



PASEO BROCHURE 2019



WHAT IS PASEO?

Psychology and Spanish Elective Opportunity (PASEO) Salud Mental, is a non-profit bilingual mental health organization dedicated to increasing services to the Latinx community across borders. PASEO offers specialized language and culture training for students and professionals in psychology and related fields while also building mental health capacity in low resource communities in Peru and Guatemala.

The PASEO Linguistic and Cultural Development Program (LCDP) is a 4- to 8-week immersion and practicum experience in Northern Peru designed to help students and professionals in the mental health field strengthen their linguistic and clinical skills to better serve the Latinx community. We work in collaboration with local non-profits and educational centers, as well as with local language teachers and mental health professionals, in an attempt to offer a sustainable, responsible, and culturally attuned learning and service experience.

All students in the PASEO LCDP participate in the following:

1. Specialized training in Spanish for mental health
2. Didactic treatment seminars on motivational interviewing
3. Didactic seminars on the psychological care system in Peru and delivering mental health in low-resource settings—skills which are directly transferable to low-resource Spanish-speaking communities in the U.S.
4. Service learning through engagement in psychosocial and educational activities in practicum sites



AIMS OF PASEO

AIM 1: Build Spanish language skills for use in mental health settings.

This program is designed for participants to become competent in providing the following services in Spanish:

- Utilize skills in initial sessions to reduce mental health stigma, build rapport, and increase the likelihood that service users return to care
- Conduct intake interviews, diagnostic evaluations, and clinical histories
- Engage in basic helping skills (e.g. reflective listening, open questions, summarizing, clarifying)
- Provide psychoeducation to clients and their family members about mental health and mental illness, and the process/purpose of therapy to increase engagement and transparency
- Conduct risk assessments related to suicidality and situations of crisis, and engage in appropriate brief intervention or triage
- Carry out basic therapy skills training for clients (e.g. in such areas as relaxation, behavioral activation, assessing and increasing social support network, and strategies for self-care)

For individuals who complete a longer stay with the program, and/or with more advanced Spanish language skills and psychology experience, additional goal areas can be selected. This may include building Spanish language competencies in:

- Parent training (e.g. behavior management strategies, improving parent-adolescent relationships)
- Psychoeducational assessment (cognitive and academic assessment)
- CBT, DBT, IPT, and/or trauma-focused therapy



AIMS OF PASEO

AIM 2: Increase knowledge and competencies in working with Latinx youth and families.

- Specifically, this program will:
 - Increase participants' ability to conduct ethnocultural mental health assessments in order to develop cultural case formulations, improve diagnostic accuracy, and develop collaborative treatment plans
 - Increase understanding of the importance of language in the assessment and treatment process from a multifaceted perspective, including such topics as language synchronicity, second language acquisition, and use of code switching as a therapeutic tool
 - Build participants' knowledge of key treatment considerations for working with Latinx families, with a focus on Peruvian culture as a framework for understanding mental health barriers and effective treatment strategies

AIM 3: Increase competencies in providing mental health care in low resource settings.

- Treating high rates of depression and other common mental disorders is difficult in Peru given a lack of mental health resources in low and middle-income countries. Within the United States, many language minority communities find common shortages of mental health professionals who can meet their needs. Thus, this program will build skills in providing mental health care in low resource settings. Topics for discussion will include:
 - Using principles of task sharing and task-shifting
 - Mobilization of social supports and other naturally existing support communities
 - Addressing stigma, marginalization, and discrimination against individuals with mental illness within their communities in order to increase the acceptability of mental health care
 - Methods for culturally adapting treatments to better fit the needs of a given community
 - Considerations for designing and conducting research in low resource settings

WHO IS ELIGIBLE FOR PASEO?

Ideal candidates for the Linguistic and Cultural Development Program with PASEO fit the following criteria:

- Current students or professionals in psychology and related fields, to include:
 - Advanced undergraduate students in psychology or related fields who plan to enter graduate study or work in the field of mental health
 - Current graduate students in psychology (e.g. clinical, school, or counseling psychology programs at the masters or doctoral level) or related fields (e.g. social work or psychiatry)
 - Working professionals (e.g. psychologists, LCSWs, or LPcs) already in the field who are looking to advance their linguistic and cultural competencies for clinical practice
- Demonstrate interest in and/or experience working with Latinx cultures and underserved populations
- Language requirements:
 - Participants should have intermediate to advanced Spanish language skills. More information about language assessment and requirements can be found in the application.

