S Jadhav. This programme focuses on how mental health in South Asia could be informed by medical anthropology. It includes the following broad themes: 1) Mental health dimensions of Caste-ism 2) Cultural dimensions of healing at *Balaji* Temple, North India (with A Pakaslahti, Finland) 3) Cultural construction of community psychiatry in Uttar Pradesh, India (with S Jain, UCL), 4) Cultural psychology of 'Child Soldiers' in Nepal (with E Medeiros, UCL), 5) Stigmatisation of severe mental disorders in rural and urban India (with R Littlewood, UCL), 6) Cultural history of post-independent psychiatry in India (with S Jain, UCL), & 7) Mental health and Marginality (with BALM, Chennai).

The international journal, *Anthropology & Medicine*, is edited from the Unit and published by Taylor & Francis. Journal details:
<<http://www.tandf.co.uk/journals/canm>>

Journal submissions: <<http://mc.manuscriptcentral.com/canm>>

UCL-BALM Research Unit Chennai, India

This ground breaking North-South & Academic-Clinical collaborative venture was launched in July 2008. The broad objective is to pursue cutting edge interdisciplinary research in mental health focusing on the concerns of marginalised populations. The Unit will research into developing culturally valid mental health theory that addresses local suffering. Alongside this objective, the faculty will aim at research capacity building for BALM researchers.

The UCL-BALM Research unit is nested within BALM offices at Chennai & Kovalam, and jointly directed by Dr Sushrut Jadhav (Senior Lecturer in Psychiatry, UCL) & Madhu Sharan (Executive Director, BALM).

Research faculty

The research faculty include a multi-disciplinary team of medical anthropologists, clinical academic mental health professionals, and social scientists; from BALM & UCL.

Dr Jane Derges, *Postdoctoral Fellow, Anthropology Department, UCL*
Dr Sushrut Jadhav, *Academic Director, UCL-BALM Research Unit*
Sumeet Jain, *PhD scholar, Department of Mental Health Sciences, UCL*
Professor Roland Littlewood, *Professor of Psychiatry & Anthropology, UCL*
Madhu Sharan, *Administrative Director, UCL-BALM Research Unit*

Current research

A full time research assistant, Dr Swapnil Gupta, was recently employed, to collect pilot data on topics 1) & 2). Team members from the Banyan have collected pilot data for topic 3). Application for a full grant proposal to academic funding bodies, linking topics 1) & 2) is in development and will be submitted by the end of 2009.

Pilot topics include:

1. *Narratives of Recovery and Return of the Homeless Mentally Ill Women*
(Lead: Jane Derges, Madhu Sharan, & Sushrut Jadhav)
2. *Feasibility study on a randomised clinical trial to establish the efficacy of The Banyan led services*
(Lead: Sumeet Jain, Madhu Sharan & Sushrut Jadhav)
3. *Stigmatisation of Severe Mental Illness amongst rural and urban population of Tamil Nadu*
(Lead: Sushrut Jadhav, Madhu Sharan & Roland Littlewood)

Outcome

The Unit aims at submitting a minimum of 2 joint research grant applications and 2 publications by the end of the proposed period. It is intended that the subsequent life of the research unit will be supported through external grants. Findings generated from such research will also feed into future UCL-BALM teaching course content and development of local texts for mental health professionals. This is in keeping with the overall objective of generating locally valid mental health theory for marginalised populations.

Funding

Jointly funded by UCL Office of the Vice Provost (Academic & International), & BALM.

Contacts: Madhu Sharan (madhu.sharan@thebanyan.org) & Dr Sushrut Jadhav, UCL (s.jadhav@ucl.ac.uk)



RECENT ADVANCES IN CULTURAL PSYCHIATRY FOR SOUTH ASIA

3rd UCL - BALM Short Course Chennai, Tamil Nadu, India 9-11 November 2009

Objectives: 1) Demonstrate the theoretical relevance of medical anthropology for psychiatry in South Asia 2) Translate anthropological theory into clinical practice.

