



2014 ANNUAL REPORT

Transcultural Psychosocial Organization Cambodia



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Transcultural Psychosocial Organization
Community Mental Health Programme



Dear Friends of TPO Cambodia,

The year 2014 has been one of hard work, but also one of great joy because TPO and its staff have been preparing to celebrate TPO Cambodia's 20th anniversary on 21 February 2015 under the auspices of His Majesty, Samdach Preah Bat Boromneath Norodom Sihamoni, King of Cambodia. Throughout 2014, this has helped us to look back on what we have achieved and what remains to be done, and to look ahead at what are emerging mental health issues and what needs to be done about them in the future.

Over the years, TPO has significantly contributed to building a mental health system in Cambodia from the ground up. Our community mental health work has helped improve the mental health and well-being of more than 23,000 women and girls who have survived gender-based violence and sexual assault. It has also been instrumental in establishing a support network responding to the need for mental health care in the Cambodian community. TPO has also helped establish a nationwide mental health system by setting up mental health services in the provinces of Kampong Speu, Pursat, Battambang, Banteay Meanchey, Kampong Thom, Kampong Cham and Tbong Khmum. All these mental health clinics are still providing mental health care for patients suffering from a range of mental health issues as we speak. In addition, TPO has been working hard towards achieving its goal of becoming a Center of Excellence, the leading NGO in the field of mental health in Cambodia. Just as we did in 2014, we will continue to contribute knowledge in the field of mental health through research and publications, and collaborations with agencies and universities abroad will play an ongoing role in building TPO staff's capacity to work effectively and ensure maximum impact of our work.

We strongly believe in what we do and hope that our work will continue to contribute to improving the mental well-being of patients and their families, so they can function effectively and lead productive and happy lives within their communities. We believe in our mission and hope that our donors and beneficiaries continue to do so too.

Sincerely Yours,

Dr Sothea CHHIM, Executive Director TPO Cambodia
June 2015

IMPROVING MENTAL HEALTH FOR SURVIVORS OF GENDER-BASED VIOLENCE & SEXUAL ASSAULT

In 2014, promoting gender equality and improving access to psychological services for survivors of gender-based violence and sexual assault were again priorities for TPO's community mental health team in Battambang. Our staff in Battambang trained 23 newly selected community resource people (CRPs) in basic mental health care, such as identifying signs of stress and depression, and supporting community members with psychological problems, for example, through relaxation and meditation. We also continued to provide coaching to 20 CRPs who received their training the previous year. In collaboration with our CRPs, we provided emotional support to 215 survivors of gender-based violence (84 in the previous year) and established and ran 13 self-help groups with a total of 135 members. We provided additional individual counseling to 43 people. About 1,031 community members (776 women and 255 men) including survivors of violence, men with a drinking problem, disabled people, and vulnerable groups such as children at risk and female heads of households, received psycho-education from TPO Cambodia. All participants in the self-help groups as well as those who received counseling reported a

significant improvement in the state of their mental health. They also reported a marked reduction in the number of incidences of domestic violence in their family. Our one-year follow-up study with the 50 clients from the previous year also showed that these results stick well beyond the immediate intervention period and confirms the effectiveness of our support and treatment.

Two of our trained CRPs have gone on to become real advocates in their communities in the fight against domestic violence and are working hard to raise awareness about related mental health issues and what can be done about them. They have participated in meetings at commune and district levels highlighting the issue of domestic violence and their role in combatting this.



Above: A TPO counselor leading a self-help group of rural women.

» **Donor: the Australian Government's Department of Foreign Affairs and Trade (DFAT)**

FROM VICTIM TO COMMUNITY LEADER

My name is HAT Hang. I am 34 years old, a mother of three and I'm a farmer. I live in Banan district, Battambang province. Before receiving psychological support from TPO Cambodia, my family experienced domestic violence at the hands of my husband. First, we were happy, but over time, my husband started drinking heavily. We had to sell all our belongings because of his gambling and he never took care of the family. Domestic violence, fighting and insults happened almost everyday in our family, and this had an adverse and profound impact on me, causing psychological problems for years.

When TPO Cambodia started working in Banan district thanks to funding from DFAT, they interviewed me to get a better understanding of my problems. They found that my psychological problems were caused by the ongoing domestic violence and they encouraged me to participate in a self-help group to get support and learn to deal with the problems. I got better through the self-help group. This made me want to help other women experiencing similar problems.

After participating in the self-help group, I was selected by TPO Cambodia to be further trained by them in mental health so that I would be able to help other victims of domestic violence in my community. I felt really encouraged by TPO and the other women in the self-help group to do that. During the training, and by participating in the self-help group, I learnt a lot about mental health and



developed coping skills and techniques. For example, I learnt about relaxation techniques, anger management, psycho-education and parenting. I also learnt to better understand gender issues. I have used those new skills and knowledge to help my husband drink less, not gamble and stop the domestic violence. It has helped me share my feelings with him and better understand him and how we can better relate to each other and other people. With TPO's support I have gained a lot of confidence, which has helped me talk with my husband and find solutions together with him. My husband has

changed. We both work now and have increased our income. We are building a bigger house and our children go to school now. Our family is happy now. And these days, I am also helping others with similar problems.

