

Global Mental Health at Palo Alto University

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PAU's Summer 2014 Trip to Rwanda By Bill Froming, Ph.D., Provost

During summer 2014, PAU's Provost, Dr. Bill Froming, three clinical psychologists (Drs. Karen Froming, Amanda Gregory and Allison Thompson) and nine Palo Alto University



(PAU) PhD students traveled to Rwanda to learn more about the 1994 genocide, visit mental health facilities, give presentations at a jointly sponsored conference in mental health in Rwanda, and exchange ideas with Rwandese mental health professionals. The trip was emotionally intense, informative and transformative. It provided the PAU students with a new frame of reference for what they thought they knew about culture and new options for how they might spend their professional careers.

Part of the trip was devoted to learning and understanding what happened in 1994. The group visited the [Kigali Genocide Memorial](#) and the [Murambi Genocide Memorial](#). Each of the memorials have educational displays which gives the background of the genocide. In addition, there is material about other genocides around the world in the 20th century to help visitors understand that this is a human problem, has occurred around the world and continues to happen. Dr. Bill Froming gave context to the evolution of genocide from prejudice and stereotyping, dehumanization, and ultimately, murder.

The trip included a trip to [Butaro hospital](#), which is a collaborative effort between the government of Rwanda and Partners in Health, a Harvard affiliated non-profit global health organization. The hospital is beginning to offer mental health services and the students were able to see what those services look like in a developing country. The kinds of medications available, the number and training of the mental health professionals, the facilities to treat mental health problems and other issues were topics of discussion. They also gave a tour of the facilities that exemplified how thoughtful design can influence mental health in recuperation from illness.

The students also participated in the first mental health conference to examine mental health issues 20 years after the genocide. Along with Rwandan colleagues they presented papers on empirically supported interventions that could be of use with genocide survivors who continue to experience trauma. Much of the focus of these techniques was on self-help as well as group interventions.

Finally the trip included a bit of fun. The group did a hike to visit the highland gorillas that inhabit the forests in northwest Rwanda. The hikes are guided by experts and the chance to see the gorillas in their natural habitat is a thrilling experience. There was also a trip to a national park where all kinds of wildlife roamed freely.

The PAU Program in the Global Advancement of Counseling Experience in China

By Stanley Sue, Ph.D.



Dr. Martha Chiu introduces Dr. Stanley Sue to the PAU Masters Program in Counseling— China students for his talk, Sept. 2014

As a member of PAU's China Advisory Council, I visited China on September 12-22, 2014. The purpose of the trip was to (1) evaluate the status of the PAU Program with Dr. Martha Chiu and Sheng-Yang Chiu, (2) discuss the program with Dr. Weining Chang, (3) meet with students in the Program and give a lecture, and (4) provide a lecture to the psychiatrists at Shanghai Mental Health Center.

I was very impressed with the work accomplished by Martha and Sheng-Yang. As the pioneering leaders of the China program, they have amassed a solid group of students who want to obtain their Masters degree in Counseling and to serve as counselors.

Their program of training involves online counselor education courses and local-agency practicum and internships. Martha and Sheng-Yang's creativity and resourcefulness have facilitated the stability and productivity of the program. However, they decided to move back to the United States, so it was necessary to find another person who could direct the program in China. (Incidentally, Martha is continuing to serve as a faculty member at PAU.)

Just a few days prior to my China visit, PAU started to negotiate the China Directorship position with Dr. Weining Chang, the finalist for the Directorship of the China program. Weining is a prominent and outstanding psychologist, trained in the United States but employed primarily in Singapore. I have known her for many years. Because both of us would coincidentally be visiting China at the same time, Weining indicated a desire to meet with me to discuss the program. Weining appears to be a strong administrator and leader who can make many contributions to the program.



Students in Palo Alto University Masters Program in Counseling — China listening to Dr. Sue's talk in Beijing, Sept. 2014

Finally, I presented two talks in China. The first focused on mental health services and involved a group of about 18 students and supervisors associated with our MA program in Beijing. The talk was televised to other cities in China, so that PAU Program students in the other cities could view the talk and submit questions or comments online.

