



Distress and the Body Anthropological and Clinical dimensions

7th UCL - BALM Short Course
Chennai, Tamil Nadu, India
3-5 September 2012

Objectives: This course aims to provide an understanding of the conceptual, theoretical and clinical challenges in applying social science theories about the body in relation to suffering. This includes 'somatisation', pain, altered body image including eating disorders, and methods to intervene. These will be applied within the context of mental health in South Asia.

Target audience: This interdisciplinary course will benefit psychiatrists, clinical psychologists, psychiatric social workers, medical anthropologists, and other general and mental health practitioners from the NGO, public, and private health sectors. Participants will be expected to have a sound basic knowledge of social sciences and its relationship to mental health in South Asia.

Course content: **DAY 1 & 2: Bodily Distress, Theoretical & Conceptual Issues:** Cultural construction of bodily distress, and the expression of suffering through the body with an emphasis on the South Asian context. **DAY 3: Bodily Distress, Clinical Dimensions:** Identify how presentation of illness in the body reflects both wider societal tensions and concerns of the person, and to re-formulate existing and often culturally invalid interventions predicated on 'western' ideas of the Body.

Learning Objectives: Participants will 1) Gain knowledge of recent theoretical developments in medical anthropology and cultural psychiatry in relation to the 'body'. 2) Learn to critique through a social science perspective, existing theory and practice in interventions for 'bodily distress' 3) Explore through group discussions, ways to reformulate case studies, from their own practices to generate culturally valid alternatives to manage 'bodily distress' predicated on local South Asian context.

Teaching methods will comprise didactic lectures, films, discussion groups, and interactive workshops.

A UCL-BALM certificate of participation will be issued on completion of the course.

Teaching Faculty: Clinicians & Anthropologists from University College London: Dr Sushrut Jadhav (Course Director), Dr Jane Derges, Dr David Goldberg, Dr Sumeet Jain, & Prof. Roland Littlewood and Yemi Oloyede. Faculty from The Banyan Academy of Leadership in Mental Health (BALM), Chennai.

Course Fees: INR 4000 for low-income countries. Rest: GBP 275 (for all three days) *Non-refundable deposit of 25% will apply. Fees do not include accommodation and food, transport to and from venue.*

Contact: Mrinalini Ravi, Course Co-ordinator, email <mrinalini@thebanyan.org>, Phone: +91-9884160884, Web site www.balm.in or Dr Sushrut Jadhav, Course Director, email: <s.jadhav@ucl.ac.uk>, web: www.ucl.ac.uk