Thanks to the training I am now educating others on mental health and the causes of their problems. And I teach them coping skills. I've been helping others experiencing domestic violence and I have achieved good results. As a consequence, the community started to recognize and value me as a community resource person – this is someone from the community who is able to help other community members. These days, members of the community seek me out. They come to my house to share their problems with me and seek help. Also in 2014, I was appointed as the vice-village chief because of my accomplishments in helping people in the village. The local authorities decided this on the basis of my hard work, my commitment to helping the community and the courage I've shown

» Ms HAT Hang, through TPO's Improving Mental Health for Survivors of Gender-Based Violence & Sexual Assault Community Mental Health Program, has made the transformation from a victim of domestic violence to a community leader advocating for the rights of others.

Above left: Ms. HAT Hang campaigning against domestic violence.

Right: TPO staff regularly meet with focus groups to get feedback from CRPs such as Ms HAT Hang.

in raising issues with the authorities and reporting to them about the needs of the villagers and the mental health issues they experience. I now also meet on a monthly basis with the Commune Council for Women and Children where I report about the state of the mental health of the people in my community and related problems they are experiencing.

In the future, I'd like to do more awareness raising about mental health and psychosocial issues in schools – for teachers and students – and with local authorities. During meetings at the commune or district level, I can discuss and raise awareness about mental health, but also work with the authorities on preventing issues such as domestic violence in the community. I really want to support my community, and restore the dignity of my people in the villages so that they can be happy and healthy, get proper jobs, increase their income, send their children to school and no longer experience domestic violence.





TPO Cambodia trains communities
in mental health care.

ACCESS TO JUSTICE FOR WOMEN

In 2014, one of the aims of TPO's community mental health teams in Siem Reap and Kampong Thom provinces was to support disadvantaged women in two districts: Angkor Chum district (Siem Reap province) and Stoang district (Kampong Thom province). The women and girls we worked with in those areas are victims of gender-based violence – most often perpetrated within the family – who have been lacking access to medical care, social services and justice. TPO has helped them gain access to these services while also providing mental health care and psychological support. We have also worked with the perpetrators of this violence to rehabilitate them. With this work we help build better informed, healthier and peaceful communities where women can feel safe, empowered and confident.

TPO's social needs assessment with 238 people from both districts revealed 94% showed clinical symptoms of depression and anxiety, while 76.5% met the criteria for a clinical diagnosis of

post-traumatic stress syndrome. Based on these results, we put in place a multi-tiered strategy to combat these issues. We trained 31 new community resource people (CRPs) in mental health and provided follow-up training to 11 previously trained CRPs who had expressed the desire to stay at the forefront of tackling mental health issues in their communities. With these CRPs we established and ran 14 self-help groups for 76 people and we provided individual counseling to 55 people. We ran 9 psycho-education sessions about gender-based violence and mental health for a total of 410 villagers. Throughout, our staff and CRPs referred 104 clients to social, legal and medical services where needed. Our staff also participated in the workshop 'Strengthening networking for comprehensive services to survivors of GBV' organized by the Provincial Department of Women's Affairs in Kampong Thom.

» **Donor: GIZ (German Society for International Cooperation)**

» **Project supported by Cambodia's Ministry of Women's Affairs (MoWA)**



Above: Art therapy is one of the activities used by TPO during self-help group therapy.

COMMUNITY RESPONSES TO VIOLENCE AGAINST WOMEN & CHILDREN

The community of Chi Kraeng (in Chi Kraeng district, Siem Reap province) is in many ways typical of many communities across Cambodia which remain overwhelmingly plagued by violence, in particular violence against women and children. A 2014 study done by This Life Cambodia (TLC) and Investing in Children and their Societies (ICS) showed that this issue is of serious concern in Chi Kraeng. After a joint feasibility study by TPO

Cambodia, TLC and ICS, which further confirmed the urgent need for support to this community to address this issue, we have started – in partnership with TLC and ICS – to assist the Chi Kraeng community with addressing violence against women and children and with building local capacity to respond to this kind of violence. Together with the members of the community themselves, we aim to address gender inequality, develop more positive and non-violent family relationships, and increase the accessibility and availability of health care services. TPO's role in this 2014–2015 pilot program is to improve the mental well-being of survivors of gender-based violence through psychological support while, in collaboration with our project partners, we also aim to improve the living conditions of the families of survivors of this violence by facilitating appropriate support.