Program Description

This program is unique in combining didactic seminars on working with the Latinx community, formal language instruction, skill practice, service learning, and immersion. Students can choose to complete the **4-week or the 8-week program**. The 4-week program is more class intensive, and students are in their practicum approximately 12-15 hours a week. Following the first month, students will have fewer classes and spend more time in their practicum to build applied Spanish skills. Classes in Spanish for Mental Health will continue, and students can choose to continue Advanced Grammar classes as well.

4-week program

- *Intensive Spanish language classes* (intermediate to advanced) (8-10 hrs./week). Classes focus on the development of professional language and clinical skills for mental health, as well as building advanced grammar. Students have three types of classes:
 - *Advanced Spanish for Clinical Practice*. This course is led by the program director and invited professors and focuses specifically on clinical skills.
 - *Advanced Treatment Seminar*. This class focuses on the development of motivational interviewing skills in Spanish, which can be a key treatment component for building buy-in and increasing the collaborative nature of therapy for individuals more accustomed to an “expert-recommender” model of treatment. Students in the 8-week program will also have a seminar on trauma-focused therapy.
 - *Advanced Spanish Grammar*. This course is led by a certified Peruvian language instructor who assists students with advanced grammar and vocabulary useful for the mental health field, such as the use of conditional and subjunctive statements, understanding personal relationships, comparative statements, ser and estar in the therapy context, and the use of direct and indirect pronouns. Number of classes per week may vary based on language group.
- *Seminar on global mental health and providing mental health care in low resource settings*. This course is taught by the program director and focuses on building Aim 2 described above.
- *Service learning* (approximately 4 hrs/day, 3 days/week during 4-week cycle). Service learning is conducted in partnership with community organizations in the Trujillo and Huanchaco area.
 - Students work in pairs in their given practicum site to carry out a combination of educational, psychological, and evaluation activities designed to help close key gaps to adequate mental health care in the given setting. A full description of our service learning partners can be found in the Partner Organizations and Service Learning section.
 - It is important to note that we work with marginalized and underserved communities, thus getting to practicum sites often includes significant travel time. This is important to our mission of reaching these neglected communities.



Program Description

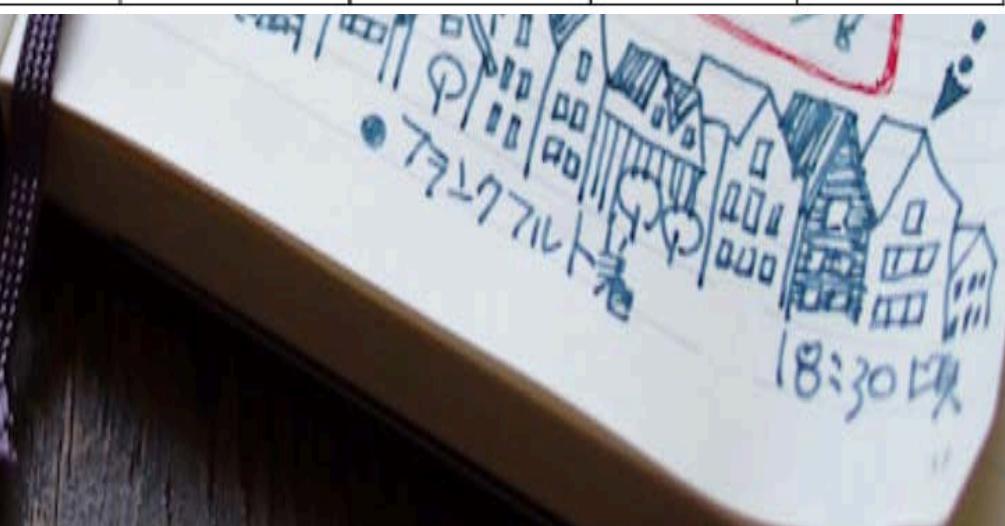
8-week program

- The 8-week program is designed for students interested in engaging in a *more intensive clinical and immersion experience* with a larger practicum component
 - Students will complete the initial 4-week program, and during the remaining 4 weeks, will increase their hours at their practicum site from 4 hrs day/3 days/week to 4 hrs/day, 5 days/week (approximately- hours at site and days/week depend on travel time).
 - Students will be involved in crucial capacity building activities for their sites, including designing and carrying out trainings for staff and service users based on identified gaps in psychosocial/educational skills. In addition, when applicable/appropriate, they may also be involved in applied research and program evaluation activities within the given sites.
 - The practicum experience is flexible in terms of ongoing language needs; students will continue to have Spanish for mental health classes 2 days/week and can elect to continue advanced grammar with our Peruvian language instructor if they desire.
 - Given that Dr. Kohrt is licensed and practices in the U.S., all practicum hours can be counted towards internship. Dr. Kohrt will work with practicum students and their universities to ensure that level of supervision and clinical work are commensurate with university standards and will conduct all appropriate evaluations to ensure student skill development.



