



Mental Health Journey

CAREER ENRICHMENT

Iceland is a Nordic island nation with a population of less than 338,000, most living in the capital of Reykjavik. The dramatic landscape includes volcanoes, geysers, hot springs and lava fields which you will have the chance to explore. Long summer days with nearly 24 hours of sunlight are offset by short winter days with only a few. The country ranks at the top for quality of life, gender equality, and democracy; it also leads in health care and education.

Program Highlights

- 6 nights / 8-day journey through Iceland
- **Accompanying guest program** – alternate activities will be provided
- Optional **pre-program excursion** to explore the northern parts of the country and visit the famous **Blue Lagoon**.
- Although elusive and unpredictable, the natural phenomenon of the **Northern Lights** may decide to make an appearance since you're visiting Iceland in September.

Focus on mental health

- Meet with medical professionals and mental health practitioners from a variety of settings in Iceland including **local hospitals, clinics and government offices**.
- Learn about mental health systems in Iceland through **lectures and interactions with psychologists and allied healthcare professionals** including academics.
- Develop knowledge of the Icelandic systems of health, **methods of medical education**, investigate the **complex nature of mental health** issues they are facing as well as discuss opportunities to work together to improve mental health care.

Focus on the community & culture

- Enjoy a private concert and **introduction to Icelandic folk music**, storytelling and history from a local musician.
- Explore some of the most majestic scenery in the world, including **Gulfoss Waterfall**, UNESCO World Heritage rated **Thingvellir National Park**, and a black sand beach with amazing basalt cliff formations.

Program Leader: Thomas Barrett, Ph.D., Clinical Professor Emeritus, Graduate School of Professional Psychology at the University of Denver

Dr Barrett was senior medical officer and senior mental health consultant for the mental health and substance abuse department for the World Health Organization in Geneva, Switzerland between 2004 and 2007. He was the Mental Health Director for the state of Colorado between 1994 and 2004 and program evaluation and executive director for Bethesda Community Mental Center in Denver between 1974 and 1990. Dr Barrett was a Fulbright Professor at the University of Zagreb, Croatia, in 2011.

ICELAND: Reykjavik, Borgarnes & South Iceland

August 30 – September 6, 2020

\$6,399 (based on double occupancy)

\$999 (single supplement)

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