

Current Debates in Counselling – 7th February 2018

**THE FUTURE OF PSYCHOLOGICAL THERAPY:
DESPAIR OR HOPE???**

A Global Perspective



'Leaving No One Behind'

- The focus of the 5th Global Mental Health Summit 2018, themed **"Leaving No One Behind"** as per the aspiration of the Sustainable Development Goals (SDGs), aligns the Summit agenda with the SDGs and emphasize that mental health forms a vital component in achieving the SDGs. The aim further is to bring to the forefront the voices of persons with psychosocial and intellectual disabilities and establish their role as a key partner in mental health but also in achieving the goals set out in the SDGs.

WHAT IS THE WELL-BEING AGENDA FOR THE WORLD?

What needs to be considered in addressing the question?

How is well-being and mental health being addressed within a Global Perspective.

Who is responsible?

What information/research needs to be explored?

Global Goals: Sustainable Development Goals

UN Sustainable Development Goals



3 (SDGs) Promoting Well-being

- This better world is envisioned in the declaration as a place "where physical, mental and social well-being are assured" in keeping with the WHO definition of health. Specifically, goal 3 of the 17 Sustainable Development Goals (SDGs) focuses on ensuring healthy lives and promoting well-being for all at all ages. World leaders have committed to "prevention and treatment of noncommunicable diseases, including behavioural, developmental and neurological disorders, which constitute a major challenge for sustainable development".

WHO/Mental Health

http://www.who.int/mental_health/en/

http://www.who.int/mental_health/SDGs/en/

According to WHO

- ▶ Mental health is an integral part of health and well-being, as reflected in the definition of health in the Constitution of the
- ▶ World Health Organization: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." Mental health, like other aspects of health, can be affected by a range of socioeconomic factors (described below) that need to be addressed through comprehensive strategies for promotion, prevention, treatment and recovery in a whole-of-government approach.

Mental Health Action Plan 2013-2020

- ▶ http://apps.who.int/iris/bitstream/10665/89766/1/9789241506021_eng.pdf

WHO – World Health Organisation: key facts



- ▶ *Mental health is more than the absence of mental disorders.*
- ▶ *Mental health is an integral part of health; indeed, there is no health without mental health.*
- ▶ *Mental health is determined by a range of socioeconomic, biological and environmental factors.*
- ▶ *Cost-effective public health and intersectoral strategies and interventions exist to promote, protect and restore mental health*

Mental Health: Strengthening our Response <http://www.who.int/mediacentre/factsheets/fs220/en/>

December 2017 – Global Dementia Observatory (GDO)

- ▶ The Global Dementia Observatory (GDO) is a data and knowledge exchange platform that offers easy access to key dementia data from Member States across the following three domains: **policies, service delivery, and information and research.**

Overview of Global Mental Health

- Prior to 2001 – a measure of overall level of stress (primarily depression and anxiety) in a given population.
- David Satcher (2001) Surgeon General US - Denote a field in Public Health
- Not in general usage until 2007 (Lancet) – series of articles

Movement for Global Mental Health

- The Movement emerged from a 2007 Lancet series on global mental health, which concluded with a Call for Action. The Call promoted scaling up treatments for mental disorders, protecting the human rights of those affected, and increasing research in low- and middle-income countries.

- The Movement has organized four Global Mental Health Summits. The first MGMH summit was held in Athens, Greece in September 2009, the second one in Cape Town, South Africa in October 2011, the third in Bangkok, Thailand in August 2013 and the fourth in Mumbai, India in November, 2015. The Movement has also followed up on the original call by publishing research on global mental health in a second 2011 Lancet series

Global Mental Health

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Movement for Global Mental Health (MGMH)

The Movement for Global Mental Health is a network of individuals and organisations that aim to improve services for people living with mental health problems and psychosocial disabilities worldwide, especially in low- and middle-income countries where effective services are often scarce. Two principles are fundamental to the Movement: scientific evidence and human rights.

<http://www.globalmentalhealth.org>

Culture and Global Mental Health

- Humans are fundamentally cultural beings: A developmental process that are shaped by culture and we live within culturally constructed systems of meaning that are shared by local and global communities.

CULTURE A CONCERN TO GLOBAL MENTAL HEALTH

Culture Matters

1. Along with socioeconomic disparities and multiple forms of discrimination it contributes to significant health disparities in every society, structuring inequalities and the distribution of health problems and resources in the population.
2. It influences symptomatology, course and outcome through psychophysiological and sociophysiological processes

Social Determinants

- ▶ 3. Shapes individual and family coping and adaptations to illness and recovery.
- ▶ 4. Determines help-seeking and clinical presentations.
- ▶ 5. It undergirds the clinicians-patient relationship and hence the patient's response to medical advice and interventions.
- ▶ 6. Central contribution to what is at stake in health care by framing values, alternatives, and outcome that inform health care decision-making.

- ▶ Patel, V., Minas, H., Cohen, A., and Prince, M. eds. 2014 *Global Mental Health*. Oxford: Oxford Press

Critiques of GMHM ----- Next Week

Fernando, S. (2014) *Mental Health Worldwide: Culture, Globalization and Development*. London: Palgrave Macmillan

The work of Suman Fernando

- <http://www.sumanfernando.com/>
- <http://www.bing.com/videos/search?q=You+tube+Suman+Fernando&view=detail&mid=B4E27C2C519F215D7215B4E27C2C519F215D7215&FORM=VIRE>

Please view one of the following:
McGill: Division of Transcultural Social Psychiatry

<http://www.mcgill.ca/psychiatry/videos/asi-videos/2012>

1. **Against "global mental health"** Derek Summerfield, London
2. **Global mental health: The right problem but the wrong solution?** Kwame McKenzie, University of Toronto
3. **Halt to the abuse of globalization in the field of mental health** Gilles Bibeau, Université de Montréal

4. **The "folie à trois" between global mental health, anthropology and psychiatry** Joop de Jong, Free University Amsterdam

5. **Challenges for mental health development in low- and middle-income countries** Suman Fernando, London

6. **Global mental health: Avenues of access and epistemologies of care** Charles Watters, Rutgers University



7. Countering the prevailing ethos by practice: The implementation of a community engagement model in inner city communities in Kingston, Jamaica *Geoffrey Walcott, Kingston*

8. Ritual Healing and Psychiatry in South Asia *William Sax, Heidelberg University*

9. Deconstructing Global Mental Health *Rachel Tribe, University of East London*
