



Global Mental Health

Palo Alto University

January 2014

Volume I, Issue I

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Welcome from the Provost

Dear PAU Community:

Members of the PAU community have been active for years doing work around the world. It is time to recognize these efforts and provide a forum for the community to learn about them. They fall under the umbrella term of **Global Mental Health**. Global Health has been developing for years with the recognition that there are pandemics (e.g., HIV/AIDS, H1N1 virus) that need to be fought across borders. Global mental health is now starting to be recognized as an important area in its own right. [See recent World Health Organization (WHO) Mental Health Action Plan at <http://www.apamonitor-digital.org/apamonitor/201401/#pg35>] There are a number of ways to think of it. For an introductory video you can watch: https://www.youtube.com/watch?feature=player_embedded&v=ptnP-TWWhKgY. You can also read more about the topic at: <http://www.apa.org/international/pi/2012/03/global-health.aspx>. To capture what PAU has been doing I have divided our efforts into 6 categories:

1) Emergency Mental Health. Dr. Larry Beutler and Dr. Lynn Waelde were both very active in post-Katrina New Orleans. Dr. Beutler's work is discussed in an American Psychologist article (<http://www.paloalto.edu/faculty-staff/publications>) where the complexities of this kind of work are evident. Dr. Waelde has just returned from the Philippines where she delivered mindfulness training to the people suffering from Typhoon Haiyan [see below p.5]. This work can take place wherever the emergency occurs but often the staffing needs to be supplemented, be it domestically or internationally.

2) Training mental health professionals. The number of mental health professionals in many countries around the world is often a fraction of what you find in the US and what is needed to handle the growing demands in the country. Training mental health professionals is one of the goals of PAU's GACE program (Global Advancement of Counseling Excellence) [see below p.7]. We are now in our 3rd year of training counselors in China and currently have 40 students enrolled there. We are developing sites in Latin America and India as well. Dr. Field was helping train psychologists and conduct research in Cambodia.

3) Conflict Mediation. Byron Bland has been very active in Northern Ireland, along with Dr. Waelde, in facilitating intra and intergroup processes that reduce the political tensions. Dr. Calvin has been working to bring about peaceful resolution to the Israeli-Palestinian conflict in the Middle East.

4) Building infrastructure. Many countries lack not only mental health professionals but also the educational infrastructure with which to train them. Many countries have master's programs in psychology but they are typically very theoretically oriented and don't prepare students to see clients. PAU's GACE program is also partnering with other educational and mental health facilities to create training programs that will produce trainers who will in turn become the educators of the future in their country. (continued on page 2)

(continued from page 1)

5) Empirically supported treatments. Some countries have mental health professionals but are not oriented to providing training in treatments that have been empirically supported. Though many aspects of psychotherapy have not been tested, there is now decades of work that does indicate what the most effective forms of treatment are for certain kinds of disorders. Providing the best treatments possible is also a goal of our outreach efforts. Dr. Munoz i4Health efforts are providing valid information and treatments on the web around the world. For more details please see Dr. Munoz's website: <https://sites.google.com/a/paloaltou.edu/ricardo-f-munoz-phd/>.

6) Policy efforts to develop training standards. With the development of training efforts in many countries and the movement of mental health professionals across borders, the issue of standards for training become important. Issues like accreditation of programs, internships, post-doctoral training, etc. are being discussed internationally and will shape the field in the future.

This newsletter will give you an idea of all the things PAU is doing and how you can get involved. We will publish periodic updates to keep you informed as to how the programs continue to develop and what new efforts have been initiated.

We hope you will join us in this exciting work. And if you are interested in contributing to or sponsoring Global Mental Health projects at PAU, please contact GlobalMentalHealth@paloaltou.edu.

Bill Froming
Provost, PAU

Bereaved Parents and PAU, October 2013

On October 14, 2013 Robi Damelin and Bassam Aramin of the Parents Circle of Bereaved Parents spoke to the PAU community about the tragic loss of loved ones they and other Israelis and Palestinians have suffered.

The Parents Circle is a grassroots organization that promotes reconciliation as an alternative to hatred and revenge. It is made up of more than 600 Israeli and Palestinian families, who have all lost an immediate family member to the conflict. Its long term vision is to create a framework for a reconciliation process to be an integral part of any future peace agreements.

