**Program**

**Arq’s Springtime Symposium, March 31, 2017.**

**Amsterdam, Netherlands**

**Global Mental Health in under-resourced countries and in the western world**

Symposium Chair: Claudi Bockting

**09.30 - 10.00   Welcome, coffee**

**10.00 - 10.15    Claudi Bockting & Pim Scholte**

***Introduction***

Claudi Bockting, PhD, is a professor of Clinical Psychology at Utrecht University and at the Arq Psychotrauma Expert Group. Her research focuses on stress- and trauma-related disorders and co-morbidity. Present studies involve personalized models and multimodal interventions, e.g., within a global mental health context or as part of the Arq research among refugees and victims of human trafficking.

Pim Scholte, MD PhD, is a psychiatrist affiliated with the Academic Medical Center in Amsterdam and Arq. His research mostly focuses on mental health in war-affected populations. He is the founder of Equator Foundation, an organization providing mental health care for traumatized refugees and victims of human trafficking. Equator promotes a combined approach to mental health and social bonding. Currently Pim supervises PhD studies in refugees, undocumented asylum seekers and victims of sexual exploitation.

**10.15 - 10.50   Peter Ventevogel**

***Mental health and refugees: transferring knowledge from low and middle income***

***countries***

Peter Ventevogel, MD PhD, is a psychiatrist and a medical anthropologist. Since 2013 he works with UNHCR, the refugee agency of the United Nations as their Senior Mental Health Officer based in Geneva. From 2008-2013 he was the editor-in-chief of ‘Intervention, Journal for Mental Health and Psychosocial Support in Conflict Affected Areas’, published by the War Trauma Foundation. He worked with the NGO HealthNet TPO in mental health projects in Afghanistan (2002 – 2005) and Burundi (2005-2008) and as their Technical Advisor Mental Health in the head office in Amsterdam (2008-2011). In 2011 and 2012 he also worked as psychiatrist with Arq Foundation, the national trauma expert centre in the Netherlands. Peter regularly did consultancies for the World Health Organization and the UNHCR.

**10.50 - 11.25   Florence Baingana**

***Community-based programming***

Florence Baingana, MB ChB, MMed (Psychiatry), MSc (HPPF), was Principal Investigator for the Grand Challenges Mental Health Beyond Facilities (mhBeF) project, implemented in Uganda, Liberia and Nepal. At the same time, Dr Baingana did consulting work with TPO Uganda, BasicNeeds Uganda, UNHCR, The Carter Center Mental Health Program in Liberia, and WHO Liberia. She worked for the World Bank and was Research Fellow with Makerere University School of Public Health, lecturing, working as a mentor for the CDC/MakSPH HIV/AIDS Fellowship Programme, and supervising MPH dissertations. From October 2015 to date, Dr Baingana is MHPSS Lead with WHO Sierra Leone.

**11.25 - 11.45   Coffee break**

**11.45 - 12.30   Vikram Patel**

***Psychological treatments for the world: lessons from the global south***

This lecture will draw upon a recent systematic review and large trials from low and middle income countries to highlight the innovations by global mental health practitioners to disseminate psychological treatments.

Vikram Patel, FMedSci, is a professor of International Mental Health and Wellcome Trust Principal Research Fellow at the London School of Hygiene & Tropical Medicine; he will join Harvard Medical School as the Pershing Square Professor of Global Health in April 2017. He is Joint Director of the Centre for Chronic Conditions and Injuries at the Public Health Foundation of India and is a co-founder of Sangath, an Indian NGO which won the MacArthur Foundation’s International Prize for Creative and Effective Institutions in 2008 and the WHO Public Health Champion of India award in 2016. He was listed in TIME Magazine’s 100 most influential persons of the year in 2015.

**12.30 - 13.30  Lunch break**

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**Workshop Track 1**  (International track, English language)

***Global Mental Health - MHPSS application in low resource humanitarian settings***

Moderator: Leontien Ruttenberg, MD MBA, Director at War Trauma Foundation

**13.30 - 14.10     *Low-intensity interventions for common mental disorders after adversities in a***

***global context***

**Marit Sijbrandij**

Recently, a low intensity intervention (Problem Management Plus) has been developed by the World Health Organisation that addresses a range of common mental disorders in crisis-affected populations. This low-intensity intervention is short, and can be delivered by non-professional or lay helpers. This workshop will present recent results showing its effectiveness in Pakistan and Kenya. In addition, the STRENGTHS project will be outlined, that will implement these programs in the Syrian refugee response both in Europe and the Middle East.

Marit Sijbrandij, PhD, is associate professor at the Department of Clinical, Neuro and Developmental Psychology of VU University.  Her main areas of study include the prevention of posttraumatic stress disorder (PTSD), public health and e-mental health strategies in the prevention and treatment of PTSD, gender- based violence and global mental health. She completed studies across trauma populations in community and clinical contexts, such as the military and populations affected by assault, injury, intimate partner violence, and humanitarian disaster.

**14.10 - 14.50    *Multi Family Approach (West Bank project)***

**Trudy Mooren**

Multifamily groups have been used throughout the world for both prevention and intervention purposes, e.g., in reducing domestic violence, decreasing depressive symptoms and eating disorders, and in various target populations, such as refugees and retired ex-military. What are its characteristics, and which experiences have been gained by introducing it in the context of the West Bank? Families with a child with a disability face extra difficulties, in particular when services are hard to reach or less available. Even more so when there is social stigma associated with disabilities in off-spring. How to address these parents, to facilitate social support and maximize opportunities for development of their children, not only the disabled ones, but also their siblings.

