

What is SHARE ?

- SHARE (South Asian Hub for Advocacy, Research & Education on mental health) is one of the 5 Collaborative Hubs for International Research on Mental Health funded by the National Institute of Mental Health (NIMH) for 5 years. It has 18 partner institutions in South Asia and the IRD is the Sri Lankan partner.
- It is a five year programme on research and research capacity building.
- It is a collaboration between the London School of Hygiene & Tropical Medicine, University of Liverpool, Public Health Foundation of India, Sangath, Institute of Psychiatry (Pakistan), Human Development Research Foundation (Pakistan), Institute of Psychiatry (UK), Johns Hopkins School of Public Health and a network of about a dozen research institutions in India, Afghanistan, Nepal, Bangladesh and Sri Lanka.



Grand Challenges:
Integrating Maternal Mental Health into
Maternal and Child Health Programmes.

Workshop on the
“Thinking Healthy Programme” (THP)
To be held on 27th July 2013

Organized by the
Institute for Research & Development
(IRD)

Venue : Grand Oriental Hotel, Kashyapa Hall,
02, York Street, Colombo 01

Grand Challenges :

Integrating Maternal Mental Health into Maternal and Child Health Programmes

The Thinking Healthy Programme (THP)

A psychological intervention for the treatment of perinatal depression, developed in Pakistan and evaluated through one of the largest randomised controlled trials for a psychosocial intervention in a low-income country. It employed simplified techniques of cognitive-behavioural therapy and trained community health workers to deliver the intervention. Such interventions provide strong evidence for task-shifting strategies to reduce the global burden of mental disorders.

Articles

www.thelancet.com Vol 372 September 13, 2008

Cognitive behaviour therapy-based intervention by community health workers for mothers with depression and their infants in rural Pakistan: a cluster-randomised controlled trial

Atif Rahman, Abid Malik, Siham Sikander, Christopher Roberts, Francis Creed



Grand Challenges: Integrating Maternal Mental Health into Maternal and Child Health Programmes

Atif Rahman¹, Pamela J. Surkan², Claudina E. Cayetano³, Patrick Awagatare⁴, Kim E. Dickson⁵

Article IJSP

Development of metaphors to explain cognitive behavioural principles for patients with medically unexplained symptoms in Sri Lanka

Athula Sumathipala^{1,2}

Arch Womens Ment Health (2007) 10: 211-219

Original contribution

Challenges and opportunities in developing a psychological intervention for perinatal depression in rural Pakistan – a multi-method study

A. Rahman^{1,2}

- Course fee Rs 1000 (including lunch and tea)
- Places: limited, first come first served basis
- Apply with a short CV and what you expect by attending this workshop
- A certificate of participation will be issued
- Opportunities for collaborations

PROGRAMME

(Workshop leader Atif Rahman)

08:15 - First session of the Thinking Healthy Programme (THP)

10:30 - Tea

10:50 - Second session of the Thinking Healthy Programme (THP)

12:30 - Lunch

13:15 - Using metaphors to deliver CBT presented by Athula Sumathipala

13:45 - Measuring depression presented by Athula Sumathipala

14:30 - Short presentations about the IRD by Chesmal Siriwardhana, Kaushalya Jayaweera, Budhhika Fernando and Dinesha Gunewardena

15:15 - "Where do we go from here" Presented by Atif Rahman and Athula Sumathipala

15:30 - IRD tour and tea (optional)

Atif Rahman

MBBS, Dip in Psych (UK), MRCPsych (UK), PhD (UK)

Professor of child psychiatry at the University of Liverpool.

Chair of the Child Mental Health Academic Unit, Alder Hey Children's Hospital, UK.

Visiting Professor, Institute of Psychiatry and WHO Collaborating Centre, Rawalpindi, Pakistan.

A founder member of the Culture and International Mental Health Research Group based at the University of Manchester.

Co-Principal Investigator (with Vikram Patel) – SHARE initiative.

Co Chair (with Vikram Patel) of the NIMH U19 Collaborative Hub for global mental health research (South Asia).

Co-authored the Lancet series on Global Mental Health in 2007 and 2011 and the Lancet series on early child development in 2010.

Co-Director of a major Wellcome Trust programme in India and Pakistan to develop and evaluate an intervention to promote early child development.

Member of the WHO Mental Health Gap Action Programme Guidelines Development Group.

Athula Sumathipala

MBBS, DPM, MD, FSLCGP (Sri Lanka), MRCPsych (UK), PhD (Lond)

Travelling Professor Royal Australian and New Zealand College of Psychiatrists.

Visiting Senior Lecturer at the International Section on Mental Health, Institute of Psychiatry, Kings College, and Hon. Director of the IRD.

Member of the Senior Management Committee of SHARE and a member of the World Health Organization (WHO) Working Group on Somatic Distress and Dissociation Disorders, and WHO Guidelines Development Group (GDG) for problems and disorders specifically related to stress (SPE-STRESS).

Best known for his pioneering work in CBT for medically unexplained symptoms.

Contact Details

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