The students in Beijing appeared to be serious minded, dedicated to the Program, and intelligent. Their backgrounds varied considerably but all were motivated to become counselors. I was very impressed with the quality of the students.

I made a second presentation on culture and mental health to a group of about 20 psychiatrists at the [Shanghai Mental Health Center](#) (SMHC). The staff appeared to be very open to cultural issues. PAU is hoping to collaborate with SMHC in the training of our students. Interestingly, China has initiated progressive laws and policies that affect the care and treatment of people with mental disorders.

I felt my visit was productive and the China program, while in a state of administrative transition, has promising opportunities to grow and develop.

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Risk and Resiliency Among Newcomer Immigrant Adolescents

By Sita Patel, Ph.D.



PAU Professor Sita Patel with school principal Julie Kessler, PAU student Maggie del Cid, and high school students at San Francisco International High School

Global mental health is sometimes much closer to home than we imagine. Each year, large numbers of youth from around the world migrate to the United States without their parents or guardians, and the number of these unaccompanied minors have dramatically increased in recent years. This population faces multiple challenges, including adjusting to a new cultural context, learning a language, forming friendships, separation and reunification with family, traumas during migration, and the normative developmental challenges associated with adolescence. Despite the high risk, most urban schools serving newcomers fall dramatically short in terms of the resources necessary for complete and accurate assessment of student needs.

My work with recently-arrived, or “newcomer” immigrant adolescents expanded last year to include collaboration with two Bay Area public high schools exclusively serving this population. In a public school system already overburdened with high-needs students, high schools like [Oakland International](#) and San Francisco International, which are both devoted to receiving and educating new immigrants, have the added burden of a student population facing the myriad challenges of acculturation. Teachers and administrators are left without comprehensive understanding of their students’ complex life circumstances (e.g., unaccompanied minor and legal status, health coverage, educational gaps) or practical needs (e.g., legal, mental health, housing, health).

Along with a group of student volunteers from PAU’s Ph.D. program (Tara Bagleri, Maggie del Cid, Wil Firmender, Vanessa Ma, and Erynn Macciomei), I developed and implemented a newcomer adolescent assessment screening program for [SF International High School](#). Our immediate goal was to help identify students in need of services. The project used community-based participatory methods to develop the scope of the assessment, including collaborating with the school’s staff and students. We conducted interviews (in Spanish, Chinese, and English) with all ninth and tenth grade students. Most had arrived in the past year from Central America (El Salvador, Guatemala, Honduras). We asked students about their immigration experiences, current living circumstances (home, family, work, social), health and legal needs.

Risk and Resiliency Among Newcomer Immigrant Adolescents , by Sita Patel, *continued*

We learned that nearly two-thirds of participants arrived in the United States unaccompanied by an adult, had experienced some form of migration trauma, and spent some period of time held in an immigration detention center after crossing the border to the U.S. The students we spoke with described an incredibly complex combination of challenges, including complex trauma histories like crossing the border on foot, without food or water for days. They described family separation – parents who left their country 15 years ago, who they were now meeting for the first time, or parents who stayed in their countries without plans to join their children in the U.S.



Ben Gucciardi, Soccer Without Borders coach and founder, with the Oakland International High School girls team

Many students work to support themselves and their extended family, which usually means night jobs during hours they are not in school. Some described, for example, sleeping for a few hours after school, then working a 12-6am shift cleaning a restaurant, all prior to returning to school in the morning. Many students had significant periods of their lives without formal education – working on farms or in factories in their countries - so there are a large number of older adolescents (16-19 years old) placed into ninth grade. We learned which students had immigration lawyers, dentists, doctors, and which had never been to a dentist, or had untreated medical conditions. Despite such formidable life circumstances, we were continually struck with the students' incredible resilience.



Ben Gucciardi, Soccer Without Borders coach and founder, with the Oakland International High School boys team

We also partnered with the [Soccer Without Borders \(SWB\) program at Oakland International High School](#). SWB was started in 2006 and is an international organization that uses soccer “to inspire youth to achieve growth, inclusion, and personal success.” In the United States, SWB includes newcomer immigrant youth from over 40 countries, who use the program to learn English, build relationships with mentors and coaches, and feel more connected to their new communities. PAU student Wil Firmender is spearheading a program evaluation project for his dissertation to help SWB demonstrate the psychosocial benefits for immigrant youth engaged in soccer,

including measuring outcomes like school retention, academic achievement, and a sense of belonging.