Target audience: This 3 day intensive course is aimed at those wanting an in-depth understanding of recent advances related to Culture & Psychiatry in South Asia. The course will benefit: Psychiatrists, Clinical Psychologists, Psychiatric Social Workers, Occupational Therapists, Medical Anthropologists, Clinical Practitioners in Mental Health from the NGO and public health sector. Participants will be expected to have a sound basic knowledge of social sciences and its relationship to mental health in South Asia.

Course content: 1) Recent advances in Medical Anthropology as applied to South Asian Psychiatry, 2) Impact of cultural identity, migration and 'notions of home' on mental health 3) Update on a) 'Culture Bound Syndromes', b) Culture & Pharmacology c) 'Creative therapies' in South Asia, 4) Clinical skills in application of Social Science theory to the practice of Psychiatry in South Asia.

Learning Objectives: Participants will 1) understand key theoretical advances in Anthropology as applied to South Asian Psychiatry 2) develop clinical skills to apply these insights to their local context.

Teaching will comprise lectures, reading seminars, discussion groups, and interactive workshops. Essential reading material will be circulated in advance to registered participants.

A UCL-BALM certificate of participation will be issued on completion of the course.

Dates & Venue: 9-11 November, 2009, IMFR, Chennai, India.

Course Fees: INR 4000.00 for low income countries. Rest: GBP 200. *Fees do not include accommodation, food or transport to and from venue.*

Teaching Faculty: Clinical Academic Psychiatrists & Medical Anthropologists from University College London (UCL): Dr Sushrut Jadhav (Course Director), Dr Jane Derges, Dr David Goldberg, Mr Sumeet Jain, & Prof. Roland Littlewood. Trainers from the Banyan Academy of Leadership in Mental Health (BALM), Chennai.

Contact: For further details: Course Co-ordinator: Mirjam Dijkxhoorn, email: mirjam.d@thebanyan.org, Cell phone: +91- 9789089990, Landline: +91 4442233600

Web site www.balm.in or Dr Sushrut Jadhav, email: s.jadhav@ucl.ac.uk, web: www.ucl.ac.uk

Time-table for UCL-BALM 3rd short course, 9-11 November 2009, Chennai, India

TIME	MONDAY 9/11/2009	TIME	TUESDAY 10/11/2009	TIME	WEDNESDAY 11/11/2009
9:00 – 11.00 AM	Cultural Introduction	9:00 – 11.00 AM	Migration, Homelessness & Well being Jane Derges Sushrut Jadhav	9.00-10.30	Culture Bound Syndromes Re-visited Sushrut Jadhav Sumeet Jain
11:00-11.30 AM	Tea	11-11:30 AM	Tea	10.30-11.00	Tea
11:30 - 1:00 PM	Transplanting Psyches and Grafting Cultures: the alien roots of Indian Psychiatry Sushrut Jadhav Sumeet Jain	11:30 – 1.00 PM	Migration, Homelessness & Well being Jane Derges Sushrut Jadhav	11.00-1:00	Anthropology and Psychopharmacology: social lives and biological imperatives Sushrut Jadhav Sumeet Jain
1.00 – 2.00 PM	Lunch	1 – 2.00 PM	Lunch	1:00-2:00	Lunch
2.00 – 3:30 PM	Cultural Construction of ‘Trauma’ Jane Derges Roland Littlewood*	2:00 – 3.:30 PM	Hospital Ethnography Sushrut Jadhav Jane Derges	2:00-4.00	Cultural Formulations in Acute Psychiatry Sushrut Jadhav Jane Derges
3:30 – 4:00 PM	Tea	3.30 – 4:00 PM	Tea	4.00-4:30	Tea
4:00 – 5:30 PM	Medical Anthropology & ‘Trauma’ in South Asia Jane Derges Roland Littlewood	4:00 – 5:30 PM	Anthropology and The Clinic Sumeet Jain David Goldberg*	4:30 – 5:30	Conclusion & Feedback All

