

## JAPAN: Tokyo & Kyoto

October 19-27, 2018

\$7,499 (based on double occupancy)

\$1,299 (Single supplement)

**BOOK NOW 888.747.7501**



### Mental Health Journey CAREER ENRICHMENT

*Japan has the third largest world economy and a rich and proud cultural history dating back thousands of years. This Land of the Rising Sun has an eclectic mix of ancient tradition and modern technology. The island nation is an archipelago of almost 7,000 islands, most of which are mountainous and many volcanic. From the highly-urbanized cities to the suburban areas, explore this beautiful country as you get to know its proud local people.*

#### Program Highlights

- 7 nights / 8-day journey through Japan
- Take a **bullet train** to Kyoto
- **Accompanying guest program** – alternate activities will be provided for those who do not wish to attend the meetings.
- **6.0-8.0 Continuing Medical Education (CME) credits** will be sought for this journey. *\*\*This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Wilderness Medical Society and Nanda Journeys. The Wilderness Medical Society is accredited by the ACCME to provide continuing medical education for physicians.\*\**

#### Focus on mental health

- Meet with medical professionals and mental health practitioners from a variety of settings in Japan including **local hospitals, clinics and medical societies**.
- Learn about **mental health policies, education and training** as well as ongoing communication and collaboration.
- Focus on the **cultural beliefs and practices** that affect the presentation and treatment of mental health problems; how professional and public opinion about mental health disorders have evolved; and the role of psychoanalytic theory and tradition.

#### Focus on the community & culture

- **Visit a traditional thatched town house** outside of Kyoto. Here you'll also learn some of Japan's traditional arts including straw crafts as well as a chance to make Mochi, pounded sweet rice that can be eaten in a sweet or savory dish.
- Take part in a **traditional Japanese tea ceremony**.

#### Program Leader: **Dr. Nada Stotland**

Dr. Nada Stotland is a former president of the American Psychiatric Association and the author or editor of seven books and more than 75 articles on women's health and medical ethics. She has won numerous awards, including the Francis Braceland and Alexandra Symonds awards from the American Psychiatric Association (APA) and the Lila Wallis Award from the American Medical Women's Association. As an invited speaker, she has addressed audiences in France, Colombia, Montreal, India, Germany, England, and Australia, as well as made appearances on *The Oprah Winfrey Show*, *Larry King Live*, and *Fox News*.



#### Why Nanda Journeys?

*Travel for people with purpose and passion. See for yourself what a difference travel makes.*

#### Ready to go?

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