Bhutan Counseling in The Land of the Thunder Dragon

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April 29, 2016
University of Montana
Schedule- morning

10:00 AM – 12:00 PM

Introduction to Bhutan:
http://www.cbsnews.com/videos/bhutan-the-mountain-kingdom

Land of the Thunder Dragon
Geography, location, Economy
History, Monarchy & Government
Modernity, Internet, etc.
Gross National Happiness
Buddhism

12:00 PM – 12:45 PM LUNCH ON YOUR OWN
Schedule- afternoon, part 1

12:45- 2:15 PM  Counseling in Bhutan (part I)
   Ghosts and spirits
   JDWNR Hospital
   Mental Health Challenges, statistics, suicide, alcoholism
   **NBCC-I** goals and mission, MHF
   Unmet Mental Health needs (WHO Conference)
   4th Queen’s Request
   Scope of programs
   MOU’s with Bhutan, RENEW
   Teacher Counselors

12:15 – 2:30 PM  BREAK
Schedule- afternoon, part 2

2:30 – 4:00 PM  Counseling in Bhutan (part II)

Integration of Worldview
Buddhism, karma, Four Noble Truths
Family
Suicide, Alcoholism
Putting it all together- case examples.

Questions?
Kingdom of Bhutan
The Kingdom of Bhutan
Chelela Pass

13,084 feet
Dochu La Pass

10,223 ft
Land of the Thunder Dragon
History, Monarchy & Government

• Before the 17th century, patchwork of warring fiefdoms- regional “Debs” – feudal warlords
• Bhutan known by various names that described its location; relation to Tibet.
• South land of medicinal herbs (Lhojong Menjong); Southern land of darkness (Lho Mon); southern land of cypresses (Lho Tsenden jong)--South of Tibet
• 17th century, Druk Yul, Land of the Thunder Dragon – Vajrayana Buddhism - decentralized theocracy consolidated
History, Monarchy & Government

- **Zhabdrung** Ngawang Namgyal – founder of Druk Yul.
- Born in Tibet into family of Prince abbots, Ngawang Namgyal installed as 18th abbot of the Drukpa Monastery in 1606, age 12.
- In 1616, succession disputes caused him to flee to Bhutan at age 23.
- Taught Buddhism; overcame challenges by rival lineages, unifying the country.
History, Monarchy & Government

• Codified intricate and comprehensive system of law.
• Staved off Tibet’s attempts for domination-invasions in 1639, 1647, 1648, 1649.
• 1639- **Ngawang Namgyal** Installed self as leader, establishing unification.
• Governed for 35 years.
History, Monarchy & Government

- Ngawang Namgyal began a dual system of governance.
  - Civil ruler, or Desi,
  - Je Khenpo, or chief abbot, the spiritual ruler.
  - Drukpa Kagyu as state religion - Vajrayana Buddhism.
- Divided the country into regions under governorships, called Penlops
- Established foundations for Bhutan’s national, cultural and political identity
History, Monarchy & Government

• 1651- sacred retreat* of Zhabdrung Ngawang Namgyal
• Bhutan ruled by 51 different, warring Desis causing civil unrest for two centuries.
• Jigme Wangchuck- 48th Druk Desi, Trongsa Penlop (governor) curbed many internal feuds, chief governmental advisor.
• His son Ugyen Wangchuck – Defeated rebellions, united the country
• 1907 – Unanimously crowned first hereditary king.
Monarchy
History, Monarchy & Government

• 1st Druk Gyalpo – Ugyen Wangchuck (1907-1926)
• Built temples, monasteries, improved monastic education.
• Bonds between King & subjects - trust & confidence.
• What he does is for the welfare of the people & sovereignty of the nation.
History, Monarchy & Government

  - Centralized power
  - Abolished remaining feudal systems
  - Collected taxes
  - Built roads, hospitals
  - Supported education abroad, especially in traditional & western medicine.
History, Monarchy & Government

Jigme Dorji Wangchuck

• Era of modernization- planned development
• Emergence from isolation; ties with Tibet, China, India; 1971- member of UN
• Major changes in politics; Cabinet, Advisory Council
• Decision making extended to people whose representatives congregated in a National Assembly- NA.
  • All decisions of NA binding
  • If decisions unsound, King would “personally address the assembly for the ....reconsideration of the matter”
History, Monarchy & Government

Jigme Dorji Wangchuck

• Movement towards a Democratic Constitutional Monarchy

• Democracy thought to mean freedom; people could do whatever they wanted; feared losing their compassionate way of life.