*Professor Littlewood and Dr David Goldberg are expert discussants for all sessions

Faculty Biographies

Dr. Sushrut Jadhav, M.B.B.S., M.D., MRCPsych., Ph.D. (Course Director)

Sushrut Jadhav is Senior Lecturer in Cross-cultural Psychiatry at the department of Mental Health Sciences, University College London (UCL); and Honorary Consultant Psychiatrist, Homeless Services, Camden and Islington NHS Foundation Trust. He is *Founding Editor* of the international journal, *Anthropology and Medicine* (Taylor & Francis), and Chair of University College London Masters in Culture and Health (co-directed by R. Littlewood & S. Dein). Dr Jadhav graduated from Grant Medical College, Mumbai, and completed his postgraduate MD training in psychiatry at the National Institute of Mental Health & Neurosciences, Bangalore. He subsequently obtained his PhD in cultural psychiatry at UCL researching white British natives of London. His current interests include 1) the development of cultural dialogues to engage with acutely unwell psychiatric patients; 2) mental health dimensions of marginal groups with a focus on South Asia; 3) examining the cultural premise of western Psychiatry; 4) studying the cultural encounters between overseas doctors in UK and their white British patients; and 5) stigmatization of mental illness. He currently supervises doctoral candidates conducting research on the cultural appropriateness of community psychiatric services in rural Uttar Pradesh & the trajectory of Child Soldiers in Nepal. Dr Jadhav is Co-Director (with Ms Madhu Sharan) of the UCL-BALM Research Unit, Kovalam, Tamil Nadu, India.

Dr Jane Derges, Dip COT, MSc, PhD (Course Coordinator, UCL)

Jane Derges is both a trained Occupational Therapist and a Medical Anthropologist. She has spent most of her career working in the mental health sector and has clinical expertise across a range of sub-disciplines including; community psychiatry and the rehabilitation of the long-term mentally ill. Dr Derges is currently pursuing an ESRC post-doctoral fellowship at the Department of Anthropology, UCL.

She has also carried out an ethnography of how 'suffering' is expressed among refugees attending a western psychiatric hospital and undertaken anthropological research to study the impact of war on a small Tamil community in northern Sri Lanka. This focused on how traditional healing and rituals were used as a way of managing 'trauma'. This work follows a special interest in critiques of western theories and categories of diagnosis and treatment, including the role of humanitarian organisations in conflict settings. Her current research aims to understand how religion is integrated into the social world of Sri Lankan Tamil communities living in the UK.

Dr. David Goldberg, MRCP, MRCPsych, MSc (Soc. Anthropol.)

Dr David Goldberg, is Consultant Adolescent Psychiatrist at the Wandsworth Adolescent Service in London. As a psychiatrist working with disturbed adolescents in multi-ethnic inner-city London, he is preoccupied with how to address issues of inequality, rejection and exploitation by discussion of cultural beliefs and an understanding the dynamics of family, institutional and social organisation. His aim

is to develop a range of clinical tools using ideas and models from social anthropology, micro-sociology and family therapy to address the presenting issues of clinical practice in the 'here-and-now'. He is currently working on adapting 'crisis theory' within organisation under constant change.

Mr. Sumeet Jain, B.A., M.S.W.

Sumeet Jain is pursuing doctoral research at the Department of Mental Health Sciences, University College London. Trained in Development Studies at the University of Toronto and in Social Work at McGill University, his research examines the cultural appropriateness of community mental health services in India. He has recently conducted a clinical ethnography of a community psychiatry team and the rural population they serve, in the State of Uttar Pradesh, North India.