Sample Schedule

	Lunes	Martes	Miércoles	Jueves	Viernes	Sábado
8:00-8:30						
8:30-9:00						
9:00-9:30			Gramática Avanzada <i>Escuela de Manuel</i>			
9:30-10:00		Español para salud mental- <i>Grupo Avanzado</i> <i>Casa de Brie</i>		Español para salud mental- <i>Grupo Avanzado</i> <i>Casa de Brie</i>		Capacitación en primeros auxilios psicológicos <i>La Defensoría</i>
10:00-10:30					El Comedor	
10:30-11:00						
11:00-11:30						
11:30-12:00		Supervisión El Comedor <i>Casa de David</i>				
12:00-1:00				Comer y Aprender: Salud Mental Global <i>Casa Amarilla</i>		
1:00-1:30						
1:30-2:00	El Comedor					
2:00-2:30		Entrevista motivacional <i>Grupo Avanzado</i> <i>Casa de David</i>	El Comedor			
2:30-3:00						
3:00-3:30						
3:30-4:00				Psicología en Perú <i>Oficina de Sayariy</i>	El Comedor <i>Grupo de Chicas</i>	
4:00-4:30						
4:30-5:00						
5:00-6:00						



Program dates and cost

Program	Dates	Price
4-week	June 23 rd -July 20 th	\$2,350
8-week	June 23 rd - August 16 th	\$3,500-\$3,750 (depends on whether or not continuing grammar classes)

- **Costs include:**
 - Tuition
 - Curriculum materials
 - Service learning placement fee (small fee paid to partner organization to help with program costs)
 - Housing
 - Transportation from the bus station or airport in Trujillo to homestay
- **Costs do not include:**
 - Airfare and other transportation costs (assistance provided in arranging transportation)
 - Food (note that the cost of meals in Peru is very affordable; typically, \$4-10/meal)
- **Where does the money go?**
 - PASEO Salud Mental is a non-profit organization and a 501c3. Our team is 50% Peruvian, and we always seek to give back to the Peruvian economy when possible as a measure of gratitude for allowing us to learn on their soil. In addition, the director provides more than 100 hours of pro bono capacity building workshops and trainings to the community each year to ensure sustainability of programs.
 - Approximately 60% of program costs go directly into the Peruvian economy through our Peruvian teachers, supervisors, housing providers, and local vendors who we contract for everything from creating our written materials to providing food at our bimonthly dinners.
 - If we are left with additional funds at the end of the fiscal year, we choose a different practicum site each time and donate specific materials that will contribute to the psychosocial health of the beneficiaries.
 - For a full breakdown of how money is utilized, click [here](#).
- **Funding options:**
 - Students are encouraged to speak with their university's academic departments and study abroad offices, as many universities offer small scholarships to cover training abroad. Students may be interested in education abroad scholarships, such as the following:
 - [Rotary International Ambassadorial Scholarships](#) (check local Rotary club for specifics)
 - [PsiChi grants](#) can be used for undergraduate and graduate students who do summer research projects with PASEO.
 - [Michael Sullivan Diversity Scholarship Fund](#): Note that this scholarship has a deadline in early January; if you are interested in applying, please be in touch with the director prior to the application date.
- **Discounted flights to Peru can also be found through:**
 - [STA travel](#): After buying a \$25 ISIC card, students (undergraduate and graduate) can get significantly discounted international flights.
 - [Fly for Good](#): This organization provides reduced cost airfare for individuals involved in humanitarian work in conjunction with NGOs and non-profits. Since PASEO is a non-profit, students are eligible for this airfare.

Practicum Sites and Service Learning

PASEO is pleased to partner with a handful of organizations in Trujillo and Huanchaco to provide students with meaningful services learning experiences during their time with PASEO.

Our partner organizations and service learning sites are described in the following pages.



El Comedor



El Comedor (which roughly translates to canteen, or dining room), is a community food assistance and social support program funded by a local church that has been operating for over a decade.