Trudy Mooren, PhD, is clinical psychologist and senior researcher at Centrum ’45, and associate professor of Clinical Psychology at Utrecht University. She works at the outpatient department for youth and family care in Diemen. She is a licensed cognitive behavioral-, EMDR- and family therapist. She studies the effectiveness of interventions in traumatized families (specifically Multifamily Therapy) in target groups in the Netherlands and abroad.  She co-authored the book “Goed ouderschap in moeilijke tijden” (*Good parenting in difficult times,* 2016).

**14.50 - 15.10    Break**

**15.10 - 15.50   *mhGAP***

**Samrad Ghane**

The Mental Health Gap Action Programme (mhGAP) is a key instrument in mental health capacity building in low income countries. This presentation focuses on a number of challenges and opportunities that may arise in implementing the mhGAP-HIG, and provides a critical discussion of the place of culture and cultural psychiatry in the intervention guide.

Samrad Ghane, PhD, is a psychologist, medical anthropologist and researcher at Equator Foundation, and a transcultural mental health specialist and advisor at Parnassia Psychiatric Institute. His research focuses on cultural concepts of distress and culturally adapted psychological interventions. He is involved in different (post) graduate clinical programs in the area of cultural psychiatry and psychotherapy.

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**Workshop Track 2** (Dutch track, Dutch language)

***Psychosociale zorg voor vluchtelingen in Nederland***

Moderator:  Rembrant Aarts, MD, psychiater bij Equator Foundation

**13.30 - 14.10     *Mind-Spring***

**Paul Sterk**Mind-Spring is een psycho-educatie en opvoedingsondersteunend programma, in de eigen taal en cultuur ontwikkeld voor en door asielzoekers en vluchtelingen. Mind-Spring leidt  vluchtelingen en asielzoekers op tot het  geven van psycho-educatie en psychosociale ondersteuning aan mede- asielzoekers of -vluchtelingen en hun kinderen. Deze groepsbijeenkomsten hebben het karakter van een training waarin specifieke (psychische en sociale) problemen van asielzoekers en vluchtelingen behandeld worden.

Paul Sterk, MSc, is orthopedagoog en GZ-psycholoog. Hij ontwikkelde onder meer het programma Mind-Spring, psycho-educatie en opvoedingsondersteuning voor en door vluchtelingen en asielzoekers, evenals een programma psychosociale steun voor kinderen in de AZC’s. Paul werkte internationaal voor NGO’s en ontwikkelde veel trainingen voor intermediairen die met vluchtelingen en asielzoekers werken.

**14.10 - 14.50**     ***7ROSES***

**Joriene van der Kolk & Jetske van Heemstra**

De  empowerment module 7ROSES (Recovery Oriented Survivor Empowerment Strategies) richt zich o.a. op herstel van eigen krachten, functioneren en het leren inzetten van hulpbronnen in de omgeving. In deze module oefent een deelnemer met nieuw gedrag en leert hiermee een actieve rol te nemen in zijn/haar eigen herstel. Deze module is gebaseerd op verschillende herstelgerichte behandelmethodieken (SRH/ACT) en op de ervaringen van zes Europese partnerorganisaties die zich o.a. inzetten voor de empowerment van asielzoekers. De module is flexibel inzetbaar en is gekaderd aan de hand van het internationale CHIME framework.

Joriene van der Kolk, MSc, werkt als psycholoog bij Equator Foundation. Sinds 2015 is zij expertiseteamleider ‘Herstelondersteunende Zorg bij PTSS’ bij de ARQ Psychotrauma Expert Groep (waaronder Equator Foundation en Centrum ‘45). Jetske van Heemstra, MSc, is promovenda en psycholoog bij Equator Foundation. Beiden werken als expert aan het Europees project ‘Method for the Empowerment of Torture Survivors’ (METS). Uit dit project is de 7ROSES empowerment module voortgekomen die momenteel onderzocht wordt.

**14.50 - 15.10     Break**

**15.10 - 15.50**    ***Meergezinsgroepen***

**Monique Haveman**

Vluchtelinggezinnen hebben veel verloren, veel meegemaakt en hebben veel nodig om weer een rustig leven op te bouwen in een samenleving waar alles of in elk geval heel veel anders is. Maar ze hebben wel eigen kracht. Bij meergezinsgroepen zijn deze eigen kracht en de gezamenlijke groepskracht de ingrediënten van succes. In deze workshop komen als onderwerp aan bod: wat het doel en programma is van meergezinsgroepen, wat er gebeurt in zo’n groep, wat de ervaringen tot nu toe zijn, en aandachtspunten en toepassingsmogelijkheden.

Monique Haveman, MSc, werkt als projectleider en adviseur voor gemeenten en instellingen bij MiX Support. Zij heeft jarenlange ervaring en expertise op het gebied van netwerken en professionals verbinden met elkaar en met kwetsbare doelgroepen zoals statushouders. Zij richt zich op een krachtgericht aanbod voor de doelgroep. Monique heeft samen met Centrum’45 en lokale partners in 2016 de eerste twee meergezinsgroepen voor Eritrese en Syrische statushouders in Alphen aan den Rijn gecoördineerd en uitgevoerd.

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**15.50 - 16.20**     **Concluding remarks by Claudi Bockting,** symposium chair

**16.20 - 16.30**  **Final words by Jan Wilke Reerds**, Arq Chairman of the Board

**16.30 – 17.30**   **Drinks**

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