Since this program kicked off in October 2014, TPO has set up a field office and conducted a needs assessment study with 178 victims, measuring problems such as anxiety, depression and post-traumatic stress. In this study, we clinically diagnosed 100% of the respondents with anxiety and depression, and 82% with post-traumatic stress. This means that all respondents require professional psychological support. Subsequently, TPO has prepared the delivery of the various mental health services required by the community members, to be rolled out in 2015.



Above: Chi Kraeng locals learn about mental health during a public TPO outreach activity.

» **Donor: Investing in Children and their Societies (ICS)**

» **Partner: This Life Cambodia (TLC)**



TPO Cambodia travels the country
raising awareness about mental health.

WOMEN IN TRANSITIONAL JUSTICE

In 2014, we concluded our three-year Women in Transitional Justice project funded by the United Nations Trust Fund to End Violence against Women (2012–2014). With our project partners, we continued to ensure that survivors of gender-based and sexual violence during the Khmer Rouge regime, can exercise their rights to the truth, criminal justice, rehabilitation and non-recurrence. First up, 152 civil parties at the Extraordi-

nary Chambers in the Courts of Cambodia (ECCC) – of which 104 women – participated in a meeting with the civil party lawyers and were updated on reparation projects, non-judicial measures, the scope of case 002/02 and developments at the ECCC. They also had the opportunity to discuss and clarify any related topics. They watched an advocacy film and some survivors exercised their right to share their stories. Also, 14

beneficiaries participated in the adversarial hearing on 11 February 2014 – briefed and debriefed by their lawyers, and psychologically supported by TPO Cambodia – while 34 participated in trial attendance workshops and client meetings.

Much of our focus was again on ensuring that survivors can improve their mental well-being and build support networks with each other. While we continued to offer support to female survivors, we also started to work with male survivors of gender-based and sexual violence in 2014. Most of the survivors managed to disclose their painful experiences for the first time during TPO's program. Self-help group members (five groups with a total of 48 people) forged close, supportive relationships with each other which enabled them to face their past and process traumatic experiences in a safe, supportive and respectful setting. They expressed



Above: A trauma survivor receives the protective string during a Testimonial Ceremony organized by TPO. (Photo by Inger Agger)

feeling a reduction in stress and tension, and said to have a greater self-care ability and better coping skills. Participants in Testimonial Therapy (11 people) expressed similar benefits and also reported that the public acknowledgment of their suffering helped them regain their self-esteem. They also stated that the integration of the spirits of the deceased in the ceremony was crucial in helping them deal better with loss and trauma. TPO also provided individual counseling.

In cooperation with one of our project partners, the Cambodia Defenders Project (CDP), we also continued to organize forum theatre and awareness raising activities in rural communities. During this last year of the project, we increased our focus on the involvement of men and students. Forced marriage under the Khmer Rouge and its social and psychological impacts were the theme of the plays, which were followed by community dialogues and information displays. Beneficiaries of this program substantially increased their understanding of gender-based violence under the Khmer Rouge and present-day forms of such violence and the proceedings in Case 002/01 at the ECCC.

The general public also continued to follow our radio show broadcast on three radio stations across 14 provinces. During our seven shows – each re-broadcast several times – more than 80 people called in. Responses to the program indicated that listeners increased their knowledge about gender-based violence under the

Khmer Rouge, as did the villagers who participated in forum theatre sessions organized by the project team. Radio shows, films, publications and the website gbvkr.org (on which all the materials have been made permanently available to the public) are helping to increase the public's interest and understanding of the issues. Ten testimonial films, three films on forum theatre, one advocacy film and the film on the Women's Hearing 2013 were also completed.

We also did a survey on gender-based violence under the Khmer Rouge and at present with approximately 250 civil parties from across Cambodia. The preliminary findings were presented during a well-attended workshop in October 2014. On that occasion we also launched TPO Cambodia's research publication 'Like ghost changes body – A Study on the Impact of Forced Marriage under the Khmer Rouge Regime' by Theresa de Langis, Judith Strasser, Thida Kim and Sopheap Taing. This research was based on interviews with 106 civil parties to case 002 about their experiences of forced marriage under the Khmer Rouge and provides a deeper understanding of forced marriage and its impacts. A companion volume with the eight full case study interviews will be published in 2015. Also, the completed project's full evaluation report was published online.

» Donor: United Nations Trust Fund to End Violence against Women; GIZ for 'Like Ghost Changes Body' publications

» Partners: Cambodia Defenders Project (CDP), the Victims Support Section (VSS), the Extraordinary Chambers in the Courts of Cambodia (ECCC)

JUSTICE & RELIEF FOR SURVIVORS OF THE KHMER ROUGE

PROMOTING HEALING & RECONCILIATION THROUGH PSYCHOSOCIAL INTERVENTIONS

In 2014, we continued to alleviate suffering resulting from trauma – for individuals, families and the community – by supporting witnesses and civil parties as well as their families and communities in the context of the Extraordinary Chambers in the Courts of Cambodia (ECCC), also known as the ‘Khmer Rouge Tribunal’. Working in close cooperation with the Witness and Expert Support Unit (WESU) and the Victims Support Section (VSS) of the ECCC, we provided a variety of psychosocial services via two of our projects. These ranged from on-site psychological support before, during and after ECCC proceedings, and trauma treatment,

to community-based truth-telling, memorialization and dialogue initiatives addressing the legacy of Cambodia’s violent past. We also raised awareness of trauma, torture, mental health issues, the impact of the Khmer Rouge regime, and the transitional justice process with the wider population.