Robi spoke about the loss of her son David, who was killed by a Palestinian sniper while he was guarding a checkpoint near a settlement during his army reserve service. Bassam grew up in Hebron and at 17, he was caught planning an attack on Israeli troops, and spent seven years in prison. He spoke about the loss of his ten-year-old daughter Abir, who was gunned down and killed outside her school. Bassam also cofounded Combatants for Peace, an organization of former Israeli and Palestinian combatants leading a non-violent struggle against the occupation.

While at PAU, Robi, Bassam, and our Chaplain Byron Bland explored together future collaboration around efforts to address trauma and promote reconciliation.

Wisdom 2.0 Conference, February 14-17, 2014

Dear PAU Community,
I wanted to invite you to investigate a conference, Wisdom 2.0, that will be happening February 14th-17th. It is a conference about Mindfulness and Technology. [See <http://wisdom2conference.com/About>, now sold out]. The goals of this conference are to join the knowledge, tools, and benefits of Mindfulness to the world we have created through technology.

Rather than potentially becoming more alienated from each other or becoming overcome with the omnipresence of cell phones, computers, tasks, planning for the future, how do we connect to each other in the present moment. How do we engage, listen, contribute, by being aware and focused on what is most important in every action we take.

How do we as individuals, communities, and organizations such as PAU continue to produce the best contributions possible?

PAU will be participating by bringing a Rwandan Delegation to participate in order to generate collaboration between the Mindfulness Community, Silicon Valley, Global Mental Health and Rwanda. I think the conference also has the potential to inspire our community.

Feel free to look at YouTube videos of past talks by searching for Wisdom 2.0, check out their website, and see if is something you are interested in.

Happy New Year,

Bill Froming
Provost

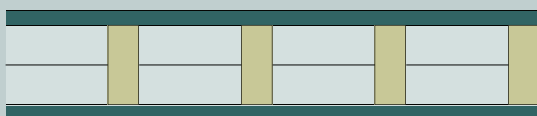
PAU's Work in Rwanda and What is Coming in 2014

Dr. Bill Froming is trained as a personality and social psychologist and one of his interests over the years has been the Holocaust. The events that have been documented demanded explanations and he felt that social psychology could provide substantial insight into how these events occurred. In 2004 he went to Rwanda for the first time. Rwanda experienced a genocide in 1994 when 800,000 were killed in 100 days. Seeing a second episode of genocide was both emotionally powerful and also instructive because the parallels between the two genocides could be observed. In the intervening 10 years he, along with Dr. Karen Froming, have been to Rwanda many times. They have taught at the National University of Rwanda, presented at conferences, conducted workshops, befriended many people, taken PAU students for visits, and many other things.

PAU has many exciting projects in development in Rwanda. We are in Rwanda because Mental Health concerns are a serious public health crisis impacting day to day life for the people. A Palo Alto University team led by Bill Froming and accompanied by Karen Froming and PAU's Fulbright Senior Specialist Helena Young returned from Kigali, the capital of Rwanda in September 2013 with much to report. In addition to submitting grants to APA and the Institute of Medicine, Dr. Young designed a lengthy survey of clinical practices, client characteristics and language used in therapy in Rwanda in collaboration with Ibuka (the survivor's group) District counselors, psychologists, social workers and psychiatrists working in Rwanda,



Bill Froming, Provost, Helena Young, Faculty, with Director & Assoc. Director, Kigali Genocide Memorial



Finally, it is well worth noting that Dr. Helena Young, Associate Faculty at PAU, an expert in crisis and trauma counseling, has received a Fulbright Fellowship to pilot a new program in Rwanda. In her trips to Rwanda, Dr. Young has partnered to bring a contextually relevant counseling training program to Rwanda in hopes of strengthening the healing process of a generation of genocide and trauma victims, and the Fulbright Fellowship will assist her in piloting this program in Rwanda. Last year Dr. Bill Froming was honored to speak at the 19th Commemoration of the Genocide against the Tutsis in Washington D.C. The video is available on YouTube: <https://www.youtube.com/watch?v=dfwN1k5lf5M>. Dr. Karen Froming also spoke and her video presentation can be found here: <http://www.youtube.com/watch?v=rlqhv1BRak4>.



Bill Froming, Provost, at 19th Commemoration of Genocide against the Tutsis, Washington D.C. 2013

In February there will be a conference in San Francisco titled Wisdom 2.0. You can find out more information about it here: <http://www.wisdom2summit.com/>. There will be several speakers from Rwanda at the conference and there will be other talks at local institutions (e.g., Stanford, Commonwealth Club). We are also expecting to have a women's drumming troupe coming to perform. They have been featured recently in a movie entitled Sweet Dreams. We expect they will also perform at PAU.

