

CHINA CROSSROADS

Thursday, February 22th, 2024, 19:30 – 21:30

Barriers to Mental Health Care Support among Locals and Expats

Karlene Rowland

Director of Counseling

Community Center Shanghai

WhiteSpace | Jianing Building 5F | 500 Yanan Xi Lu
150rmb admission with drink | FREE for members
Scan to RSVP or email editor@shanghai-review.org



This talk will discuss barriers to mental health support in the community. These may include bias and prejudices, access to resources, self-knowledge and acceptance, etc. The speaker aims to increase inclusivity around who actually reaches out for support and will present a preventative approach to caring for our mental health as opposed to a more reactive approach, particularly in work with children, teens, and couples.

[Karlene Rowland](#) is from New Zealand where she studied Psychology and Law at the undergraduate level before coming to China 24 years ago. She holds an MSc in Mental Health Psychology from the University of Liverpool as well as a post-graduate degree in Education from the University of Nottingham. She has worked as Mental Health Counselor, in tertiary education and corporate training throughout her career. Karlene' is currently the Director of Counseling at the Community Center Shanghai and her approach to supporting clients in her clinical practice focuses upon the bio-psycho-social needs of each individual, using an integrative approach blending interventions and therapies from Emotional Focused Therapy, Internal Family Systems Therapy, Cognitive Behavioral Therapy, Acceptance and Commitment Therapy, Dialectical Behavioral Therapy and Psychodynamic Approaches to treat a variety of mental health problems and disorders. Karlene has extensive experience in designing and delivering workshops and corporate training sessions on an array of topics related to workplace mental health, workshop facilitation skills, conflict resolution and negotiation as well as overall employee and workplace wellbeing. She was the Operations Director and Training Manager at Lifeline China for five years and has also created training programs on suicide prevention and intervention having spent many years training volunteers to work on a crisis helpline for mental health support, covering a range of topics and areas of trauma such as relational violence, addictive behavior and grief and loss. Karlene's background also includes substantial experience in syllabus and curriculum design for tertiary education programs at masters and pre-masters level, in addition to assessment creation and evaluation. Karlene has run training programs for Control Risk, Lifeline China, the British Council, the Community Center Shanghai and Know Yourself and is a lead facilitator trainer for the Australian R U OK? Program in Shanghai. Karlene is passionate about raising awareness around mental health on both a local and global level and aims to reduce stigma and misunderstanding surrounding this crucial area of human existence.

[China Crossroads](#) hosts talks on all topics related to China, including business, foreign policy, and other areas as they relate to China, the idea being that China is both already a "crossroads" of the world and itself at a "crossroads" in terms of its future global influence. For more information, contact Frank Tsai at editor@shanghai-review.org.