Professor Roland Littlewood, BSc (Hons), MBBS, MRCPsych, FRCPsych, DipSocAnthrop, D.Phil, D.Litt., DSc

Roland Littlewood is Professor of Anthropology and Psychiatry at University College London. He is the Course Tutor for the MSc in Culture and Mental Health and the MSc in Intercultural Therapy and is an Honorary Consultant Psychiatrist with Camden and Islington Community Health Services NHS Trust. Professor Littlewood's field research was done in Trinidad and in 1999 he was Wilde Lecturer in Natural Theology at the University of Oxford. He has made a number of television films about Haiti and Lebanon. His current research interests include mental health, general social anthropology, medical and cognitive anthropology. His current projects include postadoption incest, the anthropology of Western psychological illness and the embodiment of the experience of organic brain disorder, zombification in Haiti, Druze religion in Lebanon, blood feuds and trauma in Albania. Among his book publications are *Aliens and Alienists* (Penguin, 1982), *Pathology and Identity* (Cambridge University Press, 1993), and *Pathologies of the West* (Continuum, 2002).

Ms. Madhu Sharan, M.A., M.Phil

Executive Director, BALM; Co-Director, UCL-BALM Research Unit

Madhu Sharan is a sociologist, having completed her Post graduate and M. Phil studies at Jawaharlal Nehru University, New Delhi in Sociology. She is currently completing her Doctoral research at Jawarharlal Nehru University, New Delhi on the theme of "Empowerment of women and Micro-finance Programmes." Over the last decade and a half, her career has spanned the worlds of academia and civil society. Her sustained and abiding interest in the subject of gender issues, Women's Empowerment and Social Change is evident from the several papers she has authored and talks that she has given on these themes. She is also deeply interested in the pedagogy of Sociology and has been Adviser and Consultant to various National level institutions. Prior to joining as Executive Director, BALM in 2007, she has worked as Project Director in 'Hand in Hand', Tamil Nadu since 2004 and was responsible for the design and implementation of several self-help group projects. Madhu Sharan is Co-Director (with Dr Sushrut Jadhav), of the UCL-BALM Research Unit, based at the BALM campus, Kovalam, Tamil Nadu, India.

Ms. Gayathri Balagopal, M.Phil, PhD
Director of Research, BALM

Gayathri Balagopal has submitted her PhD in Economics on geriatric care at the Madras Institute of Development Studies (affiliated to the University of Madras, Chennai) and has an MPhil in Applied Economics from the Centre for Development Studies, Thiruvananthapuram (affiliated to Jawaharlal Nehru University). She is currently engaged in research on (1) Inter-linkages between psychiatric treatment and employment: A case study of The Banyan's outpatient clients and (2) Study of rehabilitated ex-residents of The Banyan. Her work has been published in Economic and Political Weekly, Review of Development and Change, and Gender and Development (in press).

Ms. Chaitali Shetty, M.S.W.
Research Associate, BALM

Chaitali Shetty has a Masters Degree in Social Work from the Tata Institute of Social Sciences at Mumbai, India in 2006. Since then, she has been working at The Banyan first as Supervisor and now as Research Associate at the Banyan Academy of Mental Health (BALM). As Supervisor at The Banyan, Chaitali was overseeing activities relating to networking and rehabilitation in Mental Health, community outreach, employment and resource mobilization programs. As Research Associate, BALM, since September 2007, Chaitali has been undertaking and coordinating research and training projects at the Academy. Her current research interest include mental health, advocacy, policy prescriptions, and public-private partnerships

Ms. Mirjam Dijkxhoorn, M.Sc.
Project Analyst & Course co-ordinator, BALM

Mirjam Dijkxhoorn has an M.Sc. degree Cultural Anthropology and Sociology of non-Western countries from the University of Amsterdam. Her fieldwork was done in Andhra Pradesh, India with people living with HIV and their interactions with a local NGO. In 2008, Mirjam joined BALM as project analyst. Her current research interests include families of people with mental illness in India and innovative models of mental health care for marginalised groups.

