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Saudi Arabia: Mental Health Care You Can Trust is Only a Skype Away

Posted on July 9, 2010 by American Bedu

*Saudi Arabia is not for everyone. Yes, the salaries are enticing, the benefits are competitive, the lifestyle is more relaxed and it may be considered an "exotic" location by many. Major cities will have luxurious compounds similar to Country Club living and international schools are available for children. However for anyone coming from the Western world, there is going to be a degree of culture shock. Culture shock can manifest itself in many ways. For some it could be anger or frustration. For others it might be depression and feeling homesick. Children may not be able to understand or easily comprehend how the cultures of a new country can impact on what has been familiar or normal to them. They may rebel, become overly aggressive or perhaps retreat into themselves.*

*If one wishes to seek counseling or mental health assistance in Saudi Arabia, it can result in even more stress. There are few professionals in the Kingdom who are accustomed to interacting and counsel Western expatriates. Even though many Saudi psychiatrists may have been educated and trained in the West, they will likely practice in accordance with the Saudi culture and Islam. As a result, an expatriate may hesitate to approach a Saudi psychiatrist for counseling.*

*American Bedu is very pleased to advise of a counseling service that is available now for expatriates – The Truman Group. I have personally spoken with Dr. Sean Truman and endorse his intent to expand his services to Saudi Arabia. I believe he is offering a unique and valuable service. Following is data from Dr. Truman about himself and the Truman Group:*



Making mental health accessible the world over

The Truman Group provides mental health care to North American and Western European expatriates living overseas. We provide psychological services to clients through live video connection, linking mental health professionals in the United States with expatriates across the world. All of our mental health providers are licensed, experienced practitioners who understand the demands that accompany living in a foreign country and culture.

Mental Health Made Accessible

There are significant challenges to finding and accessing mental health care overseas. Mental health is culturally specific, and it is language dependent. Many countries have limited or no mental health system; if you or your family require care, there are few places to turn. The Truman Group can help.

Benefits To You

Untreated psychological and emotional problems can be disruptive, and frequently interfere with a person's ability to manage at home, with friends and at work. Unaddressed, these problems can get worse. Let us help.

The Truman Group provides accessible, confidential and responsive care for people living far from home. Our clinicians provide live, face-to-face care via Skype that you can access conveniently from your home or office.

The Truman Group is staffed by American clinicians who are licensed to provide psychological evaluation, consultation and a variety of psychotherapy services. We have the resources to help people address a wide range of problems including anxiety, depression, substance abuse, and marriage and family issues. In addition, our clinicians are sophisticated about problems that frequently accompany the expatriate experience – issues such as cultural displacement, dislocation from family, isolation and stress. We work with individuals, couples and adolescents over the age of 14.

A Commitment to Care

All of the clinicians on staff at the Truman Group are experienced, highly trained, compassionate professionals. If you or someone you love is having problems coping and you would like to talk to a knowledgeable and experienced clinician, call or email us today. There is no charge for an initial consultation. For more information, visit our website at [www.truman-group.com](http://www.truman-group.com), or call us today.

Payment and Reimbursement

The Truman Group bills individuals directly for the services. Many health plans reimburse for the services that the Truman Group provides.

If you have questions or would like to talk with us directly, please contact us either via telephone or email.

Sean D. Truman, Ph.D., LP

Director of Clinical Services

+1 651-964-0224

[struman@truman-group.com](mailto:struman@truman-group.com)

[www.truman-group.com](http://www.truman-group.com)

About the Founders



Sean D. Truman, Ph.D., LP

Dr. Truman grew up in Nairobi, Kenya, where his father worked for the United Nations. He attended the International School of Kenya in Nairobi where his mother was a teacher. Dr. Truman graduated from Reed College where he

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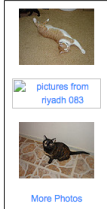
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to Phi Beta Kappa. He holds a Ph.D. in Clinical Psychology from the University of Connecticut, and was a National Institute of Mental Health Fellow at the Yale University School of Medicine, where he worked both at the Child Study Center and in the Department of Psychiatry. He is a Licensed Psychologist in private practice in Saint Paul, Minnesota, where

he cares for adults, adolescents and couples. In addition to his clinical work, Dr. Truman has worked as both a researcher and a professor of undergraduates and graduate students in Psychology.

### Susan Bernstein

Susan Bernstein holds an MBA from the Stephen M. Ross School of Business at the University of Michigan. As a consultant with McKinsey & Company and senior strategist with a boutique brand strategy firm she has advised global Fortune 500 companies, major nonprofit organizations and start-ups across a range of industries on growth strategy and improved performance. She has lived, studied and worked abroad in Japan, Italy, the UK, Australia and New Zealand, and has traveled extensively in Southeast Asia and Western and Eastern Europe.

