SUMMARY of Volunteers Work in MYANMAR February 2020

Three trainings accomplished successfully over 2 weeks with 6 trainers

1 Training 49 psychiatrists on Introduction to Psychotherapy.

All grades . Three afternoons. Programme planned together with

senior psychiatrists at Mandalay Hospital . Overview of therapies

were covered but focus was agreed to be on inpatient group therpy

due to shape of their services currently and resources available.

Evaluation post training showed overall rating 98% Excellent/Good.

See attached.

2 Training 79 GPs in use of WHO mhGAP , improving care of people

with mental , neurological and substance misuse disorders,

including children and adolescent difficulties. Evaluations excellent.

Myanmar clinicians helped and near ready to take over training.

3 Mental Health Awareness Workshop at Shan State Buddhist

University. 50 -60 attendees over 3 days. New programme worked

well. Invited to be a regular part of curriculum.

Cost to the College: £3,500 contribution to airfares for 5 volunteers.

Other costs covered by Mind to Mind Myanmar UK based charity,SSBU

Mandalay Medical Association and individual volunteers

Work involved: Pretrip planning with hosts over 6 months

Pretrip visit to Senior monk to work on plans for SSBU

Two weeks away doing carefully co-ordinated full days

Post trip evaluations and de brief

With THANKS to Elen Cook at RCPsych

Drs Bradley Hillier, Marla Min Din, Hugh Herzig

Dr Damon Mason (psychologist)

And especially to Dr New Thein who masterminded the project and

has worked tirelessly and with constant good will over the past

six years to make this the success that it is.

Sophie Thomson February 2020