Ms. Vijayalakshmi Sureshkumar, M.S.W., M.Phil
Research Associate, BALM

Vijayalakshmi completed M.A. Social Work (Medical and Psychiatry) and M.Phil (Social Work) from the Madras School of Social Work (MSSW). She has 4,5 years experience in the academic field as a lecturer at MSSW and social worker and research associate at Bala Mandir Kamraj Trust and Research Foundation. Her previous research projects include 'Effectiveness of life skills education among problematic adolescents' and 'Subjective well-being of care givers of autistic children'.

Previous UCL-BALM Short Courses

MENTAL HEALTH AT THE MARGINS UCL-BALM Short Course, February 2008

Course Faculty: *Dr Sushrut Jadhav, Course Director (UCL), Dr Jane Derges (UCL), Mr Sumeet Jain (UCL), Prof. Roland Littlewood (UCL), Mrs Madhuri Menon (BALM), Mr R Mohan (BALM), Ms Bettina Müller (BALM), & Mrs Madhu Sharan (BALM)*

Objectives: Proceeding with a series of fundamental questions that remain unaddressed, we aim to address through this short introductory course, a broad definition and understanding of theory and practice related to mental health and marginality from both Western and South Asian perspective. Utilising definitions of 'disease', 'sickness' and 'illness' taken from the social sciences and in particular, recent developments in the field of medical anthropology, this course would provide an overview to examine mental health of marginal groups in relation to gender, class, caste, politics and development in the Indian setting. Trainee participants will better appreciate issues pertaining to debt, poverty, violence, stigma, power relations and how these can be translated on the ground, where actions to overcome these problems can impact most usefully and significantly. The focus would be on local problems and local solutions.

Target audience: Mental Health Professionals (social workers, psychologists, psychiatrists, occupational therapists, nurses) from NGO and Government Health Institutions, working with marginal and displaced populations in South Asia. The course will also benefit professionals from backgrounds such as rights activists, law enforcement officials, judiciary, and donor organisations who play a key role in working with mental health of destitute and refugee population. Maximum class size 30.

Methods: This course aims to address the stated objectives through a variety of techniques over a three and half day period. It will include an overview of the field, challenges and differing solutions. Trainee participants will through interactive study, learn to generate ideas, and then apply these new understandings within a safe teaching setting. Within a package comprising theoretical study and experiential focus group learning, trainee participants will gain a fuller critical awareness and applied understanding of the pertinent issues. These will include significant problems when working with marginal populations including homeless, displaced, and other disenfranchised communities. Participants will be expected to read background study papers circulated in advance.

Topics to be covered will include: 1) **Marginality:** What are the conceptual and theoretical issues that underpin mental health of marginal populations across cultures? 2) **Policy:** What are the problems with existing mental health policy? 3) What forces have shaped the development of community mental health services in India? 4) **Critique of Biomedical models:** What are the limitations of medical psychiatric models including theory and treatment approaches within the Indian setting, 5) **Gender:** How does gender, culture and mental health in India interact at both clinical and organisational levels? 6) **Traditional Healing & Rural Mental Health:** How to work with the traditional sector including folk healers and rural Indian population? 7) **Social Construction of Mental Health:** How to unpack social and cultural factors that shape existing psychiatric clinical problems, and reformulate to address wider social challenges that shape mental distress and suffering in

the Indian setting? 8) **Recovery:** What are innovative and culturally appropriate models of rehabilitation? 9) **The Banyan DNA:** How does the Banyan work? **Research Methods:** What are the basic qualitative and ethnographic research methodologies, and computing software applicable to participants' projects and clinical work? These topics are in no particular sequence. It is envisaged that the final programme will involve various themes and case studies inter-connecting between sessions.

