



IDIOMS OF RESILIENCE

DEC 18

2019

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A CONTINUUM? THINKING THROUGH CONCEPTS AND APPLICATION OF IDIOMS OF DISTRESS AND RESILIENCE

Emily Mendenhall, PhD, MPH, Georgetown University

Learning Objectives: (1) Participants will understand the most recent research on idioms of distress and idioms of resilience; (2) Participants will be able to consider idioms of distress and idioms of resilience in their practice.

THE CULTURAL ASPECTS OF RESILIENCE: SOME LESSONS LEARNED IN SRI LANKA

Gaithri Fernando, PhD, California State University

Learning Objectives: (1) Participants will be able to describe at least three perspectives on assessing resilience; (2) Participants will be able to describe four cultural factors that influence idioms of resilience in different cultural contexts.

MODERATED BY ANNA FISKIN, MD, MS AND KENNETH FUNG, MD, MSc

Register online at <https://psychiatryandculture.org>

PRESENTERS

Emily Mendenhall, PhD, MPH, is a medical anthropologist and Provost's Distinguished Associate Professor at the Edmund A. Walsh School of Foreign Service at Georgetown University. Her recent book, *Rethinking Diabetes: Entanglements of Trauma, Poverty, and HIV* (2019, Cornell) involves hundreds of life history among low-income people living with Type 2 Diabetes in Chicago, Delhi, Johannesburg, and Nairobi. The four case studies investigate how social, cultural, and epidemiological factors shape people's experiences and why we need to take these differences seriously when thinking about what drives diabetes and how it affects the lives of the poor. Her first monograph, *Syndemic Suffering: Social Distress, Depression, and Diabetes among Mexican Immigrant Women* (Routledge, 2012) dove deep into 121 life history narratives of women in Chicago who face considerable social distress and duress associated with immigration, poverty, interpersonal violence, social exclusion and longing for companionship, family stress, and financial insecurity. In addition, Dr. Mendenhall published four-dozen articles on these projects in top journals in anthropology, medicine, and public health. This includes leading a series of articles on syndemics in *The Lancet* in 2017. In 2017, Dr. Mendenhall was awarded the George Foster Award for Practicing Medical Anthropology by the Society for Medical Anthropology. She also holds an Honorary Researcher position at the University of the Witwatersrand in Johannesburg, South Africa, where she has ongoing NIH-funded research and mentors PhD students. Currently she is leading a NIH Fogarty International Center study "Soweto Syndemics," which is the first population-level study of any syndemic. Previously, the National Science Foundation, National Institutes of Health Fogarty International Center, South African Medical Research Council, and Northwestern and Georgetown Universities have supported her scholarship. She also spent a decade creating global health curriculum for youth: <https://GHN4C.org>.

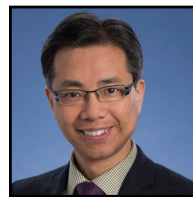
Gaithri Fernando, PhD, is currently professor and chair of the department of psychology at California State University, Los Angeles. Her research and clinical specialties are posttraumatic stress and resilience, particularly relating to disasters, war, and torture; and cross-cultural issues relating to the expression and experience of posttraumatic stress. She was a Senior Fulbright Fellow in 2000. Dr. Fernando is an editor and reviewer for *Intervention*, a multi-lingual journal involving researchers, practitioners, and field-workers. She guest-edited a special issue on South Asian mental health for the journal *International Review of Psychiatry* in 2015. Dr. Fernando has worked with several international organizations, including Save the Children and Medicine Sans Frontieres. She is a consultant psychologist at Program for Torture Victims in Los Angeles, and has conducted several workshops on vicarious trauma for organizations such as the ACLU and Legal Aid Foundation.

MODERATORS



Anna Fiskin, MD, MS, is a psychiatrist who specializes in cultural psychiatry and global mental health. She is an Assistant Clinical Professor at UCSF and Staff Psychiatrist at Chinatown North Beach Mental Health Services in San Francisco, California, where she works

with a diverse patient population from China, Cambodia, Laos, and Vietnam. She is the Cultural Psychiatry faculty lead for UCSF Psychiatry HEAL Fellowship in Global Mental Health and a co-chair of the Cultural Psychiatry Area of Distinction for UCSF Psychiatry residency program. She is also a board member of the Society for the Study of Psychiatry and Culture.



Kenneth Fung, MD, MSc, is Staff Psychiatrist and Clinical Director of the Asian Initiative in Mental Health Program, Toronto Western Hospital, University Health Network, and Associate Professor with Equity, Gender, and Populations Division, Department of Psychiatry, University of Toronto.

His research, teaching, and clinical interests include both cultural psychiatry and psychotherapy. He co-leads the Pillar 4 Dialogue of the Department of Psychiatry Strategic Plan, University of Toronto, which focuses on issues related to equity, social justice, and social responsibility, and is the Block Co-coordinator of the Cultural Psychiatry Core Seminars for psychiatry residents. He is involved in community-based research related to HIV, mental health stigma, and immigrant and refugee mental health. He is psychiatric consultant to Hong Fook Mental Health Association and Mon Sheong Scarborough Long-Term Care Centre. He is the President of the Society of the Study of Psychiatry and Culture and the Past Chair of the Transcultural Section, Canadian Psychiatric Association.

REGISTRATION

- The webinar is free for students, residents, and trainees; SSPC members; and residents of low- and middle-income countries (LMICs).
- Non-members: \$5 early-bird registration until 01 December 2019; \$10 thereafter.
- Learn more at: <https://psychiatryandculture.org>

SSPC ANNUAL MEETING

- The SSPC Annual Meeting ("Collaboration: Partnership, Translation, Integration") will be held on 16–18 April (Thurs–Sat) at the Marriott Providence Downtown, Providence Rhode Island.
- Learn more at: <https://psychiatryandculture.org>