WORKSHOP: BASIC MENTAL HEALTH
Organized by i.nez, LMU-CIH, Jimma University and University of Hargeisa
Hargeisa, Somaliland
23.-25. January 2012

PROGRAM

Monday 23rd January

9:00 - 9:30 Opening
9.30 – 10-30 Getting to know each other (all participants and lecturers)
Are psychiatric services important in developing countries? (Dr. Wolf)
10.30 - 11-00 **Coffee break**
11.00 – 11-45 The Situation of Mental Health in Somaliland (Dr. Deria/ Mr Omer)
11:45 - 12:30 Integration of Mental Health in Primary Care Settings (Dr. Jibriil)
12:30 – 13.15 Signs and symptoms of mental disorders – mental state (Dr Markos)
13.15 -14.15 **Lunch Break**
14.15 – 15.30 Group work: Signs and symptoms of mental disorders (Dr. Wolf and Dr. Markos)
15.30 – 16.00 **Coffee break**
16.00 – 17.00 Workshop presentations

Tuesday 24th January

9:00 – 9.45 am Mood disorders - feeling too high or too low (Dr. Wolf)
9.45 - 10-30am PTSD - the person who has experienced a traumatic event (Dr. Markos)
10.30 - 11-00 **Coffee break**
11.00 – 11-45am Overview of talking treatments (psychotherapy) (Dr- Markos)
11:45 - 12:30pm Schizophrenia – feeling threatened (Dr. Wolf)
12:30 – 13.30pm **Lunch Break**
13.30-15.30 Group work: Mood disorders, PTSD and Schizophrenia (Dr. Wolf and Dr. Markos)
15.30 – 16.00 **Coffee break**
16.00-17.00 Workshop presentations
Wednesday 25th January

9:00 – 9.45 am  Khat – from chewing to addiction (Dr. Markos)
9.45 – 10:30 Psychopharmacology – the WHO recommended essential medications (Dr. Wolf)
10.30 - 11-00  **Coffee break**
11.00 – 11-45 The Emperor of China is working as a gardener- Rehabilitation of chronic schizophrenic patients in Malaysia (Dr. Wolf)
11:45 – 12:30 Epilepsy – seizures and fits (Dr. Wolf)
12:30 – 13.30  **Lunch Break**
13.30-15.30  Group work: How can psychiatric services be implemented / improved in Somaliland?
15.30 – 16.00  **Coffee break**
16.00-17.00  Workshop presentations
17.00  Closing Ceremony

**SPEAKERS:**
Dr. Deria Ereg, Hargeisa, Somaliland
Dr. Jibriil Handuleh, Borama, Somaliland
Mr. Omer Jama Farah, Hargeisa, Somaliland
Dr. Markos Tesfaye, Jimma, Ethiopia
Dr. Wolfgang Krahl, Munich, Germany

The above outlined program is meant for people who are interested or involved in psychiatric services, for nurses, occupational therapists, social workers, psychologists, doctors, psychiatrists, administrators, and other mental health workers. The number of participants in the planned workshop can be anywhere between 10 – 40 people. It is expected that all participants in the workshop are getting actively involved.