• Democracy a gift from the monarchy; King helped them develop capacity and experience to deal with challenges of future.
History, Monarchy & Government

- **4th Druk Gyalpo (1972-2006) Jigme Singye Wangchuck**
- **Father of Democratic Bhutan**
  - Ascended to throne at age 16, after death of father
  - Unprecedented development
  - Communication
    - 1973, 1st radio transmissions, 1986 BBC
    - 1999 – TV & Internet
  - Free education extended to all
  - Modern health, sanitation systems
  - Safe drinking water
  - Modern trading economy
  - Global and regional ties
History, Monarchy & Government

- 4th Druk Gyalpo - Jigme Singye Wangchuck
  - System of government to attend to political, environmental, social, cultural, and developmental needs of the people;
  - Increased democratic governance; draft & ratification of constitution
  - Created Philosophy of Gross National Happiness- GNH
  - Married 4 sisters, daughters of Aristocratic family, descendants of Bhutan’s founder Ngawang Namgyel
  - Queens very involved in altruistic projects and enterprises for benefit of the country.
History, Monarchy & Government

Highlights of constitution:

• Enacted 18 July 2008 by the Royal Government of Bhutan.
• Developed over a period of 7 years; formally ratified 2006.
• Based on Buddhist philosophy, international Conventions on Human Rights, comparative analysis of 20 other modern constitutions, public opinion, and existing laws, authorities, and precedents.
• Constitutional committee was particularly influenced by the Constitution of South Africa because of its strong protection of human rights.
History, Monarchy & Government

Highlights of constitution:

• Separation of powers, Bicameral parliamentary government, judicial review.
• Social Services provided by the state
• Preservation, protection & promotion of tradition & culture.
• GNH as philosophy guiding all development
• Responsibility of people to protect & conserve the pristine environment and maintain 60% of total land under forest cover.
History, Monarchy & Government

  The Peoples King

- “Not for a single additional day should any person suffer dire pains of poverty & injustice, neglect & disability”

- Close rapport with youth; opened 1st juvenile rehab complex (1999)

- Reformed the welfare system (kidu), travels country & personally grants kidu to aged, destitute, disabled; also scholarships students to attend school
History, Monarchy & Government

- **5th Druk Gyalpo Jigme Khesar Namgyel Wangchuk (2006)**
- Sees his task as the success of the Democratic system; pursuit of GNH
- Married commoner, Jetsun Pema in 2011
- Prince born February 5th, 2016.
Gross National Happiness - GNH

- **Article 9, Bhutan Constitution**: “The State shall strive to promote those circumstances that will enable the successful pursuit of Gross National Happiness.”*

- His Majesty Jigme Singay Wangchuck- “GNH is more important than GDP.”

- “GDP doesn’t value the developing tree; only values the capital from the timber”.

- “True development of a society takes place when material and spiritual advancement complement or reinforce each other.”

- Attempt to harmonize economic progress with spiritual, cultural, social & emotional well being of the people
Gross National Happiness - GNH

• GNH is rooted in the foundational Buddhist cultural values:
  • Compassion, Balance, Harmony, Sustainability, Sanctity of Life, Moderation, and The Interdependence of all sentient beings
  • Relational in character
  • Collectivistic, not individualistic
  • Equity not equality
  • Everything becomes a means to the end of collective happiness.
Gross National Happiness - GNH

- Buddhist principles-
  - Impermanence of all phenomena
  - Human desires cause of all suffering.
  - Knowing these should limit desires to affordable limits, causing happiness.
  - Awareness of karmic consequences of one’s deeds in this life - earns merit that will bring peace, happiness and prosperity to one’s family in this life and the next. *

- [https://www.youtube.com/watch?v=7Lc_dlVrg5M](https://www.youtube.com/watch?v=7Lc_dlVrg5M)
Gross National Happiness - GNH

Four Pillars of GNH:

1. Equitable and Sustainable Socio-Economic Development
   • Hydroelectric power vs. extractive and environmentally damaging sources of power.

2. Preservation and Promotion of Culture
   • Strengthen families, community; preserve and promote festivals and traditions (18 National holidays and 2 Tshechus)

3. Conservation of the Environment
   • 60% of land must remain under forest cover. (currently 72%)

4. Good Governance
   • Decentralization – giving power to districts to self govern
   • World Trade Organization Vote
Gross National Happiness - GNH

GNH Indicators- Nine Core dimensions:

Center for Bhutan Studies-GNH think tank, Research Institution and Assessor of GNH

- Psychological Well-being - collective happiness
- Time Use - balance
- Community Vitality - belongingness, caring, safety
- Culture - diversity & resilience, festivals
- Health – barriers, knowledge, BMI, breast feeding
- Education – attainment levels, literacy, historical & folk
- Ecological Diversity and Resilience – domestic demands on environment and eco systems (carbon negative)
- Living Standard – income, food, financial security
- Governance – honesty, service delivery, corruption
Bhutan

• **Official Language – Dzongkha**
  - Dzong - monastery/fortress; kha - language