We provided Testimonial Therapy – a culturally relevant trauma therapy program – to 136 survivors (all civil parties in Case 002 at the ECCC) and organized 21 public testimonial ceremonies during which the testimonies were read out loud and handed over by monks to the survivors in a Buddhist ritual which



acknowledges the survivors' suffering and enables them to pay respect to those deceased during the Khmer Rouge regime. Another 46 civil parties in case 002 benefitted from participating in TPO's self-help group program: they learnt to express their feelings and needs, which brought them relief as well as a feeling of being connected with others. They feel better understood, relieved that their experiences have been acknowledged and have learnt that some of the physical symptoms they struggle with are a consequence of their traumatic experiences under the Khmer Rouge. They can now better recognize and identify problems, and have strengthened their repertoire of coping skills to help them manage their emotions and improve their daily functioning. We also provided psychological on-site support at the ECCC to 145 survivors as well as 42 counseling sessions with 81 case 002 civil parties via our Telephone Counseling Hotline. Nine others received a total of 63 psychiatric consultations and 26 counseling sessions.

» **Donors: GIZ (German Society for International Cooperation), Swiss Foundation and UNVFVT (United Nations Voluntary Fund for Victims of Torture)**

Left: A TPO client honors the deceased during TPO's trauma treatment program.

Right: TPO Cambodia provides psychological support to civil parties at the Khmer Rouge tribunal – here a briefing ahead of the verdict in Case 002/01 in August 2014.

We broadcast 15 live radio shows (totaling 80 broadcasts) informing the Cambodian public about mental health issues as a consequence of the Khmer Rouge regime, as well as the proceedings at the ECCC. We also organized and facilitated a Case 002 update meeting between 30 survivors (civil parties) and two civil party lawyers. Our work featured in a TV program from the Asian International Justice Initiative and BBC Health-Check featured a great episode on TPO's work in context of the tribunal. We also worked on some related publications intended to inform and educate the public as well as constitute a historical record. Nine full testimonies from Khmer Rouge survivors were translated from Khmer into English and made available as an online gallery, alongside a photo of the clients, in both English and Khmer on TPO's website. A book 'My Testimony – Life Stories by Survivors of the Khmer Rouge' with ten more testimonies, has been produced in Khmer and English and is being printed.



TRUTH, RECONCILIATION & HEALING – TOWARDS A SHARED FUTURE

With this project, TPO (in cooperation with its project partner Youth For Peace) aims to complement the process of retributive justice at the Extraordinary Chambers in the Courts of Cambodia (ECCC) with restorative justice at the grassroots level.* In particular, we aim to help traumatized victims improve their mental well-being and strengthen their resilience and coping abilities. We also work to generate healthier relationships between various ‘identity groups’ in Cambodian society, i.e. generate a better understanding of the complexity of victim–perpetrator identities and relationships, and work towards a

shared vision of the past and the future. We do this through trauma work, truth-telling, dialogue and memorialization initiatives in 6 provinces (Takeo, Kampot, Battambang, Kampong Chhnang, Banteay Meanchey and Pailin). After much planning, training of project staff and project orientation in late 2013, this three-year project hit its straps in 2014.

We provided a four-day Testimonial Therapy trauma treatment to 26 survivors who had experienced a wide range of traumatic events during the Khmer Rouge regime including torture, forced labor, starvation, imprisonment and the witnessing of brutal killings. The therapy has given them a better understanding of the link between their past experiences and current health problems, and they were provided with a safe environment to open up and share their story as well as their problems, first with a TPO counselor, then with other survivors, family, friends, and neighbors. This has brought them relief and acceptance. We also organized four truth-telling ceremonies during which we gathered a total of 364 people – trauma survivors and their communities – to



Above: Youth and survivors visit a former Khmer Rouge crime site thanks to USAID, TPO and YFP.