El Comedor is funded by a large group of Peruvians living abroad who provide the church with a monthly allowance to support a group of impoverished, primarily migrant, women in Huanchaco and the surrounding area. The money is used by the mothers to buy groceries, and they in turn cook breakfast and lunch for the children and themselves five days a week. El Comedor is overseen by a Peruvian social worker. El Comedor also provides the children and their mothers with a safe space where they can play, do their homework, do crafts or just socialize with friends and community members. Volunteers from local NGOs offer skills classes to the women, including basic business and marketing as well as workshops and training to support their education and personal and professional development. The vast majority of women at the site receive a very low income and struggle to find work outside of the household due to low education levels and discrimination against migrants.

PASEO students working in El Comedor spend their time working directly with the children, adolescents, and mothers, providing social skills groups, psychology workshops, parent-training, psychosocial assessments, and brief, solutions-focused therapy or therapy consults. While students with intermediate Spanish can be placed at El Comedor, those providing therapy or consults must have advanced language skills.

Tulio Herrera Leon

A school for children with special needs

Tulio Herrera León began as the only special education center in La Libertad tailored to the needs of the 4,500 people in the area with visual deficiencies. The mission of the School is to offer education and vocational training to those in need in order to ensure their participation in the socio-economic development of Peru. Now, the school has opened its door to children with other types of disabilities such as Downs Syndrome, Cerebral Palsy and other motor disorders, as well as students with Autism Spectrum Disorders.

The school offers primary school education and assistance with secondary and university schoolwork when appropriate. It also offers multiple workshops to build capacity in such areas as music, handicrafts, typing, and IT, and skills of daily living. Some older students also have the opportunity to participate in a unique program offering training in massage therapy, reflexology and beauty treatments. Once they have completed the training and received certification, they have the opportunity to work in a therapeutic center in the city.

Attending the school is free for low-income families (families with higher incomes pay a minimal annual fee), and the state pays the salaries of the staff. However, the school has to find funding for the transportation of the students to the school, purchasing textbooks, adapting materials, and renovating old equipment. It is because of this that the Center relies on donations and external financial help in order to maintain programming.

PASEO students who are placed at Tulio Herrera León spend 3 mornings a week at the school as teaching assistants. The teachers at this school are extremely dedicated and equally understaffed. Any extra help allows them to make better use of their time and therefore provide the students with a better education. Volunteers also ensure more individual attention to children. In addition, PASEO students have the opportunity to provide parent training workshops specific to the parenting of children with special needs and/or train teachers in different behavioral assessment and management techniques. Tulio is an appropriate placement for students with intermediate or advanced language development.





Mundo de Niños

A children's home

In Peru childhood is one of the most vulnerable and unprotected periods of a person's life. Two thirds of children under the age of 5 live in poverty, and 2 out of 10 live in extreme poverty. Because of this, many families turn to putting their children into positions where they need to engage in child labor in the markets, begging on the streets, or working in people's homes. Child labor is illegal in Peru, but said laws are differentially enforced. A 2014 study found that 34% of children in Peru will engage in child labor in a given year.

Mundo de Niños is a residential home that identifies children living in the street who have been abandoned or are in situations of extreme neglect or abuse by their families. Mundo de Niños staff works to create a trusting relationship with the children, and if their situations are extreme, conducts a thorough evaluation to determine if they would benefit from being placed in the home. The boys who live at the children's home (it is a single-sex facility, so there are no girls) mostly come from families with major economic problems in addition to psychological and social problems, and the boys are often victims of abuse and violence. They have high rates of school dropout. Given their psychosocial and familial histories, many of the boys demonstrate low self-esteem, low frustration tolerance, irritability, difficulties in self-control, difficulty trusting others, defiance with authority, and aggressive or hypersexualized behaviors.

Mundo de Niños strives to generate the necessary means and resources in order to reintegrate the children into society. The child's integration into life in the home is aided by a multi-disciplinary team of professionals, including residential staff, teachers, psychologists, social workers.

PASEO students who work in the children's home support children in carrying out their individual development "plans", which consists of creating and implementing activities to build such skills as impulse control, conflict resolution, problem solving, emotional identification and regulation, and communication skills. PASEO students also run social skills groups, assist with monthly "parenting school" with non-offending caregivers, and provide support for teachers and staff through curriculum development, workshops, and applied research when requested. At times we are able to provide psychoeducational assessments of boys with suspected learning difficulties, though this depends on need and student ability. This placement is appropriate for intermediate to advanced language ability, though assessment requires that students have advanced language abilities in Spanish.

La Defensoría de la Mujer

A domestic violence services center

La Defensoría is a non-profit organization dedicated to eradicating gender-based violence in Alto Trujillo, an urban migrant community on the outskirts of Trujillo. La Defensoria provides integrated services to female victims of gender-based violence, including access to lawyers, social workers, psychologists, and advocates. The goal of La Defensoria is to develop and strengthen the women and the communities they live in through empowerment and autonomy-building activities.

