

Broadening professional counseling perspectives via international collaborations

In summer 2017, four Texas A&M University-Kingsville graduate students, enrolled in the counseling and guidance program, participated in study-abroad journey to Scotland. This trip was designed to review the various mental health issues in rural and remote areas of Scotland with the mental health issues faced by rural and remote communities in South Texas. This presentation is intended to emphasize the impact of a multicultural experience on the overall educational preparation of the graduate students. Key points of this presentation will include:

- A. The unique experience of travel to a foreign country as it related to professional counseling.
- B. The capacity to review the dissimilarities and similarities of people, culture, and mental health issues.
- C. The provision of mental health resources relevant to a variety of geographic locations, social nuances, and rural populations.
- D. The incorporation of occupational therapy gardens designed to assist those disabled and disadvantaged patients who suffer from a variety of mental health issues including dementia, mood disorders, substance abuse, depression, and suicidal tendencies to improve their health and quality of life.
- E. The utilization of service-learning projects within graduate counseling courses.