• **English**-schools, business, commerce, government

• **Three main Ethnic Groups:**
  - **Ngalops** - people from the west, Tibetan origin, 7th- 9th centuries A.D.
    - Predominate in the government, and the civil service.
  - **Sharchops** - people of the east
    - Descendants of earliest major group to inhabit Bhutan.
    - Language - Tshamglakha
  - **Lhotshampas** – people from the south
    - Language- Lhotshamkha (Nepali)
Diversity of Language/Cultures

- Smaller groups and Communities- with own dialects:
  - **Central Bhutan**
    - Bumthaps
    - Mangdeps
    - Kengpas
  - **East**
    - Kurtoeps
  - **North West**
    - Layops
    - Dakpas
  - **Southwest**
    - Doyas
Brokpa Yak Herders

- Tibetan origin - Yakthung tribes – Semi nomadic
- Indigenous Himalayan regions from Nepal south to Bhutan & Burma
Preserving Culture: Driglam Namzha

- **Driglam** - order, discipline, custom, rules, regimen.
- **Namzha** – system or rules for disciplined behavior.
- Ngawang Namgyal, 1st Zhabdrung Rinpoche- unification not just political but also cultural.
  - Guidelines for Dzong (monastery) architecture
  - Established traditions of Tshechu
  - Codified to encourage the emergence of a distinctive Bhutanese identity.
- 1989 Dress code became mandatory in public during business hours (One Language, One people)
Traditional Dress
Traditional Dress
Preserving Culture: Driglam Namzha

- **One Culture, One people** - Tightening of Citizen Act (1985) as a result of Illegal immigration
- Dress code resented by Lhotshampas (Nepali) people of southern lowlands.
- Forced to wear clothing of Ngalop people
- No longer could speak Nepali, no longer used/taught in the schools
- Couldn’t practice Hindu
- 107,000 forcefully evicted, camps in Nepal, resettled in US & Canada
Bhutanese Food

- Spicey!!
- Rice (red) dietary staple
- Red and green chillies- ema fresh or dried
  Ema Datshi (cheese)
  Kewa (potato) Datshi
- Momos: Tibetan-style dumplings, stuffed - pork, beef, cabbages & cheese
- Meat- Beef, pork, yak meat
- Buckwheat pancakes
- Butter tea - Milk tea
- Ara- rice, corn, wheat, millet
Overview of Bhutan - Economy

• Bhutan’s national currency is called Ngultrum - introduced in 1974
• The Ngultrum is tied to the Indian Rupee.
• One United States Dollar is roughly equivalent to 67 Ngultrum; 48 in 2011.
• GDP - per capita (PPP): $5,500 (2010 est.)
  $5,300 (2009 est.)
  $4,900 (2008 est.)

note: data are in 2010 US dollars (CIA World Fact Book).
Overview of Bhutan - Economy

• Agricultural and live stock traditional mainstay of economy.
• They contribute about 45% to GNP.
• 70% of Bhutan’s population live on subsistence farming growing rice, barley, millet, buckwheat, potatoes, mustard, chili and vegetables.
• Local cheese is made from cow and yak milk; air-dried yak meat considered a delicacy.
• Forestry adds another 15% to GNP.
• Hydroelectric power newest domestic product
Religion in Bhutan

- 3/4 population – **Mahayana Buddhism, Vajrayana** form
- 33rd Tibetan King Songtsen Gampo ordered the establishment of monasteries in the Himalayan region to subdue the evil spirits. (~640 AD)
- 747 AD Guru Padmasambhava (Guru Rimpoche) 
  Tibetan Buddhist Llama - established the Vajrayana form of Buddhism.
- **Bon** practices integrated into Buddhism
  - Main religion in Himalayan region prior to advent of Buddhism.
  - Animistic & shamanistic practices
Religion in Bhutan

• 1/4 population - Hindu (ethnic Nepalese) Lhotshampas – people from the south
  • Oct 2011- Thimphu - Hindu temple site, dedicated with a pooja
  • The foundation stone was laid by Je Khenpo, Bhutan's chief abbot (Buddhist)
• Small % Christian – especially in Nepalese
Buddhism in Bhutan

- Mahayana scriptures emphasize compassion
- Spiritual goal is Bodhisattva, a being of compassion;
- Bodhisattva delays full Buddha-hood to stay in this world and teach to relieve the suffering of others
- Own enlightenment becomes intertwined with the suffering of others
Buddhism in Bhutan

May I be a doctor, medicine and nurse for all sick beings in the world until everyone is cured.
Buddhism in Bhutan

Buddhism and Education - GNH

• The Centrality of Buddhism and Education in Developing Gross National Happiness;
• 4\textsuperscript{th} King provided free Education to all children, irrespective of family backgrounds.
• Psychology Class:
  • “Learning is the process of effecting change in behavior [which produces an improvement in our relations with our environment].”
• Learning for the purpose of bringing peace and harmony in our environment
Buddhism in Bhutan

