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