For newcomer immigrant youth, the obstacles to psychological and physical health, educational success, and legal advancement are huge. We look forward to working further with the schools and their students to not only answer the immediate questions of need and service provision, but also to help understand and promote resiliency that can propel newcomer immigrant youth to wellness and success.

Examination of Suicide Around the Globe

by Bruce Bongar, Ph.D. and Lori Holleran, 3rd year Ph.D. Student

Currently the Clinical Crises and Emergencies Research (CCER) laboratory, led by Dr. Bruce Bongar, along with the Multicultural Suicide Research Center (MSRC), directed by Dr. Joyce Chu, are initiating numerous international projects in collaboration with Drs. Larry Beutler, Satoko Kimpura, and Nancy Haug. These comprehensive endeavors encompassing clinical and translational research will examine lethal means access and risk for suicide, including the consideration of culturally specific risk factors and levels of psychological pain.

The CCER is preparing for an upcoming project working with Drs. Ariel Merari and Lisa Brown, along with NATO, considering psychological and social components of suicide terrorism. This project will involve the completion of a NATO grant proposal, and an advanced research workshop for NATO. This project will specifically examine characterological and motivational factors associated with suicide terrorists across cultural domains informing cross-cultural understanding of suicide terrorism. Further, measures will be examined to identify effective strategies to gather and assess relevant aspects of behavior related to acts of suicide terrorism.



Members of the MSRC collaborating on upcoming grant proposals, L to R: Professors Joyce Chu, Bruce Bongar, and Peter Goldblum, with Students Lori Holleran and Gabrielle Poon

Further, the CCER Lab will be collaborating with distinguished faculty and suicidologists from around the globe to address the alarming suicide rates being observed in many countries. According to the World Health Organization (WHO), over 800,000 people die through suicide completion every year. In 2012, suicide accounted for 1.4% of all deaths worldwide, representing the 15th leading cause of death in 2012.

This collaborative project will inform CCER's consultative model for the assessment and management of clinical scenarios involving dangerousness, imminence, and the restriction of access to lethal means.

Further, this project will apprise the field regarding evidence-based approaches to preventing suicide completion by vulnerable populations, including diverse cultural groups, providing a more precise standard of care for individuals at risk for suicide.

This project will involve community-based participatory research (CBPR) methods, including qualitative and epidemiological research, concepts that were established as essential to the examination of suicide and self-harm research by Keith Hawton and the [University of Oxford's Centre for Suicide Research](#). Additionally, it will integrate a modified version of lethal means counseling, developed by [Harvard School of Public Health](#), an intervention focused on working with individuals' support system to restrict access to lethal means (e.g., firearms in the US, and pesticides and hangings in international settings).

In order to expand understanding of evidence-based prevention efforts for vulnerable populations, cultural relevant tools allowing for the comprehensive assessment of risk for suicide, such as the CARS, STS, and MAYDAY, will be integral to this project. These measures demonstrate potential to be highly relevant and effective in assessing symptoms and risk factors across diverse culture groups emphasizing their prospective utility in international settings. These measures will be utilized in the upcoming international research projects with formal partners in Australia and New Zealand, along with potential sites in Korea and Japan, providing an opportunity to demonstrate their extensive efficacy.

Update on Disaster and LGBT Psychology by Leading Filipino Psychologists at PAU by Lynn Waelde, Ph.D.

Thank you Palo Alto University for your support of the visit of our colleagues from the Philippines, Professors Maria Regina Hechanova, Pia Ramos, and Pierce Docena in October 2014. It was a whirlwind week of talks at PAU and Stanford School of Medicine, and research presentations at the annual meeting of the International Society for Traumatic Stress Studies, in addition to constant meetings to plan their future disaster and post-conflict intervention work. I think it fair to say that the PAU community benefited tremendously from learning about their work and numerous accomplishments in the areas of disaster, conflict, and LGBT psychology and social policy.