Buddhism and Education - GNH

• Meditation involves cultivating awareness, compassion, sympathetic joy, & equanimity.
• Wisdom involves seeing that ultimately there is no difference between oneself and others;
• This realization gives rise to enlightened compassion.
• Desired career is government worker
• Education beyond grade 8 is determined by exam scores.
Schedule

12:45- 2:15 PM
Counseling in Bhutan (part I)
Ghosts and spirits
JDWNR Hospital
MH Challenges  Bhutan statistics
Unmet Mental Health needs  -  WHO
NBCC-I  goals and mission, MHF
4th Queen Mother’s Request
Scope of programs
MOU’s  with Bhutan, RENEW
Teacher Counselors
Achievements

2:15 – 2:30 PM  BREAK
Counseling In Bhutan I

• Story – Two brothers--Bhutan’s first psychiatric patient and first Psychiatrist
   http://www.thestar.com/news/world/2013/09/09meet_the_overwhelmed_psychiatrist_in_the_worlds_happiest_country.html

• Story II - Children are children the world around, except when they live in Bhutan.
Counseling In Bhutan: Challenges

- **Awareness of Mental Health & Illness – recent**
  - 2010 study, 86% of pts’ families performed pujas, or other religious rituals before seeking medical help.
  - Not uncommon to spend large sums of money to take kin to esteemed Lamas in India.
  - Somatic expression of emotions, belief in physical causes.
  - 2002 research – beliefs in causes of Mental Illness
Counseling In Bhutan: Challenges

- 2002 – Preferences for Treatment
Counseling In Bhutan: Challenges

- **Economy – Culture of poverty**
  - 60-70% subsistence farming, barter economy
  - 50-60% literacy rate
- **Bhutan 2013**
  - GDP per capita $2,560.5, USD
- **USA**
  - GDP per capita $54,629.5 USD
- **Average annual income**
  - Bhutan-$5,483 USD (36,432) NU
  - Median $3,968 USD
  - USA $51,939 USD
Counseling In Bhutan: Challenges

**Culture of Poverty- Issues**

- Shelter – communal houses
- Food insecurity
- Infrastructure - roads
- Education- who gets to advance,
- Literacy
- Clothing- school uniforms
- Brain Drain
- Medicine/ health/ disease
- Life expectancy
- Jobs/ government/ civil sector
Counseling In Bhutan: Challenges

Limited resources:

- One 18 bed psychiatric unit - JDWNRH
  - serves 31 hospitals/Population 740,000
  - JDWNRH- only psychiatric OPD

- Drug & Alcohol Tx Centers:
  - Chithuen Phendhey- Drop In
  - Rehab Centers –
  - Serbithang or India
  - Nazhoen Pelri Tx & Rehab.
  - Half way house- Paro

- RENEW – NGO for DV-
  - counseling & shelter
Counseling In Bhutan: Challenges

- Limited resources:
  - Two psychiatrists, 4 or 5 trained psychiatric nurses,
  - Two US trained mental health counselors
  - Teacher Counselors – post grad certificate program
  - Columbo Training (Australia) Substance Abuse
Counseling In Bhutan: Challenges

• Limited resources:
  • 2011- Country spent less than 1% of health budget on MH treatment and care (WHO report)
  • Government pays for education/training; decides who gets trained and to which program
  • No professional training within the country- KGUMSB
• Multiple Languages – Dzongka, Sharchop, Nepalese
  • English as 2\textsuperscript{nd} or 3rd
  • Eight or nine other dialects
Counseling In Bhutan: Challenges

Cultural practices:

• Co sleeping until puberty or after - positive bonding
• Step fathers marrying a mother and a daughter.
• Polygamy & serial monogamy without marriage
• Authoritarian society - Domestic violence- 77%
  • 68.4% of woman accepted-expected if not performing duties (2010-RENEW)
• Night hunting
• Use of physical discipline
• Parenting is authoritarian, scolding, shaming.
• Same-sex orientation is stigmatized, but policies call for equality. One group of gays and lesbians went public last year.
Counseling In Bhutan: Challenges

- **Modernization** –
- Urban migration - loss of extended families, communal living - parental neglect
- Increased exposure to internet, media & the world beyond their borders
- Loss of Buddhist values or using them as one’s moral compass
- Changing society norms, increased material expectations
- Shift away from compassionate culture of caring for others
Cultural Challenges to MH

- Little awareness that life stressors & emotions cause mental health problems
- Somatization disorders
- Psychosocial problems (poverty)
- Domestic violence
- Depression
- Stigma of mental illness
Counseling In Bhutan: Challenges

- **Suicide** - Taking a life (even one’s own) is punishable through 500 lives of negative karma- no rebirth as a human.

- **Alcoholism** – part of gatherings and festivals

- Suicide, and substance abuse are becoming common solutions to those who feel powerless to effect change.

