



ICELAND: Reykjavik, Húsafell & Hveragerði

September 15-22, 2019

\$6,699 (based on double occupancy)

\$999 (Single supplement)

BOOK NOW 888.747.7501

Mental Health Journey

CAREER ENRICHMENT

Iceland is a Nordic island nation with a population of less than 338,000, most living in the capital, Reykjavik. The dramatic landscape includes volcanoes, geysers, hot springs and lava fields which you will have the chance to explore. Long summer days with near 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 for those who do not wish to attend the meetings.
- 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.
- **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 Iceland 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

- Enjoy a private concert and **introduction to Icelandic folk music**, storytelling and history from a local musician.
- Support local conservation by visiting the **Háafell goat farm** where Jóhanna Bergmann Þorvaldsdóttir has been instrumental in saving the Icelandic goat from extinction.



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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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*.