

Counseling & Mental Health Abroad

Institutes are multicultural immersion experiences that allow participants to learn and interact with the local culture and tour through the program's host community.

Institute participation is first reserved for National Certified Counselors, but can also include counselors, counseling students, and individuals of varying professions. Each individual's professional identity will complement their learning experience. Learning activities from the local community will contribute towards continuing education credits.

The program also provides a foundation for participants to build new relationships and possibly return to the host country for further volunteer collaboration independent of the institute.

Learning Objectives

Professional counseling and orientation and ethical practice:

Participants will learn about specific strategies for outreach to members of the local community.

Social and cultural diversity:

Participants will learn about different aspects of the local culture through direct interaction with members of the community.

Human growth and development:

Participants will be introduced to available resources that provide mental health support for the community.



Credits

NBCC-I has been approved by NBCC as an Approved Continued Education Provider, ACEP No. 803. Programs that do not qualify for NBCC credit are clearly identified. NBCC-I is solely responsible for all aspects of the program.

NBCC-I is offering 10-15 clock hours for this institute.

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Presenters

The following are potential presenters:

Since 2009, Felix Banderembaho has been a psychotherapist at the University Centre for Mental Health and taught clinical psychology, both at the University of Rwanda. He also worked for a short period of time in various other institutions between 2001 and 2009, such as the University Teaching Hospital of Butare, the Icyizere Center, the Catholic University of Rwanda, the Protestant Institute of Arts and Social Sciences, and Indangaburezi College of Education.

Mr. Banderembaho holds a bachelor's degree in clinical psychology, an advanced diploma in mental health nursing, and a professional certificate in nursing. Currently, he is pursuing a postgraduate degree at the Catholic University of Louvain-la-Neuve in Belgium. His thesis is about chronic headaches in the context of post-traumatic stress disorder (PTSD). His research interests are in PTSD, somatic disorders, and psychological interventions, especially cognitive and behavioral therapies.

Stefan Jansen is the deputy director of the Centre for Mental Health at the College of Medicine and Health Sciences at the University of Rwanda. As a senior researcher, his research interests include global mental health, with a focus on translating successful local practices and solutions into an academic framework. Dr. Jansen also performs research in the area of knowledge-attitude-behavior change through interventions in road safety, radio dramas and more. In addition, he is active as a neuroscientist, setting up the first fMRI neuroscience experiments to be conducted in Rwanda.

Serge Rwigamba works at the Kigali Genocide Memorial, where he coordinates, arranges and provides tours. He holds a bachelor's degree in international relations. Mr. Rwigamba works with other genocide survivors in capacity-building, and in other programs and workshops organized by Never Again Rwanda. He traveled to Uganda three times in 2010 to hold talks on raising awareness and fighting genocide as well as building a bright future for youth. In March 2014, he was invited by Humanity in Action (HIA) to travel to Denmark and share about Rwanda's recovery process to Copenhagen secondary schools.