Outcome: Course participants will emerge with a basic knowledge and principles of mental health issues in relation to local culture, to be applied through socially sensitive interventions within both the Clinic and the NGO sector. This will address the specified aims of the course; namely to understand the relevance of mental health and social sciences when working with marginalized communities. It will enable their instigation of effective project interventions at grass roots level, backed by a sound theoretical and ethical base, as well as an understanding of what it means to exist at the periphery of society. A UCL-BALM certificate of participation will be issued to participants.

Relevance: Through a UCL-BANYAN collaboration, a high quality, innovative and dynamic course will be established that offers a unique opportunity for participants. They will benefit from the knowledge, experience and expertise of this committed team of trainers comprising both clinicians and social scientists, with a track record of working in the area of marginality and mental health. Few other short courses offer this combination of expertise in mental health and the social sciences. The course will enable trainee participants to utilise this valuable resource and develop an overview of skills in anthropological research techniques, data analysis and applied mental health as it relates to the clinic and development sector.

Dates & Venue: 11 February -14 February 2008 at the BALM campus, Kovalam Village, Tamil Nadu State, India.

Teaching Faculty: Directed by Dr Sushrut Jadhav, University College London, the course will be led by pioneering clinicians with a background in mental health & medical anthropology from University College London together with BALM professionals working at the forefront of innovative and unique social development work with the homeless population in Chennai. The seven faculty members, 4 from UCL, 3 from BALM, have a track record in working at the theoretical and practical aspects of marginal populations in India and the United Kingdom.

Further details: Contact Chaitali Shetty, email: <chaitali.shetty@thebanyan.org>, Cell phone: 9840796637, Tel: +91-44-43532324, 43532223. Web site www.thebanyan.org

MENTAL HEALTH AT THE MARGINS

Feb. 11 – 14th, 2008





**GANESHA AND MURUGAN:
INDIAN PSYCHIATRY ENCOUNTERS MEDICAL ANTHROPOLOGY**

**2nd UCL - BALM Short Course
Chennai, Tamil Nadu, India
3-5 November 2008**

Objectives: 1) Enable participants to gain a comprehensive understanding of the cultural validity of current theory and practice of mental health in South Asia, 2) Offer participants a critique of current mental health theory and practice 3) Conceptualise alternative frameworks for understanding mental health concerns in the region.

Target audience: Mental Health Professionals, Medical Anthropologists & other Social Scientists working or researching in mental health across cultures. The course is aimed at those who seek a broader perspective on the current official psychiatry; and wish to *theorise* alternative models of mental health in the region. Basic knowledge of social sciences as applied to mental health theory is essential. Maximum class size 35.

Course content: Topics to be covered will include: 1) Cultural Validity and Indian Psychiatry, 2) Historiography of Indian Psychiatry, 3) Cultural Construction of Western Psychiatry, 4) Culture Bound Syndromes, 5) Idioms of Distress, 6) Spirits, Possession & Trance, 7) Stigma, Caste & Cultural identity, 8) Somatisation, 9) Anthropology of Trauma, 10) Social dimensions of psychiatric medications, 12) Emerging psychopathology in South Asia, & 13) Alternatives to existing models of mental health care. Essential reading material will be circulated in advance.

Outcome: An enhanced understanding of how medical anthropology could inform theoretical and applied issues on mental health in South Asia. A UCL - BALM certificate of participation will be issued to the trainees.

Dates & Venue: 3 November – 5 November 2008 at the IFMR campus, Chennai, Tamil Nadu State, India.

