

Contents

Foreword vii
 Professor Sheila the Baroness Hollins
List of Contributors ix

Introduction 1
 Sophie Thomson, Peter Hughes
 and Sam Gnanapragasam

Section 1 Key Principles, Theory and Concepts

- 1 **Background and Principles
 of Volunteering in Global Mental
 Health** 9
 Peter Hughes and Sam
 Gnanapragasam
- 2 **Humanitarian Emergencies** 22
 Peter Hughes
- 3 **Ethical Issues in Global
 Volunteering: An Ethicist’s
 Perspective** 28
 Ayesha Ahmad
- 4 **Ethical Issues in Global
 Volunteering: Practical
 Considerations** 32
 Sophie Thomson, Peter Hughes
 and Sam Gnanapragasam
- 5 **Benefits of Global Volunteering
 to the United Kingdom** 39
 Peter Hughes

Section 2 Practical Guide and Toolkit

- 6 **Preparation for Global Volunteering:
 Professional, Personal, Psychological
 and Practical** 47
 Sophie Thomson

7 **Onsite: Working in Another
 Country** 62
 Sophie Thomson and Peter Hughes

8 **Implementing and Delivering
 Training as a Global
 Volunteer** 68
 Sophie Thomson and Peter Hughes

9 **Psychological Techniques
 Toolkit** 85
 Bradley Hillier, Peter Hughes
 and Sophie Thomson

10 **After the Trip: Coming Home
 and Sustainability** 102
 Peter Hughes

11 **Monitoring, Evaluation
 and Research** 110
 Sam Gnanapragasam and Dinesh
 Bhugra

Section 3 Reflective Accounts and Perspectives of Global Mental Health Volunteering

12 **Myanmar: Mental Health Training,
 Recipient Perspective** 120
 Sai Kham Thaw

13 **Myanmar: Mental Health Training,
 Trainer Perspective** 124
 Sophie Thomson

14 **Somaliland: Mental Health Training,
 Recipient Perspective** 132
 Djibril Ibrahim Moussa Handuleh

- | | |
|--|---|
| <p>15 Somaliland and Malawi: Mental Health Training, Trainer Perspective 136
Mandip Jheeta</p> <p>16 Zimbabwe: Diaspora Perspective of Volunteering 145
Dorcas Gwata</p> <p>17 Sierra Leone: Capacity Building, Trainee Perspective on Volunteering 153
Dawn Harris, and Anna Walder</p> <p>18 Chad, Darfur, Haiti, Sierra Leone and Bangladesh: Humanitarian Field Experiences 165
Peter Hughes</p> <p>19 Sudan: Mental Health Training, mhGAP Trainer Perspective 176
Jane Mouny</p> <p>20 Kashmir: Mental Health Training, Royal College of Psychiatrists' VIPSIG Training Programme 183
Sally Browning</p> | <p>21 Ghana: Supervisor Perspective, Royal College of Psychiatrists' Volunteer Programme 188
Peter Hughes</p> <p>Section 4 Future of Global Volunteering</p> <p>22 Digital Possibilities for the Future 193
Ruairi Page</p> <p>23 Global Volunteering in Mental Health Moving Forward 200
Sophie Thomson, Peter Hughes and Sam Gnanapragasam</p> <hr/> <p><i>Appendices</i></p> <p><i>Appendix 1 Volunteering Opportunities</i> 205</p> <p><i>Appendix 2 Practical Preparation Checklist</i> 206</p> <p><i>Glossary</i> 208</p> <p><i>Index</i> 210</p> |
|--|---|