Right: A Khmer Rouge survivor's life story is being shared publicly during a Truth-Telling Ceremony

* Retributive justice considers punishment as a response to crimes while restorative justice focuses on the needs of victims, offenders, and the community.



listen to and acknowledge the survivors' personal stories. This hugely contributed to restoring the victims' dignity and rights, and reduced stigma against them. These ceremonies allowed the communities to strengthen their sense of solidarity, peace and reconciliation. Some former Khmer Rouge expressed feelings of collective guilt and responsibility, of empathy towards the victims and a desire to reconcile with them, while some victims have developed more positive feelings towards former Khmer Rouge. We also had 338 members of various communities participate in our film-based community dialogues. After watching the short film on 'Former Khmer Rouge and Victim

Dialogue' they discussed the processes of dialogue, healing and reconciliation with each other, moderated by TPO counselors. This helped them explore their own ways of coping with the past and move toward healing and reconciliation in their communities. Participants expressed that the activity helped reduce their desire for revenge and instilled some harmony to the benefit of the next generations. During 2014, we have also worked intensively on facilitating a dialogue between two former Khmer Rouge and one victim. The process consists of four phases: assessment, video-based dialogue, face-to-face mediation and a final ceremony. So far, nine sessions have been held with these three people. Last but not least, we set up a counseling hotline to primarily provide additional support to Khmer Rouge survivors and young people after they've attended our activities, but we are also open to receiving calls from others who are interested in our services. During our first year, we provided 97 telephone counseling sessions to 27 clients, while we also provided additional phone counseling to 19 of the 26 clients who had testimonial therapy trauma treatment from TPO in 2014.

Figures above refer to the USAID fiscal reporting period which is Sept 2013 to Sept 2014.

» **Donor: USAID and the American People**

» **Partner: Youth for Peace Cambodia (YFP)**



MENTAL HEALTH CARE & PSYCHOSOCIAL SERVICES FOR CAMBODIAN PRISONERS

Cambodia's prison population constitutes one of the most disadvantaged groups in Cambodian society. Adequate health care for prisoners with pre-existing mental health conditions, and for those who develop mental health problems while in prison, is lacking. TPO Cambodia is the only NGO providing such services. We have been bringing mental health care and psychosocial services to Cambodian prisoners since 2012. With this project, approved by the General Department of Prisons in Cambodia, we support prisoners, both male and female, in four of Cambodia's 26 prisons: Correctional Center 1, Correctional Center 2 (both also known as 'Prey Sar'), Kandal Provincial Prison and Kampong Chhnang Prison. We also provide crisis support in other prisons at the request of prison staff.

In 2014, 97 inmates (63 men, 34 women) received psychiatric treatment and counseling, totaling 738 sessions by our counselors. Almost half of these prisoners were suffering from depression, whereas psychotic disorders constituted the second-most common diagnosis. Other health problems diagnosed by TPO staff were generalized anxiety syndrome (GAD), sleeping disorders, epilepsy, alcohol and substance abuse disorders, and bipolar affective disorder. Forty of the prisoners we worked with completed the treatment – some of them were discharged (i.e. no longer required treatment), released from prison or transferred to other prisons making further treatment impossible. Also, 39 inmates participated in the life skills training program

which helps them develop their personal awareness, interpersonal relationships, and psychologically prepare for their release and plan their future. In Kampong Chhnang provincial prison we ran self-help groups with 22 inmates.

Many of our clients in prison have shown a marked improvement in their psychological well-being and have provided positive feedback about TPO's support. As one inmate put it, 'I feel like I have received a special gift because counseling has allowed me to express my negative feelings resulting from this incarceration to the counselor and that has relieved my mental distress'.

» ***Donors: Dynamic Share (DS), the Swiss Agency for Development and Cooperation (SDC)***

» ***Project endorsed by Cambodia's General Department of Prisons***



STRENGTHENING LOCAL MENTAL HEALTH SYSTEMS

TPO kicked off a new 2014–2016 project funded by Louvain Coopération which aims to strengthen local mental health systems in Kampong Cham and Tboung Khmum provinces in such a way that they are able to offer accessible, good-quality and culturally relevant mental health care to the community, in an efficient and sustainable manner. To do so, TPO is working from two field offices inside provincial referral hospitals: one in Chamkar Leu Referral Hospital (Kampong Cham province) and one in Ou Reang Ov Referral Hospital (Tboung Khmum province).

In 2014, TPO put considerable effort into training staff in mental health in the target areas, as well as setting up new services. We established mental health services in four new out-patient departments (OPDs), namely in one referral hospital and one health center in Chamkar Leu district and in two health centers in Ou Reang Ov district. We also trained 96 people making up four village health support groups (VHSGs) in Mental Health First Aid. A group of 30 health staff from Chamkar Leu operational district received training in basic mental health care through TPO's program. Throughout the year, 538 people received mental health services through the OPDs of two referral hospitals and four health centers in the target areas. The total number of clinical work sessions done by the outpatient



Above: TPO social workers coach nurses in counseling, psycho-education and home visits.

