

PERU: Lima & Cusco

October 13-21, 2017

\$5,999 (based on double occupancy)

\$1,399 (Single supplement)

Optional Rainforest Extension \$1899

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CAREER ENRICHMENT

Mental Health Journey



From the rugged beauty of the Andes, to the crystal waters along the coast, to the endless green of the Amazon, Peru's landscape offers many worlds in one. Settled by Norte Chico, the oldest known civilization in the Americas, it has been home to ancient Inca kings and Spanish conquerors. Today, Peru's culture remains colorful and diverse.

Program Highlights

- 8 nights / 9-day journey through Peru
- Interact with **mental health professionals** from a variety of authorities and hospitals in both Lima and Cusco. Meetings will be requested with staff from the **Pan American Health Organization** and/or **Ministry of Mental Health** as well as local **mental health facilities** to best understand the status and role of mental health care providers in Peru.
- **Accompanying Guest program** – *alternate activities will be provided for those who do not wish to attend the meetings*
- **Optional Rainforest Extension** available on this itinerary

Focus on healthcare

- **Meaningful interaction and collaboration** between travelers and mental health professionals in Peru will focus on the greatest challenges facing Peru today in the equitable delivery of mental health services.
- While in Lima and Cusco, **exchange ideas** about ways to address mental health issues and delve into providing mental health services in underserved rural areas of the U.S. and Peru.

Focus on the community

- Giving back and engaging with the local community is an important part of your journey. During your visit to Cusco, plan to visit the **Sociedad de Beneficiencia Publica de Cusco**. This public mental health facility is run by the Public Charity Corporation of Cusco and provides services to patients of all ages who are at high risk of falling through the cracks and have little resource to quality mental health care.
- Through a portion of your program costs, a donation will be provided to the staff to continue their important work for the community!

Program Leader: Dr. Tom Barrett

Dr. Tom Barrett received his M.A. and Ph.D. in psychology from West Virginia University. Dr. Barrett taught international disaster psychology at the University of Zagreb in Croatia as a Fulbright professor in the spring of 2011. He also received a scholarship to complete Senior Government Executive Training at the Kennedy School of Government at Harvard University in June of 2002.

- Dr. Barrett is Clinical Professor Emeritus in the International Disaster Psychology Program, Graduate School of Professional Psychology (GSPP) at the University of Denver.



Why Nanda Journeys?

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