Perhaps most exciting to PAU, our team has been meeting with the Rwandan Community of California in preparation for the PAU-Stanford co-sponsored 20th Commemoration event, to take place in Palo Alto, May 15-18, 2014. The Commemoration itself will be held on Saturday, May 17th. There will be other events on Thursday-Sunday surrounding the Commemoration. We will have more information about it as we finalize arrangements. For now, save the dates on your calendar. We will also have a reading group to provide background to the genocide. That announcement, sent out on Jan. 2, 2014 is posted on page 4, below.

To close, there will be several events coming this year that you might be interested in. We hope you will join us and learn more about Rwanda, its history and its people.

Trustee James Otieno — Engaging Minds, Improving Lives in South Sudan

James Otieno, Chair of the PAU Board of Trustees, has founded the Karibu Rafiki Foundation which will build schools in Kenya and Sudan. Karibu Rafiki means "welcome friend" in Swahili. James is a founding member and lead director of the board of PV Tech, a private energy firm. In July 2013 James attended a PV Tech signing ceremony in South Sudan, a relatively impoverished newly created country in Africa in July 2013. PV Tech and the Republic of South Sudan's Central Equatorial State signed an historic agreement to increase the electrical capacity of Juba, the capital of South Sudan, via a 20MW hybrid power plant. In a country where most on-grid and off-grid electricity is provided by diesel generators, this new capacity will be a more stable and cheaper alternative, enabling rapid growth and economic development of the newest nation's largest city and center of economic activity. They are wrestling with the specter of genocide if development that assists in multiple ethnic groups raise their standard of living. Resource imbalances are one of the causes of 'scapegoating,' which can lead to deadly consequences. We are pleased to have Mr. Otieno as Chair of our Board.

Group Training in Rwanda 2007 We-Act For Hope



Teaching at the National University of Rwanda

Genocide Reading Group Scheduled for Winter and Spring 2014

January 2, 2014

One of my long term interests has been in genocide. I have been reading about the Holocaust for many years. I have visited many of the sites in Europe and interviewed a number of survivors and brought them to campus to speak. In 2003 I went to Rwanda where in 1994 over 800,000 people were killed in 100 days. Seeing a second genocide helped me realize that there were patterns to how these mass killings were accomplished. I have been thinking and reading about those issues in the intervening years.

I have had a reading group on the topic periodically. I am willing to do so again if there is interest. This year is particularly important. In May PAU and Stanford Psychiatry will co-sponsor the 20th Commemoration of the Genocide against the Tutsi for the western portion of the US and Canada. The dates will be May 15-18th. You can see videos of last year's 19th Commemoration for the US in Washington D.C. on YouTube.

The URL is: <http://www.rememberthegenocideagainsttutsi.org/home.html>.

I want to take the opportunity to prepare those of you who are interested with background on the events that occurred. The general plan is to offer a mix of readings and videos that will both educate you and move you to develop your interest in the area. I'd like to hold our meetings later in the day so we don't have to rush off to some other commitment. Monday afternoons at 4 is when I propose meeting and it will last about 1.5-2 hours. The first meeting will be January 13. We will meet roughly every other week but with holidays and spring break we have to adjust the schedule a bit.

Here are the dates between now and the Commemoration — Jan 13, Feb 3, 24, March 10, 31, April 7, 21 and May 5. Let me know if you are interested. I will create a distribution list and provide access to a shared drive where some of the readings are stored. I have reserved Classroom I on the main campus for us.

Thanks,
Bill

William J. Froming, Ph.D.
Provost

Lynn Waelde's Report to Dr. Calvin on her Trip to the Philippines, December 2013



January 7, 2014

I am writing to report on the trip I took to the Philippines (12/16-12/23/13) at the invitation of the person who is the President of the Psychological Association of the Philippines and Faculty Chair of the Psychology Department at Ateneo de Manila University. My Ateneo colleagues are coordinating the disaster mental health response to Typhoon Haiyan at the national level. My role was to help them plan and implement their relief efforts. I provided disaster mental health consultation for the team of faculty and graduate students from Ateneo and mindfulness training in a series of workshops for first responders, local government officials, and medical and mental health personnel. We worked together on a novel integration of mindfulness training with Psychological First Aid and our efforts were well received. I summarize the results below.