- **Buddhism and Karma** –
  - Teaches all people experience substantial suffering, originates from past lives and negative deeds
  - Illness, disease, pain, and distress are caused by past life deeds
  - Loss of Buddhist beliefs with modernization- loss of their capacity to provide a moral compass for the people.
Suicide

Risk factors in Bhutan

• 2014 Nationwide Study (2009-2013) (http://www.thebhutanese.bt/?s=suicide)
• 361 completed suicide cases
• 80 attempted
• (.05%) 5/10,000 -- US 1.26 /10,000 (.0126%)
• 319 cases -- 210 victims, were married (66%)
• Most common stressor reported was ‘disharmony with spouse’ at 79 %
• 70% were male
• Men complete more - 67%,
• Women attempt more – 85%
Suicide

• **Risk factors in Bhutan – Demographics**

• **Prior attempts**
  - 48% - attempted that at least once
  - 28% - attempted twice
  - 11% - attempted three times

• **Age & Gender**
  - 66% of the completed suicide - 15-40 years
  - 15% -- over 55 years.
  - 5% --less than 15 years
  - Largest professional group- agricultural workers, & farmers –
    - 144 cases or 45.2 %
  - Second highest professional group –
    - Students, 46 cases or 14.4 %
Suicide

- **Economic Risk factors:**
  - Half of victims’ households’ average annual income—less than **Nu. 7000 ($105 USD)**
  - Most completed suicides – rural areas
  - Most attempted – urban areas
  - Poverty % of population at national poverty lines:
    - 12.0% 2012
    - 23.2% 2007
Suicide

- **Psychological Risk actors**
  - Mental health problems 84%
  - Stressful life events - 68%
  - Domestic violence- 46%.

- **Addiction**
  - 59%- alcohol
  - 14% also addicted to marijuana and other drugs.
  - 67% of males, 40% females had addiction to alcohol or drugs.
  - 45% who completed were under the influence (dis-inhibitor)
Suicide

• Psychological Risk actors
  ▪ Diagnosis with a terminal illness -- 22%
  ▪ Elderly support needed --
    ▪ 21% or 7% over age 65.
  ▪ 71% did not come from broken homes;
    ▪ 29% did
### Alcoholism & Substance Abuse

**Hospital Admissions reported**

<table>
<thead>
<tr>
<th>Disorder</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
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</thead>
<tbody>
<tr>
<td>Psychosis</td>
<td>122</td>
<td>130</td>
<td>121</td>
<td>126</td>
<td>87</td>
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<tr>
<td>Depression</td>
<td>444</td>
<td>524</td>
<td>712</td>
<td>739</td>
<td>621</td>
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<tr>
<td>Anxiety</td>
<td>381</td>
<td>302</td>
<td>324</td>
<td>392</td>
<td>513</td>
</tr>
<tr>
<td>Other mental disorders</td>
<td>565</td>
<td>734</td>
<td>647</td>
<td>755</td>
<td>732</td>
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<tr>
<td>Epilepsy</td>
<td>1008</td>
<td>1205</td>
<td>1220</td>
<td>1156</td>
<td>1104</td>
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<tr>
<td>Alcohol Liver Disease</td>
<td>1217</td>
<td>1531</td>
<td>1471</td>
<td>1329</td>
<td>1602</td>
</tr>
</tbody>
</table>

Source: Annual Health Bulletin, 2010
## Alcoholism & Substance Abuse

### Causes of Deaths in Hospitals

<table>
<thead>
<tr>
<th>Disease</th>
<th>2005</th>
<th>2006</th>
<th>2007</th>
<th>2008</th>
<th>2009</th>
<th>Rank</th>
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<tbody>
<tr>
<td>Alcohol Liver Disease</td>
<td>92</td>
<td>104</td>
<td>98</td>
<td>98</td>
<td>133</td>
<td>1st</td>
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<tr>
<td>Neonatal Death</td>
<td>52</td>
<td>81</td>
<td>84</td>
<td>123</td>
<td>83</td>
<td>2nd</td>
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<tr>
<td>Circulatory Diseases</td>
<td>77</td>
<td>88</td>
<td>55</td>
<td>88</td>
<td>75</td>
<td>3rd</td>
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<tr>
<td>Pneumonia</td>
<td>44</td>
<td>59</td>
<td>39</td>
<td>59</td>
<td>57</td>
<td>4th</td>
</tr>
<tr>
<td>Other - Cancers</td>
<td>40</td>
<td>45</td>
<td>60</td>
<td>48</td>
<td>61</td>
<td>5th</td>
</tr>
</tbody>
</table>

Source: Annual Health Bulletin, 2010
Alcoholism & Substance Abuse

Cases Admitted to JDWNRH Psychiatry Ward, 2004 - 2010

- Alcohol: 193 cases
- BPAD: 131 cases
- Psychosis: 123 cases
- Drugs: 84 cases
- Anxiety disorder: 84 cases
- Depression: 75 cases
- Epilepsy: 25 cases
- Others: 11 cases
Alcoholism & Substance Abuse