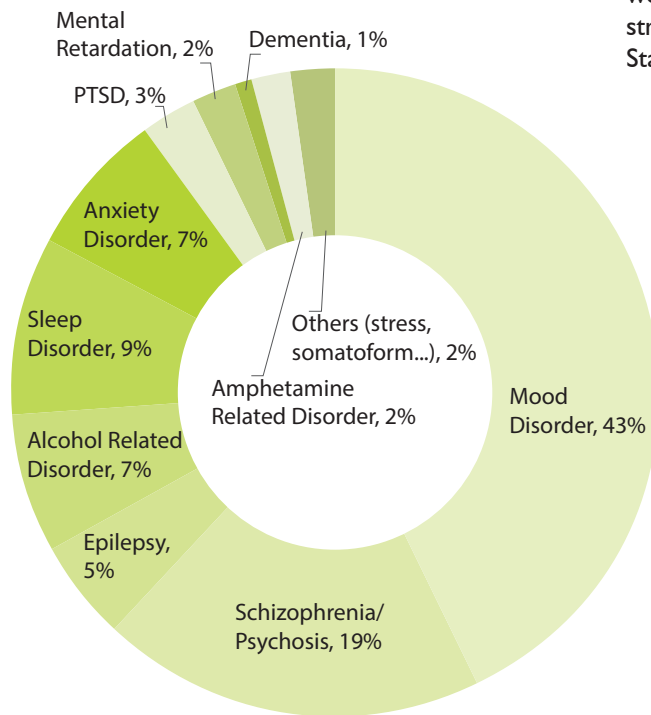
Bottom left: A TPO counselor with young inmates during the Life Skills Program.

department staff and social workers totals 1646 consultations, 686 counseling sessions, 625 psycho-education sessions and 291 home visits. TPO's social workers supported the nursing staff in the OPDs coaching them in counseling (189 coaching sessions), in psycho-education (179 coaching sessions) and home visits (157 sessions). TPO also organized a 2-day Continuous Medical Education workshop for 30 Cambodian psychiatrists and psychologists, which also contributes to strengthening the local mental health system. The topic this year was 'Alcohol and Substance Abuse Disorders and their treatment'.

» Donor: Louvain Coopération (LD), Belgium

TPO's Treatment Center in Phnom Penh, funded by the TPO Trust Fund, continued to provide mental health services to a variety of patients from all over Cambodia. The number of consultations continues to be high with 5,112 consultations in 2014. Clients received various

types of treatment and support from TPO according to the specifics of their diagnosis. A part from responding to the unmet need for mental health services in Cambodia, TPO's Treatment Center aims to generate income for TPO contributing to the organization's long-term sustainability and self-reliance. Also, throughout 2014, we put a considerable effort into further developing and strengthening our clinical capacity – for details, see under Staff Capacity Building (page 22).



TPO's Training Center offers a variety of training courses on a number of mental health topics. We run 'standard training courses', which are multi-day group trainings provided on a regular basis, as well as 'tailored-made courses', which are developed and delivered by TPO according to the specific needs of an organization. All training is run by experienced and qualified trainers with degrees in relevant fields such as psychology, social work, psychiatry and psychiatric nursing. While responding to a demand in the market for mental health training, our Training Center also contributes to TPO's long-term sustainability and self-reliance.

In 2014, we ran six standard courses with a total of 54 participants from 14 different NGOs, three micro-

finance institutes, one private business and one bank. Demand was highest for courses that strengthen participants' counseling skills, teach people how to better manage stress and anger, as well as courses in child development and parenting skills. We prepared and delivered no less than 58 tailor-made courses to 1498 learners from a wide range of local and international NGOs. The number of courses includes six refresher courses in providing psychosocial support to child victims of trafficking and other forms of abuse. The other most sought-after subjects were child development, effective communication with children, Mental Health First Aid, burnout prevention, self-awareness, trauma healing, and psychological support for older people. All up, we trained 1552 people from 27 different organizations in 2014, an increase of almost 500 trainees compared to 2013. This effort contributed 60,675.50 USD to TPO's funds.

We developed flyers for each of our 8 standard courses, which we distributed in a dedicated training folder and used online and in social media on a regular basis, alongside regularly updated training schedules. We also developed a new training curriculum for Mental Health First Aid as well as a new training curriculum for our course 'Understanding & Practicing the Foundation Tools of Cognitive Behavioral Therapy (CBT)'.

Left: TPO's Training Center offers many mental health training modules to other organizations – here on counseling.



With support from the Center for Victims of Torture (CVT) we did a study (randomized control trial) measuring the effectiveness of Testimonial Therapy, a recognized trauma treatment protocol for survivors of war, conflict and torture, adapted by TPO to the Cambodian culture. Our findings strongly indicate that culturally adapted Testimonial Therapy appears to be effective in reducing trauma symptoms including chronic non-malignant pain. For this study, we screened 206 ECCC civil party applicants (identified by the co-lead lawyer) from which we selected 76 participants (36 for the treatment group and 40 for the control group who will get the treatment after the study). We conducted baseline assessments, 2nd (3 month) and 3rd (6 month) follow-up assessments, while by year's end, TPO had delivered testimonial therapy to all 36 treatment participants, and all 40 control participants after these had been psychologically assessed at the 6-month point. A series of three research articles about the study's findings is currently in the works and dissemination has been planned for early 2015. This study will continue in 2015 with full results published. Our longer-term goal is to use this treatment protocol to address the broad array of chronic pain experienced by patients in Cambodia. The added benefits of this study are that TPO has been able to strengthen its supervision system and improved its processes for documentation, data storage and data security. It has also enabled us to better keep track of control variables throughout treatment.