First, a little backstory about the disaster. Typhoon Haiyan was one of the most powerful in recorded history. It slammed into the archipelago with winds topping 200 mph. According to the U.N., more than 12 million people were affected, with 4 million displaced and 2.5 million in need of food aid. The number of dead tops 6,000 with thousands still missing. We traveled to Samar and Leyte Provinces, where the devastation is far worse than anything I have ever seen. The complete destruction goes on for miles and miles. Everywhere there were people living on top of giant piles of debris. There is no electricity, no internet, no landline access, and little cell access, which is only part of the problem for the local responders as most of their assets (laptops, mobile phones, vehicles, buildings) were destroyed. There is little food and drinkable water and only the most haphazard forms of shelter. Despite the sweltering heat, people light fires at night to keep the mosquitoes away.

Our first two workshops were in Samar Province, an area with an active armed insurgency. Over two days, we worked with about 70 first responders and local government officials responsible for coordinating disaster relief efforts. This group was highly disaster-exposed and included staff responsible for recovering and counting the dead. The Ateneo team presented two day-long workshops on Psychological First Aid; I offered 90 minute mindfulness trainings for responder self-care. Participants in both workshops ranked the mindfulness training as the most useful workshop component.

We also worked in Tacloban, at the Univ. of the Philippines, Visayas. This is a public university badly damaged by the typhoon. It had only intermittent generator power and no running water the day we worked there. Fortunately, it was a rainy day and not too hot! At UP we worked with about 40 faculty, graduate students, and local medical and mental health providers. The mindfulness training was well received and I was asked to return to provide a "train the trainers" workshop so they could teach meditation as part of the relief work and for responder self-care.

I traveled with an amazingly dedicated group of psychologists and graduate students from Ateneo. The team was selected for their skills and language proficiencies as there are several dialects here. It is good that I went alone because there are not resources to transport more than a small number of essential people to the disaster zone. In fact, one of our Psy.D. program graduates, Ronald Del Castillo, was in Iloilo, Philippines visiting his family and volunteered to accompany us to Tacloban to assist in the trainings, but my local colleagues asked him to volunteer in Iloilo because of the difficulties involved in transporting responders to the disaster zone.

The team I worked with frequently referred to "bayanihan," which is a beautiful concept in Filipino culture that has particular significance at this time. It refers to the practice of moving a home by running poles underneath and carrying it to its new location. It is an effort that requires the help of a whole community and as such, bayanihan means "community spirit." Interestingly, the word is derived from the word "bayani," which means "hero." The team I work with certainly put the "bayani" in "bayanihan"! They are working nonstop, traveling to the disaster zones every weekend, even during the times they were observing Christmas and New Year's with their families. I am grateful for the opportunity to provide support and assistance to people so dedicated to using their professional and personal resources to serve others.

Allen, so many people in the Philippines asked me to convey their good wishes and gratitude to you. They are enormously appreciative that you have the value of "not standing idly by." They are very touched that you were moved to fund work here and I think your gesture of support means as much as anything right now.

--Lynn

Lynn C. Waelde, Ph.D.
Professor



I4Health at PAU: Institute for International Internet Interventions for Health — Good paths to a healthier life

It all began in 1998 at the University of California, San Francisco, Department of Psychiatry. In an effort to create a nonconsumable health service that could reach many and cost little, Dr. Ricardo F. Muñoz and a team of colleagues created a smoking cessation web-site. The website has since grown and evolved, now, having helped thousands of people all over the world quit smoking in English, Spanish and Chinese.

Since the establishment of the website, Dr. Muñoz and the Latino Mental Health Research Program have worked toward meeting health and mental health needs around the world through global mindedness, technology and innovation.

Projects have focused on depression prevention and smoking cessation, using internet and mobile phone technology. I4health, established at Palo Alto University in 2012, works towards further developing the web-sites and apps conceived by the LMHRP, as well as devising new ways to reach people around the world and meet their health and mental health needs.

Our goal is to develop internet interventions in several languages with the goal of reaching as many diverse cultural groups as possible.

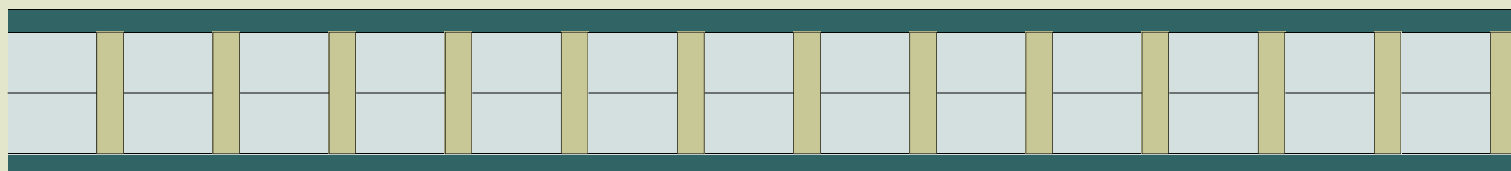
Due to geographic and economic obstacles, most people around the world do not have proper access to health or mental health services. One of the first steps toward reducing global health disparities is to provide self-help tools at little-to-no-cost to the user.