PASEO students who are placed with La Defensoría will help lead groups for their promotoras, who are women from the community served by the organization who help spread the word about the Defensoría, provide psychoeducation about intimate partner violence, and do house visits to assist with service provision. Many of these women were also survivors of violence themselves. These groups can include such topics as self-care and vicarious trauma, basic skills to identify and manage depression in themselves and the service users, communication skills (basic helping skills), and other topics to help them better meet the needs of the community while also managing their own psychosocial well-being.

PASEO students also assist the Director in capacity building with the Defensoría staff, which include lawyers, social workers, psychologists, and anthropologists. For example, last year we led a series of workshops on psychological first aid in situations of familial and community violence as well as workshops on burnout and secondary trauma. Finally, students work directly with migrant children one day a week in an organization that provides educational support to the most recent migrants who are not yet able to enroll in school. Many of these children have had inconsistent attendance prior to migrating and are often from severely impoverished households. Placement with the Defensoría requires advanced language skills.



SAYARIY RESURGIENDO



Sayariy Resurgiendo is a grassroots organization located in Alto Trujillo, a migrant settlement on the outskirts of Trujillo. Sayariy works with the migrant families to help them create a cohesive, safe, and fair community, and promotes the collaboration and active participation of all community members in creating their own path to “seguir adelante.” Sayariy responds to the needs of the community in terms of what services and programs are offered. This currently includes the following:

- Business training and sewing/knitting workshops for migrant women
- Literacy classes for adults
- Medical campaigns
- Building and maintenance of a water tank for the community
- Early childhood stimulation with mothers and their babies ages 0-2.
- Creation and maintenance of a community library
- Open library hours where children can come for homework help

PASEO is the mental health partner of Sayariy, and students placed here assist in providing assessment, brief solutions-focused therapy, parenting workshops, sexual abuse prevention classes, and behavior management training for local and international volunteers working with the organization. In terms of assessment, we provide psychosocial, developmental, and cognitive assessments with the children and their mothers, and focus on providing feedback that is contextually relevant and practical in order to assist the families in helping their children reach their optimal developmental potential. The students providing assessment and feedback with families must have advanced language development, though one student with intermediate language can be placed at Sayariy per year and assist with early child stimulation or other young-child focused assistance.

Where We Live



PASEO students live in Huanchaco, Peru. Huanchaco is a surfing and fishing village about 30 minutes north of Trujillo, the capital of the region La Libertad and the third biggest city in Peru. Huanchaco is best known for having waves that are surfable year-round and for its traditional ancient fishing methods using reed fishing boats called Caballitos de Totora. These boats date back 3,000 years, and a number of festivals during the year celebrate the strong fishing culture.

The town of Huanchaco has about 5000 inhabitants, and at its outskirts there are several shanty towns largely populated by migrants from the highlands. Many of these migrants came to the coastal region due to extensive flooding caused by the natural phenomenon El Niño in 1997/98. This creates a contrast between the wealthier beach town of Huanchaco and the socioeconomically disadvantaged shanty towns. Most of the partner projects PASEO works with in Huanchaco are located in or directly serve these migrant populations. In addition to the influx of migrants over the past twenty years, Huanchaco has also had a small but significant increase in the number of European expats living in the area. This population change is largely related to the increasing presence of international NGO's and international schools in the Trujillo area, as well as to the pleasant climate and laid-back lifestyle.

Within Huanchaco, PASEO participants live either in a homestay or in a shared home made up of primarily other PASEO students. The majority of students live in the shared home, with space for approximately 4 students per year in the homestay options. Students coming with partners, families, or with specific circumstances may also want to live individually, and this can be arranged on a case-by-case basis. It is important to note that most rooms in the shared house involve living with a roommate. If students would like to live individually, this can be arranged but will involve an additional cost.

Both homestays as well as the shared home include wi-fi, warm showers, and use of the kitchen. There is also access to a washing machine for a small fee. It is important to note that the presence of hot water in parts of Peru is somewhat inconsistent- we can guarantee warm showers, but hot showers are not as easy to find!

Apply

Applications are completed via google forms and can be accessed by clicking here or going to www.paseoprogram.com/apply. You will be prompted to upload a CV and a recorded Spanish prompt.

Applications are due by January 31st, 2019.

If you have questions about the application process, please email briekohrt@paseoprogram.com.

