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Merry Christmas and Happy New Year!

By Dr Chhim Sotheara, Executive Director

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Dear Friends of TPO,

With a new year upon us, on behalf of all TPO staff, I would like to thank you wholeheartedly for your ongoing support of TPO and take this opportunity to wish you a very Merry Christmas, and the very best for a successful, fulfilling and healthy 2016.

Moreover, I am pleased to offer you a brief overview of our activities over the last two months, as well as information about our training services and the courses that we have organized for next year.

More detailed information about our project achievements in 2015 will be available in early 2016 in our Annual Report through our website www.tpocambodia.org and our Facebook page www.facebook.com/tpocambodia.

Training services

TPO's Training Unit offers individuals, organizations and community groups a range of mental health training modules, each of which were developed for relevance and application within the Cambodian context.

TPO's trainers are local experts in mental health and are highly qualified and experienced in their respective fields including psychology and education.

These are the courses available in 2016:

Course Title	Duration	Course Date
Managing Misbehaviors in Children ★ <i>New</i>	1 day	Jun 13, 2016 Sep 19, 2016
Helping Children to develop Self-Confidence ★ <i>New</i>	1 day	Jun 14, 2016 Sep 20, 2016
Boosting Your Self-Confidence ★ <i>New</i>	1 day	Jul 20, 2016 Oct 19, 2016
Effective Communication and Getting Closer with Children ★ <i>New</i>	2 days	Jul 18-19, 2016 Sep 05-06, 2016
Understanding & Getting Closer with Adolescents ★ <i>New</i>	2 days	Jun 20-21, 2016 Dec 12-13, 2016
Stress Management for Managers ★ <i>New</i>	2 days	Apr 04-05, 2016 Jul 04-05, 2016
Stress Management	2 days	Mar 14-15, 2016 Oct 17-18, 2016
Anger Management (Turning Anger into Opportunities)	2 days	May 03-04, 2016 Oct 25-26, 2016
Burnout Prevention	2 days	May 05-06, 2016 Oct 20-21, 2016
Mental Health First Aid	3 days	Jun 08-10, 2016 Sep 12-14, 2016
Basic Counseling Skills	3 days	Mar 16-18, 2016 Jul 06-08, 2016 Oct 11-13, 2016
Advanced Counseling Skills	4 days	Apr 26-29, 2016 Jul 25-28, 2016 Nov 01-04, 2016
Child Development and Parenting Skills	4 days	May 16-19, 2016 Aug 16-19, 2016 Dec 05-08, 2016
Understand and Practice foundation tools of Cognitive Behavioral Therapy (CBT)	4 days	Aug 01-04, 2016 Nov 21-24, 2016



*Training on
Basic Counseling Skills
at TPO HQ in November 2015*

★ <i>New</i> Basic Clinical Supervision Skills		4 days	Mar 21-24, 2016
			Oct 04-07, 2016
Bio-psychosocial Interventions for Vulnerable Children	Level 1	3 days	Jun 27-29, 2016
	Level 2	4 days	Aug 22-25, 2016
	Level 3	5 days	Nov28-30,Dec01-02 2016

Courses can be tailored to meet the needs of your organization and refresher courses can also be provided. For more details and upcoming dates, access TPO's training page via www.tpocambodia.org or call ☎023 63 66 993, 095 666 827. You may also contact the following individuals by email: ROS Saray Endeth: training@tpocambodia.org or SOK Phaneth: phaneth@tpocambodia.org

Testimonial Ceremony

Since 2011, TPO has provided Testimonial Therapy (TT) to select civil parties who are entitled to moral reparation through partner organizations of the Extraordinary Chamber in the Courts of Cambodia. TT is a short-term therapy which has been proven to be especially helpful for victims of human rights violations. Through project funding by the Swiss Foundation and GIZ, it was possible to apply a five-day course of TT in Phnom Penh in the last quarter of 2015 to 10 civil parties coming from different parts of the country.