By using the Internet and mobile application technology, our team is committed to developing, testing, and making available to the public behavioral and mental health interventions that can be used again and again by anyone who needs them around the world.

What makes i4health strong is our diverse team.

Bringing PAU faculty, staff, and students together, our individual experiences, cultural background and skill-sets combine to give us a unique perspective on global health issues and a propensity for innovation. In addition to our diverse local team, we are collaborating with teams abroad, including Prof. Eduardo Bunge's team in Buenos Aires, Argentina, la Fundación Equipo de Terapia Cognitiva Infantil-Juvenil, as well as Prof. Lucy Yardley and Adam Geraghty's team at the University of Southampton in the UK.

For more information, see <https://sites.google.com/a/paloalto.edu/i4health-at-pau/>



Allen Calvin, President, and wife Dorothy, Host “Peace in The Holy Land Event” with M.K. Avshalom Vilan and Walid Salem, April 2013

On April 19, 2013, PAU President Allen Calvin, and his wife Dorothy, hosted a “Peace in the Holy Land Event” at their home in San Francisco. Featured speakers at the event were M. K. Avshalom “Abu” Vilan and Walid Salem. Avshalom “Abu” Vilan, co-founder of the internationally acclaimed Israeli peace movement, PEACE NOW, is a veteran Israeli peace activist, kibbutz manager and educator, as well as a veteran in the most elite commando unit in the IDF. Vilan was a member of Knesset for the Meretz Party until 2009 and is today the Secretary General of Israel Farmers Federation.

Walid Salem was born in East Jerusalem in 1957. He is a Member in the Palestinian National Council of PLO, teaching democracy and human rights at AlQuds University. He is a writer of thirty books and training manuals, and tens of research papers on Democracy, civil society, citizenship, refugees, and Jerusalem. He is also a consultant, evaluator, and trainer for several public and private bodies. He trained more than thirty thousand Palestinians on these issues since 1990, and, since 1993, he is the Director of The Centre for Democracy and Community Development, East Jerusalem. He is the Coordinator of Middle East Citizen Assembly as regional network of experts and activists on citizenship issues that include participants from 19 countries from the region since 2004. He has lectured at several international conferences and seminars about democracy, Jerusalem, refugees, and development in Palestine.

Luli Emmons Attends 5th International Conference on Licensure, Certification and Credentialing of Psychologists

In July 2013, Dr. Luli Emmons, Director of Professional Advising and Development, attended the 5th International Congress on Licensure, Certification and Credentialing of Psychologists in Stockholm, Sweden, on "Competence as a Common Language for Professional Identity and International Recognition."

The goal of this working conference, "To promote the development of a global agreement on identifying the benchmark competencies and define professional psychology," proved to be both intriguing and challenging.

At the outset, the project was expected to be a multi-year, multi-stakeholder international project, moving beyond regional and national differences to explore areas of common understanding and agreement. The focus in Stockholm was on articulating and defining common denominators in the scope or practice, competencies to practice and models of competencies in applied psychology across international borders.

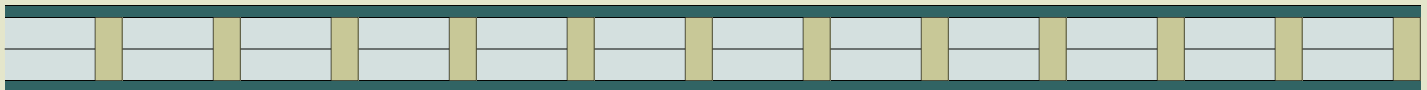
This work may be shaped into a competency "framework" rather than standards, and is expected to ultimately inform an international agreement about competencies. Competencies include knowledge, practice, ethics, assessment, interven-

tion, consulting, interdisciplinary collaboration, relationships, professionalism, culture and diversity, and reflective practice.

At this stage, basic questions about the final outcome and potential benefits and concerns were on the table. The group was challenged to address and predict the benefits and potential de-railers for the profession, their country, and the international community. An international model could not only facilitate national and international mobility, it could strengthen and unite professional identity for psychologists.