TPO also published its 2014 research study 'Like ghost changes body – A Study on the Impact of Forced Marriage under the Khmer Rouge Regime', (also see page 9). The study contributes to a deeper understanding of the nature and extent of forced marriage under the Khmer Rouge (1975–79), a topic that all too often has been suppressed in public historical discourse in Cambodia. It focuses on the ongoing impacts of these violations on the victims and includes recommendations to the Royal Government of Cambodia, the ECCC, civil society, NGOs and practitioners to address this. It also stimulates public discussion and highlights the need to redress these crimes.

In 2014, TPO has continued to contribute to local and international research on a variety of topics (e.g. fall-out of the Khmer Rouge regime, torture, trauma healing, intergenerational trauma, transitional justice) by providing relevant information and insights to researchers from various institutions and organizations around the world. TPO has also hosted various Cambodian and international students as well as interns for extended periods providing them with practical experience or support with their research.

In 2014, TPO staff have again frequently engaged in meetings with government officials, partner NGOs and stakeholders, and in advocacy events and awareness raising campaigns to promote mental health care, psychosocial well-being and the need for services in Cambodia.

The year kicked off with the launch, at a jam-packed META HOUSE in Phnom Penh, of our short films 'Women and Transitional Justice in Cambodia' and 'Forum Theater to Stop Gender-Based Violence' which can be watched online at <http://gbvkr.org/publications-and-materials/audio-visual-material/>. To celebrate International Women's Day (8 March) we featured portraits of some of our amazing female staff who, through their work, bring about positive change and inspire other women to



Above: More than 1700 students visited the TPO info booth at the RUPP Youth Mental Health Day on 10 October 2014.

pursue equality. The UN's International Day in Support of Victims of Torture (26 June) remained high on our agenda in 2014. We helped spread the anti-torture message and sent messages of support to victims of torture during a week-long social media campaign. We also contributed our mental health care perspective to LICADHO's (Cambodian League for the Promotion and Defense of Human Rights) report launched on 26 June, and that same week our live radio show was dedicated to 'Torture and its Psychological Consequences'. Our participation in the Youth Mental Health Day at the Royal University of Phnom Penh on World Mental Health Day (10 October) was again one of the highlights of the year. More than 1700 young people visited the TPO exhibition, talked with our staff, and many participated in TPO activities such as art therapy, mini-counseling sessions, mindfulness exercises and forum theatre. TPO staff also participated in the UN International Youth Day 2014. At an expert panel discussion organized by the UN Youth Task Force, Dr Sotheara Chhim spoke about 'Care for Young People's Mental Well-being in Cambodia and Research Findings', while in Siem Reap, Ms Vanny Peng from TPO spoke about mental health at the 'Youth and Mental Health' NGO workshop.

The publication of our research study 'Like ghost changes body – A Study on the Impact of Forced Marriage under the Khmer Rouge Regime', marked another highlight in

our work to raise awareness about the ongoing impact of this pervasively instituted policy of the Khmer Rouge. For more details, see under Research & Consultancy (page 18).

On our website, we have published an online gallery of nine life stories of survivors of the Khmer Rouge as told by the survivors themselves to TPO therapists during trauma treatment. Telling their story does not only contribute to their psychological healing, but is also a way of providing historical records and educational material for the younger generation, in the hope it never happens again.

Throughout 2014, we have continued to actively use TPO's Facebook page to raise awareness about mental health and to promote and report related events and news. Other causes we've supported this way are the WHO's World Health Day, World Suicide Prevention Day, the UN International Day for the Right to the Truth concerning Gross Human Rights Violations and for the Dignity of Victims, the UN International Day for the Elimination of Violence against Women, to name but a few. We have posted regular updates about the proceedings at the ECCC as well as TPO's own work across projects and locations, and shared information about our training courses on offer. We've attracted attention to the need for mental health care in Cambodia, and to the widespread issues of gender-based violence and substance abuse in Cambodian communities, and provided our readers with interesting articles and background information about mental health topics.

During 2014, we also had our work covered by various media in Cambodia and further afield. BBC World News joined TPO at Choeung Ek and produced a video report about our Testimonial Therapy trauma work with survivors of the Khmer Rouge. IRIN (the humanitarian news service of the UN) also published a great article about adapting trauma treatment to the local Cambodian culture, and the International Rehabilitation Council for Torture Victims (IRCT) singled out TPO Cambodia as one of the leading organizations in Southeast Asia in this field in an article on their blog World Without Torture. Our Director and other TPO staff were regularly interviewed for newspapers and magazines (including English-language and Khmer language publications in Cambodia), and appeared in a number of local radio and TV shows. Topics covered include sleeping disorders, parenting styles, forced marriage during the Khmer Rouge regime, *baksbat* ('broken courage'), the country's state of mental health care and TPO's prison project.

