



The **Yale Global Mental Health Program** provides educational opportunities and electives for the Yale community and mentorship and facilitated international experiences for residents.

## **“Lamas, Doctors, Yogis, and Volunteers: Treating Trauma among Tibetan Refugees in Northern India” by Sara Lewis**

### Goals:

To lead an engaged presentation and discussion about:

- 1) Refugee mental health in a context where mental distress is considered more of a 'spiritual' rather than 'medical' problem.
- 2) The benefits and limitations of medical humanitarian efforts in treating trauma.

### Learning Objectives:

At the conclusion of this presentation, audience participants will be able to:

- 1) Identify how Tibetan refugees understand violence and trauma, which differ from North American cultural concepts.
- 2) Describe key elements of Tibetan idioms of mental distress and salient help-seeking behaviors.
- 3) Think critically about the role of global mental health care across cultures.

**12/12/13 at 5:45 pm in the Suite 901 Large Conference Room, 9<sup>th</sup> Floor, 300 George Street**

**For more information and the full schedule of lectures, visit the  
Yale Global Mental Health website**

<http://bit.ly/ygmhp>

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