Course Fees: Indian Citizens and those from low income countries: INR (Indian Rupees) 4500.00 Rest: GBP (Sterling pounds) 200.00. *Fees do not include accommodation, travel to venue and meals.*

Teaching Faculty: Clinical Academic Psychiatrists and Medical Anthropologists from University College London (UCL); & Trainers from BALM (Banyan Academy of Leadership in Mental Health), Chennai. *Course faculty include: Sushut Jadhav (Course Director), Jane Derges, David Goldberg, Sumeet Jain, Roland Littlewood, Madhuri Menon, Madhu Sharan, Mohan Ramamoorthy, & Chaitali Shetty (Course Co-ordinator).*

Contact: For further details, contact Chaitali Shetty, *Course Co-ordinator*. email: <chaitali.shetty@thebanyan.org>, Cell phone: +91-9840796637, Tel: +91-44-43532324, 43532223. Web site www.thebanyan.org

**GANESHA AND MURUGAN:
INDIAN PSYCHIATRY ENCOUNTERS
MEDICAL ANTHROPOLOGY**

Nov. 3rd - 5th, 2008



MSc in Culture and Health, 2010-11

This unique course, one year full time or two years part time, is taught by leading Clinician Anthropologists working at the cutting edge interface of Medicine and Anthropology. The aim of the MSc is to provide an advanced education in the concepts and theory of cross-cultural psychiatry and medicine, along with methods and techniques required for research in this area. Besides the understanding it offers of health issues, a primary focus of the MSc is research in other cultures and with minority groups in Britain and abroad. Students can choose to study either mental or physical health. The course is distinctive in that it debates and teaches the application of principles of medical anthropology into clinical practice, and is ideal for those wishing to work in the health services or pursue a PhD in medical anthropology or cultural psychiatry. There will be an additional option for students on the mental health stream to train in Intercultural Psychotherapy *upon completion* of the UCL MSc. This course will be taught in collaboration with Nafsiyat Intercultural Therapy Centre. Successful completion of the Nafsiyat Intercultural psychotherapy course will enable participants to gain a professional psychotherapeutic qualification to work effectively and competently in a culturally diverse society.

Modules include: 1) Introduction to Cultural Psychiatry 2) Introduction to Culture & Physical Health 3) Research Methodology in Culture & Health 4) Medical Anthropology 5) Anthropology & Psychiatry 6) Religion & Health 7) Cultural Psychiatry: Clinical Application 8) Nafsiyat Intercultural psychotherapy course

Applicants must have, or be likely to obtain, a good honours degree in medicine, psychology, anthropology, counselling, or related area (first or upper second), or a recognised professional qualification in clinical psychology, social work, nursing, occupational therapy or their equivalent.

For a prospectus and application form please contact the Course Administrator, MSc in Culture and Health, Department of Mental Health Sciences, UCL, 2nd Floor, Charles Bell House, 67-73 Riding House Street, London W1W 7EJ.

Tel: 020 7679 9452; Fax: 020 7679 9426. Email: a.charles@ucl.ac.uk

For further academic information contact:

Dr Sushrut Jadhav at s.jadhav@ucl.ac.uk or

Dr Simon Dein at s.dein@ucl.ac.uk or

Professor Roland Littlewood at r.littlewood@ucl.ac.uk

Pursuing Excellence in Education and Research

Directions to the Venue of the 3rd UCL-BALM short course, 9-11 October 2009

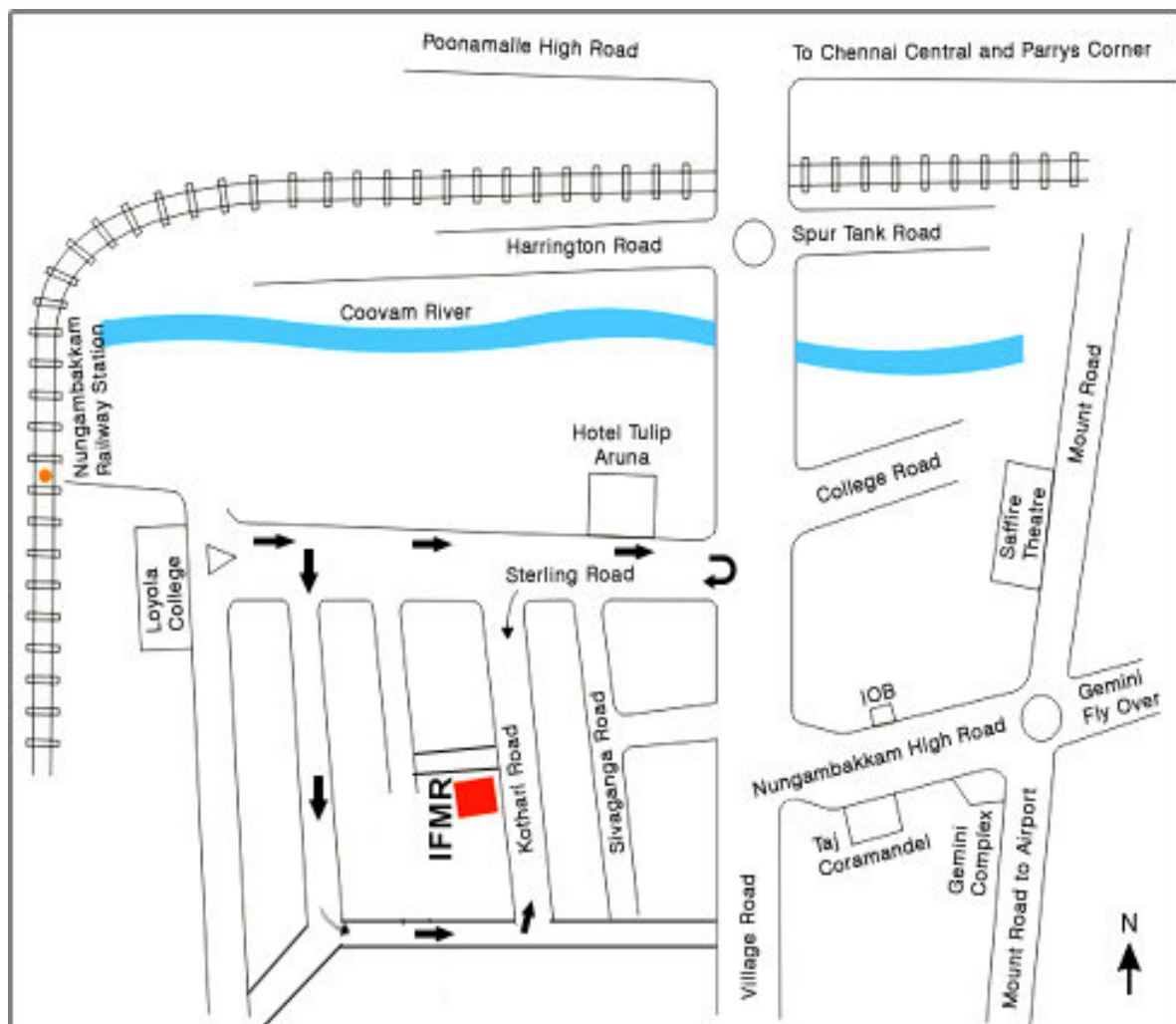
INSTITUTE FOR FINANCIAL MANAGEMENT AND RESEARCH

24, Kothari Road,
Nungambakkam,
Chennai - 600 034,
India.

Phone: +91 44 28303400

Fax: +91 44 28279208

The Institute is about a kilometre from Nungambakkam Rly Station, about 8 kms from Central Station and about 17 kms from the Airport.



Acknowledgements

The organizers gratefully acknowledge:

- Financial support from the Vice-Provost's Office, University College London
- Support with facilitating this venture from Professor Vince Emory (Pro-Provost, South Asia and Middle East, UCL), Professor Michael Worton (Vice-Provost, Academic and International) and Julia Abbott (Office of the Vice-Provost).
- Mr. Balraj Vasudevan for assistance in arranging faculty accommodation
- Mirjam Dijkxhoorn for co-ordination of the course
- IFMR for providing the venue for the workshop
- Support staff at BALM for logistical arrangements