However, the process of creating an international competency framework is challenging on many levels such as: to be inclusive of all countries and regions; to address language issues; to be responsive to local and regional and national association pressures on the process; to avoid creating a framework that fails to differentiate between psychology and other mental health professions.

The outcome was to continue work on the project under the heading "International Project on Competence in Psychology" – IPCP to reflect its independent and international context. Of the 75 participants, 18 countries and 5 continents were represented.



Global Advancement of Counseling Excellence (GACE) at PAU

Global Advancement of Counseling Excellence (GACE) is a model initiative launched by Palo Alto University (PAU) to provide a partnered solution in which students are educated globally online and trained locally on-the-ground to meet a global need for highly trained counseling professionals.

The GACE Global Online Master's degree program empowers students to earn a M.A. in Counseling and learn culturally relevant clinical training and supervision under international standards of excellence. Rooted in understanding of the foundations of human behavior, the GACE model provides tools to students in becoming counseling professionals to far-reaching communities around the globe.

GACE enables students on a global scale to work with their immediate community to meet the ever-growing need for mental health support and treatment. See <http://www.paloaltou.edu/GACE>

Palo Alto University in China

The GACE Program In China

There are many unmet counseling needs in China with insufficient numbers of well-trained professional counselors. A clear need for a more systematic counselor education curriculum and improved methods of practicum training and supervision has shaped the nature of PAU's GACE (Global Advancement of Counseling Excellence) program in China.

The GACE program in China is now (2013-14) in its third year of demonstrating the success of a hybrid model that combines PAU's systematic online M.A. degree curriculum in Counseling with on-the-ground clinical training that together meet the highest international standards of excellence. It has grown from an original nucleus in Fall 2011 of 6 students living primarily in Beijing to nearly 40 students in Fall 2013 in Beijing, Shanghai and Kunming.

Our multi-cultural student body includes both local Chinese and expatriates who share a common desire to equip themselves with an international quality of counselor education and training while living in China. Students are encouraged through periodic informal seminars and in their clinical training to consider how to apply general knowledge they learn online to the Chinese context.

Our first practicum training site for PAU students has been established at the well-respected Beijing United Family Hospital; and teams of clinical supervisors have been formed in Beijing, Shanghai, and Kunming. The first cohort of 4 M.A. degree students is expected to graduate in 2014, followed by a cohort of 9 in 2015.

Dr. Martha Chiu is PAU's Director of Academic Affairs (China) and also serves as an instructor, academic adviser, and clinical supervisor in this program.

See photos of the June 2013 China program graduation ceremony on p.9.

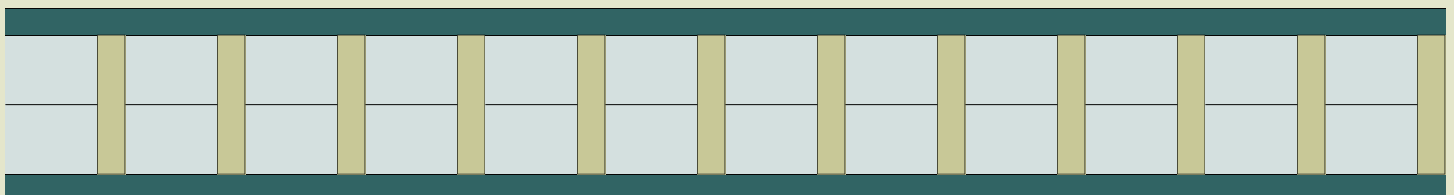
Allen Calvin, President of PAU, in Beijing

On April 7, 2013, Alvin Calvin, President, and his wife Dorothy visited Beijing and hosted a dinner for the students. Upon returning to Palo Alto, Dr. Calvin wrote about his experience: "Dorothy and I were greatly impressed with ... the ... students. ... Bill Froming (provost) has initiated a number of creative activities here at PAU, however the program in China best exemplifies our school's mission." See photo of Alvin Calvin, President of PAU, and his wife Dorothy meeting with PAU China program students in Beijing in April 2013 below.



Bill Froming, Provost at PAU, in Shanghai

In November 2013, a group from PAU, Bill Froming, Provost, and Martha Chiu, Director of Academic Affairs (China), and Stanford, including Bruce Arnow and Alan Louie, visited with the leadership of the Shanghai Mental Health Center (SMHC), the largest mental health hospital in China and Asia. See the photo below, with the director of SMHC standing next to Bill.



Photos of June 2013 Palo Alto University GACE Program in China Graduation Ceremony