During TT, an individual's traumatic memories are processed with the support of a trained counselor who listens carefully, mirrors back, and documents the survivor's story for four days. During this time, all of the fragments of their narrative are reviewed until a cohesive testimonial can be finalized. On the fifth day of the intervention, the civil parties make their testimonial public, if so desired. Led by two Buddhist monks, they first pray for the dead at the Cheung Ek Killing Fields Stupa and then proceed to Sambuo Meas Pagoda for a Buddhist healing ceremony. Part of the ceremony involves the reading and blessing of their testimonials in front of an audience which includes prayers of forgiveness. The next public ceremony at Choeng Ek will be on the 15th of January, 2016, and you are cordially invited. See more details at www.tpocambodia.com

Truth Telling ceremony at Krang Tachann

Testimonial Therapy (TT) is an intervention for survivors who have experienced a wide range of traumatic events during the Khmer Rouge (KR) regime. The TT ceremony is a culturally adapted form of the therapy and is organized for survivors to tell their personal stories of sufferings to a supportive audience. This ceremony helps the KR survivor feel better as well as improve their mental health after their stories are acknowledged by others who have attended to pay respect, acknowledge their suffering, and support their psychological wellbeing.



Testimonial Ceremony at Sambuo Meas Pagoda on 13 November, 2015



Tour visit at the Krang Tachann, guided by the Krang Tachann Memory Committee Chief during Truth-Telling Ceremony at Krang Tachann on 20 November 15

On 20 November, TPO organized a Truth Telling ceremony at the Krang Tachann Killing Fields located in the Tram Kok District of Takeo Province. The stories of a Krang Tachann victim, Memory Committee member and the Extraordinary Chambers in the Courts of Cambodia (ECCC) Civil Parties were read aloud at the ceremony in presence of many attendees including the USAID Deputy Director, TPO Executive Director, Tram Kork District Governor, Commune and Village chiefs, teachers, students, and local community members. This activity was funded and supported by USAID under its project 'Truth, Reconciliation, and Healing - Towards a Shared Future' implemented by TPO in partnership with Youth for Peace.



TPO's beneficiaries in Battambang province with key messages asking to stop domestic violence

Violence Against Women Campaign

This year, the campaign to End Violence Against Women took place from November 25 to December 10. During the 16-day campaign, TPO Cambodia spread information via Facebook, informed beneficiaries in communities and encouraged them to share key messages about preventing violence against women. The messages included: "Please take seriously action against violent perpetrators", "We need equal rights in society", "No domestic violence", "Educate perpetrators to stop domestic violence" and "I want my parents to not to rebuild a good relationship with each other." Also, on December 4th, TPO's team in the Siem Reap province joined the Angkor Empire Marathon's activities regarding "Violence is never acceptable, Shift the blame," which was organized by Ministry of Women Affairs (MoWA) and Provincial Department of Women Affairs (PDoWA) and supported by UN Women. Thousands of participants from high schools, universities, NGOs, police departments and provincial departments in Siem Reap province heard our message.

Check out the details on TPO's Facebook page at:

<https://www.facebook.com/tpocambodia/>.

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Annual Conference

The TPO Annual Conference is one of TPO's activities for all staff which gives them the opportunity meet and talk about their projects' achievements in 2015, sharing both the good and the bad, and reflect on the lessons learned over the past year. Most importantly, all staff were reminded of organizational policies, and learned more about TPO's projects, as well as techniques for improving training and treatment services. Discussions were also held regarding strategies for organizational development and the working plan for 2016 which was prioritized so we can keep delivering TPO's services and mission. This year, the Annual Conference was held on December 16th and 17th in Sihanouk Ville province. It was a busy time with many presentations and discussions, but we also made time for staff to have fun through social activities and team building.



TPO Annual Conference 16-17 December at Sihanouk Ville

Missed out? Want to know more?

Like us on <https://www.facebook.com/tpocambodia/> for more updates.