Patients with Alcohol Dependence Syndrome admitted in Psychiatry Ward JDWNRH 2004 - 2009

<table>
<thead>
<tr>
<th>Year</th>
<th>Number of Patients</th>
</tr>
</thead>
<tbody>
<tr>
<td>Yr 2004</td>
<td>15</td>
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<tr>
<td>YR 2005</td>
<td>30</td>
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<td>Yr 2006</td>
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<td>Yr 2007</td>
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<tr>
<td>Yr 2009</td>
<td>60</td>
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## Alcoholism & Substance Abuse

<table>
<thead>
<tr>
<th>Year</th>
<th>Alcohol</th>
<th>Drugs</th>
<th>BPAD</th>
<th>Depression</th>
<th>Psychosis</th>
<th>Anxiety disorders</th>
<th>Epilepsy</th>
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<tbody>
<tr>
<td></td>
<td>Male</td>
<td>Female</td>
<td>Male</td>
<td>Female</td>
<td>Male</td>
<td>Female</td>
<td>Male</td>
</tr>
<tr>
<td>2010 Totals</td>
<td>118</td>
<td>18</td>
<td>53</td>
<td>5</td>
<td>27</td>
<td>21</td>
<td>17</td>
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<tr>
<td>2011 Totals</td>
<td>238</td>
<td>45</td>
<td>25</td>
<td>2</td>
<td>20</td>
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<td>14</td>
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<tr>
<td>2012 Totals</td>
<td>101</td>
<td>22</td>
<td>32</td>
<td>6</td>
<td>13</td>
<td>15</td>
<td>14</td>
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<tr>
<td>2013 Totals</td>
<td>178</td>
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<td>54</td>
<td>5</td>
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<td>2014 Totals</td>
<td>268</td>
<td>52</td>
<td>31</td>
<td>3</td>
<td>26</td>
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Alcoholism & Substance Abuse

Patients with Alcohol Dependence Syndrome Admitted to Psychiatry Ward JDWNRH 2004 - 2009

Number of Patients

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<tr>
<th>Years</th>
<th>Male</th>
<th>Female</th>
</tr>
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<tr>
<td>less than 20 yrs</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>21 - 30 yrs</td>
<td>20</td>
<td>40</td>
</tr>
<tr>
<td>31 - 40 yrs</td>
<td>100</td>
<td>60</td>
</tr>
<tr>
<td>41 - 50 yrs</td>
<td>20</td>
<td>20</td>
</tr>
<tr>
<td>51 &amp; above</td>
<td>20</td>
<td>20</td>
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</tbody>
</table>
Alcoholism & Substance Abuse

• Data from new Socio-Economic Research and Analysis Division (SERAD) – assess human capitol for GNH
• Cultural right, heritage:
  • Festivals, Tsheschus, rituals, celebrations, sports, worshipping and appeasing gods
• Binge drinking by young adults on w/e new
• Home brews- 86% (Chang, Ara) of alcohol consumed in 2007*
• Ara (distilled from grains) & Bangchang (fermented and extracted from grains), 20-30% alcohol
Alcoholism & Substance Abuse

• Commercial alcohol available; increasing demand & production
• Beer- Increased production & demand
• Druks 11,000- 8 % alcohol
• Buddha discouraged use of intoxicants; excessive consumption of alcohol
  Inconsistent with Buddhist teachings
Alcoholism & Substance Abuse

- Inhalants (sniffing, huffing, bagging)
  - Correction fluid
  - Paint, paint thinner
- Cannabis
- Pharmaceuticals:
  - Corex-- cough medicine- codeine
  - Smasmoproxyvon (SP) analgesic with synthetic opioid
  - Relipin (RP) analgesic with synthetic opioid
  - Nitrazepam (N10) benzodiazepine
  - Used to heighten effects of SP & RP
Developing of Counseling in the Land of the Thunder Dragon

National Board of Certified Counselors – International (NBCC-I)
NBCC-I

- Founded: (2003) Division of NBCC
- Purpose: promote professional counseling around the world
- Collaborates on: MH activities & education, vocational guidance, professionalization, credentialing, certification, international conferences,
- Core belief – “counseling is only relevant if it reflects the cultural, social, educational and economic realities of a particular context”
NBCC-I

• Works with:
  • UNESCO – Consultative status as an NGO
  • AU-SARO
  • USAID - PVO

• Regional offices in: Argentina, Bulgaria, Germany, Greece, Mexico, Malawi, Malaysia, Romania, & Bhutan.