All these activities flow from Dr. Allen Calvin's initiative to provide support to the Philippines following Super typhoon Haiyan. As they reported to the PAU community, the work we have done in partnership with these faculty has resulted in the development of two manualized and modularized post-disaster interventions, one for immediate post-disaster and the other for more specialized needs in the longer term aftermath.

These disaster intervention manuals have integrated mindfulness and meditation practice to address the stress component of disaster work. A collaborative manuscript describing the manual development has already been submitted for journal publication.

Hundreds of disaster responders have been trained in the interventions which are now impacting the lives of thousands of disaster survivors. A generation of Filipino psychology students has been inspired by these efforts to consider clinical psychology as a career option, though training resources are not commonplace there.

I continue our collaborative efforts with Professors Hechanova, Ramos, and Docena and am very gratified by the opportunity to do this work.



From left: Pia Ramos, Ph.D., Ateneo de Manila University; Gina Hechanova, Ph.D., Chair, Psychology Department, Ateneo de Manila University, President, Psychological Assoc. of the Philippines; Professor Pierce Docena, University of the Philippines, Visayas

“Unfolding Human Potential in the Context of Family, School and Organizations: Psychological, Relational and Cultural Perspectives” talk at PAU

by Dr. Uichol Kim, January 2015



Dr. Uichol Kim

Uichol Kim, Ph.D., distinguished research professor at College of Business Administration Inha University, Korea visited PAU in January 2015. He has previously taught at the Department of Psychology, Chung-Ang University, Department of Social Psychology, University of Tokyo, Japan and University of Hawaii at Manoa, USA. Dr. Kim was recognized as Outstanding Research Professor at Inha University and Chung-Ang University. He has conducted research in indigenous and cultural psychology focusing on family and parent-child relationship, education attainment and school violence, health and quality of life, democracy, human rights and political culture. In business and management, his research and teaching focus on strategic and knowledge management, emphasizing on creativity, innovation, entrepreneurship and sustainable development. He has been

published over 200 articles and 15 books and monographs. One of the founding executives of Asian Association of Social Psychology, Dr. Kim served as the president and the founding editor of the flagship journal, Asian Journal of Social Psychology. He is the founder and president-elect of Asian Association of Indigenous and Cultural Psychology, has taught at universities in Asia, and Europe, and provided lectures at leading institutions in the USA, Europe, the Middle East, and Asia, as well as to executives of global companies and has even provided consulting services for governmental agencies and global companies headquartered in the USA, Canada, France, Germany and Korea.

Shanghai Mental Health Center and Palo Alto University Cooperate in a Global Masters Program in Counseling – China

By Bill Froming, Ph.D., Provost and Hui Qi Tong, Ph.D., Director of Global Masters Program - China



PAU cooperates with Shanghai Mental Health Center, School of Medicine Jiao Tong University on Global Online M.A. Counseling Program — China

In November 2014, the Shanghai Mental Health Center and Palo Alto University cooperated in establishing a Masters Program in Counseling - China. The signing ceremony was held at the Shanghai Mental Health Center (SMHC) and Chun-Bo Li, vice president, presided over the ceremony. Also attending the ceremony were Dr. Bill Froming, Provost at PAU, Dr. Xu Yifeng, Professor and President of SMHC, Dr. Zhao Min, deputy party secretary, Dr. Wang Zhen, director of the Department of Research and Education, Dr. Qiu Jian-Yin, deputy director of the Department of Clinical Psychology, Dr. Cheng Wen-hong, deputy director for the Department of Child and Adolescent Psychiatry (all employed by the Shanghai Mental Health Center), and other related personnel.

At the signing ceremony, both sides discussed and exchanged comments about cooperation in some detail. President Professor Xu Yifeng extended a warm welcome to PAU Provost Bill Froming on behalf of the mental health counseling Masters project. President Xu Yifeng said: "Shanghai Mental Health Center and Palo Alto University will work together to train students in compliance with international standards. We are familiar with the new generation of workers in local psychological counseling, and we will deliver high quality consultants and psychological services for China to build a mental health system. With a Chinese person in charge of the project, Shanghai Mental Health Center will provide organization and resources, and clearly the executor of the project will carefully implement the project, and hire a number of European and American psychological trainers to provide students with clinical supervision. On the basis of this project, the Shanghai Mental Health Center also hopes to further collaborate with PAU in both cooperation and exchanges."

