

AUK Psychology Students
2015-2016

A Trip to the Rehabilitation Center and Kuwait Center for Mental Health
(KCMH)

Dr. Juliet Dinkha



On Dec 15th, 2015 the AUK Psychology students and Dr. Dinkha were invited by Dr. Adel Alzayed, Consultant Psychiatrist to visit the Rehabilitation and Drug Center and the Kuwait Center of Mental Health (KCMH). The purpose of this trip was for students to learn about mental disorders, and treatments. Student learned about the addiction treatments and services provided for individuals suffering with drug abuse. Dr. Jacob AL-Kandari, Psychologist/ program director gave a lecture to all students discussing different services, methods of treatment, explaining who and how one is admitted to rehab. He also discussed what modality is used to deal with individuals who are admitted either in the inpatient or outpatient units. Students got a chance to visit with a group of women who are long term residence of the center and asked questions regarding their treatment, what their daily routines expected at the center, relationship with their family and extended relatives and even had a chance to sit in with an a woman who is in the long term residence discussing support system, failed decisions and overall before and after quality of life. This was an awakening moment for the students to accept that addiction is a serious problem in Kuwait and treatment is available for everyone who wants help. Furthermore, it was noted that Kuwait has the largest rehabilitation services in the Middle East.

Later in the day, the students had a chance to meet Ms. Ms. Amna AL-R1abiai and Dr. Mohammad H. AlMosawi, psychologists from KCMH which gave the students a lecture on services, disorders and treatments offered. Both shared common disorders and cases seen at the hospital. Students were given sample cases of individuals that come to the hospital, the procedure and treatment plans. Students asked questions regarding criminal cases, how long is can someone be hospitalized; families that do not accept the

mental health of their children often use the hospital as a "dumping ground" to leave family members behind. Students demonstrated their knowledge from the class by answering questions from the psychologists regarding symptoms of certain disorders and what is the best treatment methods used. Discussion about drugs used frequently at the hospital, electric shock (ECT) treatment and successful stories of individuals who improved while at the hospital.

The students were shocked at the amount of services and qualified staff available in Kuwait who are professional and well informed clinicians. They also understood that mental health is not a "western" problem but also a serious concern here in our neighborhoods.





A Trip to Kuwait Psychological Medicine Hospital

On 28th of April 2016, Dr. Juliet Dinkha again went with her psychology students of Spring 2016 semester at the American University of Kuwait (AUK) to The Kuwait Center for Mental Health (KCMH). The first stop for the students was with Dr. Abdulmohsen Alhumoud at the Kuwait Forensic Unit where variety of services is offered for individual with criminal behaviors. Next stop was at Al Manarat, a child and adolescence inpatient units with specific services for minors. The group had an extensive presentation by the Occupational therapy (OT) detailing the types of cases serviced and type of disorders and challenges. Next, we were escorted to the general hospital which provides mental health and psychiatric services to adults and elderly. Saud Al-Suhaibi, mental health counselor, and Dr. Mariam Al-Bloushi, psychiatrist who spoke about the facilities at the hospital, cases, treatments and various public utilities. Specifically, they introduced us to services which included; brief introduction about cognitive functions assessment, memory assessment, personality assessment and the psychotherapy.

Lastly, the students visited the Drug and Alcoholic Rehabilitation Center where the Medical Director Dr. Adel Al-Zaid described this place in details through explaining the facility of Halfway Houses Residential wards. It is provided with 100 beds for men and 25 beds for women as they can stay there for six months or more depending on their health condition. Moreover, Dr. Al-Zaid clarified that drug addiction is a serious issue in Kuwait among its citizens and expats. Thus, the existence of this center is the way for addicts to treat themselves and resume a healthier life style as soon as possible.