• EBCC: Portugal
NBCC-I

Mental Health Facilitators - MHF

- WHO estimates:
  - 450 million people with unmet mental health needs
  - One in four significant psychological distress for emotional disorder diagnosis

- MHF program is designed to:
  - Improve access to community-based mental health care
  - Bring MH to never served populations
  - Not a new professional
NBCC-I

- Invitation to NBCC-I by 4th Queen Mother, Ashi Sangay Choden Wangchuck - help establish profession of Counseling in Bhutan
  - First MOU with RENEW in 2008
  - Biennial Conferences (3rd-2015)
  - MHF – Teacher Counselors
  - Counselor Ed. for 3 mo. Min. (2012), NBCC-I & MoH
  - MOU’s with -RENEW, MoH, DYS
  - MOU with KGUMSB – Counselor Educators
NBCC-I

• MOU’s with -RENEW, MoH, DYS
• Counselor Ed. 3 mo. (2012) NBCC-I & MoH
• MOU with KGUMSB – Counselor Educators
• Achievements:
  • BBCC – Bhutan Board of Certified Counselor
  • School Counselors – Post Grad Certificate @ RUB
  • KGUMSB
Schedule – Afternoon Part II

2:30 – 4:00 PM  Counseling in Bhutan (part II)

Sample cases: Pema; Tashi & Chimi
Integration of Worldview
Buddhism, Karma, Compassion
Family
Suicide, Alcoholism

S/A trainings/ alcoholism/facilities
Putting it all together- case examples.

Questions?
Using World View for Assessment

Language/Communication styles
- Direct/indirect
- Passive/ Assertive
- High context/low context
- Emotional restraint/ emotional expressiveness

Religion/Spirituality
- Associated beliefs
- Rituals

Sociopolitical histories

Social Relationships -mechanisms of support
- Individualistic-collectivistic
- Vertical-hierarchical  Authoritarian/ egalitarian
- Marriage/family
- Gender roles

Expression of pain & disease
- Medical/mental health care & delivery systems
- Indigenous helpers
Bhutanese Case Examples

Tashi (34 y.o. male) & Chimi (44 y.o. female)

Tshering – hospital employee, Anxiety disorder, 3rd or 4th admission, suicide attempts, 4 children (8-26), 4th marriage, 3 children by previous husbands. Precipitant: upset by husband’s verbal abuse when he has been drinking.

Tashi – well educated, taxi driver, very responsible, cares deeply about her children, feels it is his cultural right to drink. Aware his life would be much different if married someone else.
Bhutanese Case Examples

Pema—16 yr old female, 3\textsuperscript{rd} hospital admission, depression. 2\textsuperscript{nd} admission, relapsed after stopping medication. 3\textsuperscript{rd} admission precipitant unknown. Living with Uncle and his young family in Thimphu.
Using World View for Assessment

Language/Communication styles
- Direct/indirect
- Passive/Assertive
- High context/low context
- Emotional restraint/emotional expressiveness

- English as a person’s 2nd or 3rd language
- Politley direct, always respectful
  - Honorific term “La,” for those in authority, status
  - Inconsistent eye contact
- Passive personal style – (minimal agency)
  - Personal or self reflective statements are minimal.
  - Result of Collectivist/Buddhist other directed, compassionate orientation
Using World View for Assessment

Language/Communication styles
• Direct/indirect
• Passive/ Assertive
• High context/low context
• Emotional restraint/ emotional expressiveness

• Bhutanese practices of advice-giving (Family & Lamas) and scolding (from all authorities- parents, medical, etc.)
• Medium context language specific: food – low; relationships, emotions--?; humor – high.
• Emotional restraint: NO self aggrandizement, very humble, never effusive
  • Emotions are not investigated or discussed
Using World View for Assessment

Religion/Spirituality
  • Associated beliefs
  • Rituals

Buddhist tenets:
  • “Most of us we don't really understand what Buddhism is. But I think most of the values and the concepts that we follow are participants of Buddhism.”
  • “Buddhist philosophy might provide new Language for understanding human nature and thus contribute to the global field of counseling...”
Using World View for Assessment

Religion/Spirituality

• Associated beliefs
• Rituals

Buddhist tenets:

• Compassion for all living things
  ▪ Responsibility to & for others; others before self
• Life is suffering – help or hindrance?
  ▪ Cycles of karma and reincarnation
    ▪ What happens to us in the present is as a result of what we have done in the past/past lives
    ▪ Not destiny -- What we choose to do in the present effects our future/future lives of our family
• “It is your Karmic responsibility”
Using World View for Assessment

Religion/Spirituality
  - Associated beliefs
  - Rituals

- **Meditation** – Average Bhutanese does not practice; monks do
  - Older people take more time to prayer, certain number needed in a lifetime (prayer beads)
- **Mindfulness meditation** – Lama Shenpen
- **Bon** beliefs: Belief in spirits and black magic
  (Bon beliefs; respect for nature)
- **Festivals** – Tshechus held in each district on 10th day of a month of lunar Tibetan calendar.
  - How does one celebrate without becoming intoxicated?
Using World View for Assessment