Also at the signing ceremony, Dr. Froming said: "I am glad to establish a long-term cooperative relationship with Jiao Tong University School of Medicine's Shanghai Mental Health Center, which provides an excellent education. With its rich and diverse community of services and other resources, the Shanghai Mental Health Center is an ideal clinical base for students to receive the best clinical training and supervision. Familiar with and appreciative of Chinese culture, PAU has been involved in Chinese mental health care, education and training in the field of clinical psychology. Development and implementation of this project will help promote and regulate the training of domestic counseling staff and through continuing education will help to train a number of counselors with a more solid foundation, and then to provide clients with high-quality counseling services."



Attendees at Shanghai Mental Health Center (SMHC) and PAU MOU Signing Ceremony, November 2014, regarding Global Masters in Counseling — China

(continued on page 8)

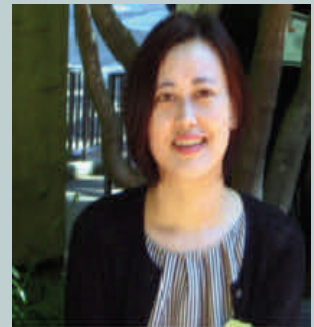
(SMHC and PAU Cooperate Global M.A. Counseling – China, *continued from page 7*)

Project Background: At present, while the status of mental illness and mental health concerns has greatly improved in the world, the education and training of counselors remains an urgent need. With the rapid growth of professional education and training over the last two decades, especially in China, PAU has upheld its "Engaging Minds, Improving Lives" motto. PAU's global master network design project, with its creative, comprehensive education strategy, provides training and consulting professional help for improving countries such as China. The strategy includes several key components: to provide students with a system of distance learning courses; a well-designed curriculum to meet the highest international standards of educational consulting; an online lecture series especially designed for Chinese students, to provide students with the opportunity to discuss how to apply their knowledge in the context of China; providing face to face clinical interview workshops, and its commitment to the development of clinical practice base in China. In the United States, PAU has worked with many community agencies and schools, such as a joint Psy.D. in clinical psychology with the Stanford University School of Medicine, and with the VA Palo Alto health care system and has cooperated with other mental health agencies in providing students with clinical training. Meanwhile, in recent years, PAU also actively has developed international cooperation, so that with the development of the global masters counseling program, PAU hopes to find and develop more clinical training bases, looking for additional ways to provide high-quality clinical training for students.

Introducing New Leadership in PAU's China Program

PAU is proud to welcome Dr. Hui-Qi Tong as Director of the Global Masters Program— China. Dr. Tong, based at the Los Altos masters office and reporting to Denise Daniels, Director of Masters Programs, will be responsible for liaison between Palo Alto and China and will focus on developing the student body in China, including a partnership with the Shanghai Mental Health Center, Shanghai Jiao Tong University.

Dr. Tong received her MS and PhD from Palo Alto University. and completed her psychology internship and fellowship at San Francisco VA Medical Center. She completed a second post-doctoral fellowship with Dr. Larry E. Beutler at the National Center on the Psychology of Terrorism in Palo Alto, California. Prior to studying Clinical Psychology she also received her medical degree from Shanghai Medical College, Fudan University in China in the field of psychiatry.



Hui Qi Tong,

Dr. Tong also held a number of research positions including Research Fellow at the Boston Children's Hospital / Harvard Medical School, Clinical Research Associate at the New England Medical Center, and Research Collaborator and Content Expert for the Older Adult and Family Center/ Stanford University and VA Palo Alto Health Care System.

Dr. Tong's current clinical and research interests include trauma, mindfulness, women's mental health and global mental health. She is also passionate about program development and how to bring western-developed mental health training programs to non-Western education and training systems.

She currently works at the San Francisco VA Medical Center (SFVAMC) and is Director of Psychology Training for the Women's Mental Health program SFVAMC. Dr. Tong is also Clinical Assistant Professor with UCSF, Department of Psychiatry, School of Medicine.

We are confident in Dr. Tong's ability to lead PAU's efforts in China going forward.