Religion/Spirituality
  • Associated beliefs
  • Rituals

Bhutanese Counselors:
  • Counseling similar to traditional helping practices:
    • Difference -- counseling listens - lamas and other traditional helpers give advice.
  • Need to integrate -- spiritual etiology of health and mental health problems rather than see as interference
  • “Counselors who are like bodhisattvas”
Using World View for Assessment

Religion/Spirituality
- Associated beliefs
- Rituals

Bhutanese Counselors ideas:
- Counselors to Bridge differences by educating themselves re:
  - Traditional healing approaches (Turmeric-curtcumin)
  - Providing education about modern views
  - Being flexible in approach
- Teaching of meditation as a therapeutic medium
Using World View for Assessment

Sociopolitical histories

Social Relationships - mechanisms of support
- Individualistic-collectivistic
- Vertical-hierarchical Authoritarian/ egalitarian
- Marriage/family
- Gender roles
Using World View for Assessment

- Sociopolitical histories
- Entered modern world in 40 yrs
  - Education – Schools – Hostels, minimal adult guidance
- Very rapid modernization
- Urbanization = STRESS*
- Focus on money, materialism –
  - Increase individualism,
  - competitiveness
Using World View for Assessment

- Sociopolitical histories
- Loss of extended family – How to reconnect with?
- Benevolent Monarchy- ( kidu ) -- self agency?
- Citizenship?
- Engage in conversation:
  - Fit with Buddhist values?
  - What has been lost?
  - What has been gained?
Using World View for Assessment

Social Relationships - mechanisms of support

• Gender equality - written into Bhutanese governance and law, but
  • Traditional attitude of male authority still evident in practice
  • Domestic violence - 70% expect/acceptable if not performing
  • Women lesser status and lesser jobs
• As soon as baby born, sleeps parents
  • Carried on back for several years.
• Males also very nurturing
Using World View for Assessment

Social Relationships - mechanisms of support

• Elders respected – role multifaceted- child care
  • Family/Community counselor - listening, interpreting, negotiating, and advising role;
  • Marital counseling, community conflict negotiations

• Marriage-
  • Infrequently legal ceremony (except for Hindu’s)
  • Can go to register wedding
  • Divorce also common – also unofficial
  • Join woman’s family (except for Hindu’s)
  • Hindus - Bring new wife to join his family
Using World View for Assessment

Expression/understanding of pain & disease
- Medical/mental health care & delivery systems
- Indigenous helpers

- Mental health problems are both taboo and stigmatized
- Traditional Bhutanese do not seek help easily
- When they do seek help, they expect a “magic pill” from their healers, both traditional and modern. (Single session)
- Pain and disease traditionally from spirits, deities past lives, etc.
- Strategic plans- integration of Western & Traditional medicine
- Counseling also needs to integrate traditional helper & practices (lamas, astrologers, and shamans; traditional herbal medicine), with Buddhist beliefs & western medicine
What elements do you feel are essential to Bhutanese Counseling Process?
Bhutanese Counseling

- A Bhutanese View of Counseling: Elements:
  - Inclusive of family
  - Humanistic, relationally focused, compassionate, collaborative
  - Strength based; support their agency (but not to the point of requiring individualism)
  - Solution Focused (Miracle question, scaling question, exception seeking questions, Coping questions, Problem free talk)
  - Change ‘advice giving’ to offering options
  - Educational, esp. about emotions.
Bhutanese Counseling

• How do we provide supports & preventive practices for individuals and families during this generation of rapid cultural transition?
• How do we integrate Buddhist principles and mindfulness in counseling practice in Bhutan?
• What would a curriculum to train Mental Health Counselor’s in Bhutan look like?
• What might we expect a Bhutanese counseling theory to look like?
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Case Example

A 20 yr. o. male from a rural village calls/comes into the health centre c/o depression. He is a farm worker with a wife and 5 children who live cramped in a 3 room house that is in need of repair. Although he doesn’t drink alcohol regularly, he has recently been drinking ara in the evening to stop his worries and to help him sleep. Recently he has not had the energy to go tend his fields.
Case Example

A 21 yr. o. female from a rural village calls/comes into the health center c/o of depression. She is married and has 5 children. Her husband regularly drinks alcohol. Recently he has taken another wife whom he has brought to live with her and her children. This woman is mean to the children. Also since her arrival, her husband has been beating her and being overly critical to the children.
Stories & Memoires of Bhutan

- Buttertea at Sunrise: A year in the Bhutan Himalaya, Britta Das
- Beyond the Sky and Earth: A Journey into Bhutan, Jamie Zeppa
- A Circle of Karma, Kunzang Choden
- Married to Bhutan, Linda Leaming
- Radio Shangri-La: What I Discovered on my Accidental Journey to the Happiest Kingdom on Earth, Lisa Napoli
- The Dragon’s Voice: How Modern Media Found Bhutan, Bunty Avieson
- A Splendid Isolation: Lessons on Happiness from the Kingdom of Bhutan, Madeline Drexler
Reporting & Questions