Project-specific activities such as our radio shows have been listed earlier in this report.



**Torture
Survivors
Are not
Forgotten**

**Healing
Is
Possible**

**Rehabilitation
Saves
Lives**

**TPO Cambodia speaks up
for those who need care.**

PARTNER IN TRAUMA HEALING (PATH) PROGRAM

As a Partner in Trauma Healing (PATH) of the Center for Victims of Torture (CVT), TPO benefitted again over the past year from CVT's support to expand our ability to provide high-quality mental health services, help heal survivors, perform monitoring and evaluation, and develop as an organization in general. An experienced PATH psychologist continued to provide support, training and mentoring thereby strengthening TPO's clinical capacity. As a result, we've rolled out a clinical supervision system and policy and we finalized and documented our counseling guidelines which are used by all our counselors across our projects and locations (and currently also being produced in video format). This clinical unified approach is further complemented by regular internal learning sessions and case presentation sharing for TPO's clinicians. We also strengthened our clinical monitoring capacity by testing and validating the TPO Unified Clinical Tool we had previously developed to capture all the common clinical signs and symptoms reported by respondents during our assessment work in Cambodian communities. TPO's clinical manager and clinical supervisor, alongside other TPO staff, attended the annual clinical training workshop organized by the Center for Victims of Torture – and co-hosted by TPO

on Cambodian home soil – for counselors from each of the 10 centers worldwide that CVT partners with for torture rehabilitation. It was a pleasure welcoming our PATH friends from around the world at TPO Cambodia. On the organizational front, key senior staff received training in proposal development enabling them to actively engage in it.

OTHER INITIATIVES

In 2014, TPO Cambodia continued to also receive support of a Senior Psychological Advisor funded by GIZ (German Society for International Cooperation) to help build clinical and organizational capacity.

Throughout 2014, we also continued to build our external communications capacity with the support of full-time Communications Advisor provided for a total duration of 2 years by the Australian Red Cross/Australian Volunteers for International Development (ARC/AVID) program. Together with this advisor, we set up a TPO communications function and learnt more about effective external communications and PR. As a result, various PO staff have been proactively engaging with a growing range of communications activities and we've increased our communications output (print, online, events, networking). We have released various

publications, organized a number of events, secured regular media coverage and campaigned online for mental health, as mentioned throughout this report. We have kept our donors and supporters informed via regular newsletters and a stream of social media updates. Together we have also been working on improving our website.

We participated in the Dealing with the Past workshop in Manila, Philippines, which brought together professionals engaged in documenting human rights violations and preserving human rights archives in their respective countries. This gave TPO Cambodia the opportunity to share its experience with participants from other Asian countries and to learn from them. This workshop was organized by the Swiss Federal Department of Foreign Affairs and the Commission on Human Rights of the Philippines.

In December, our staff got together during our Annual Conference, an opportunity to reflect on the achievements, challenges and lessons learnt in 2014, plan our work for 2015 and look further ahead so we are prepared to keep working for the well-being of Cambodian people with mental health problems and raise awareness with the public, here and abroad, about mental health issues in Cambodia.

Finally, we are proud that TPO Cambodia again obtained certification of compliance against the Code of Ethical Principles and Minimum Standards for NGOs in Cambodia, known as NGO Governance & Professional Practice (NGO GPP), which

is valid for three years. TPO received its first certificate in 2010. With this new three-year certificate, obtained after an extensive assessment process, NGO GPP again recognizes and appreciates TPO's efforts in complying with the standards and being a role model for other NGOs in Cambodia, strengthening the NGO sector in Cambodia.

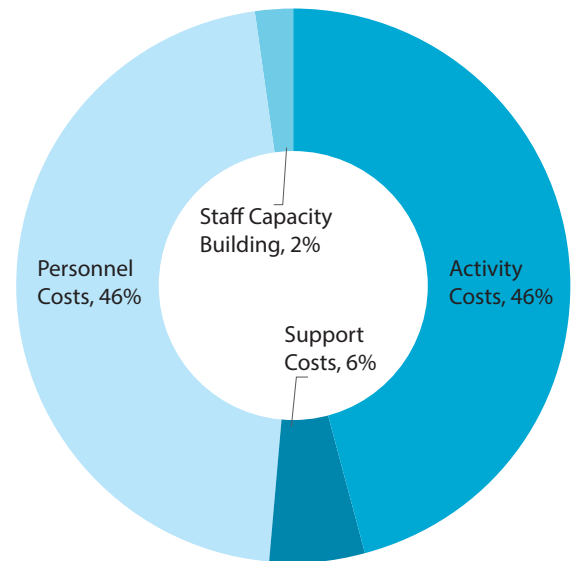
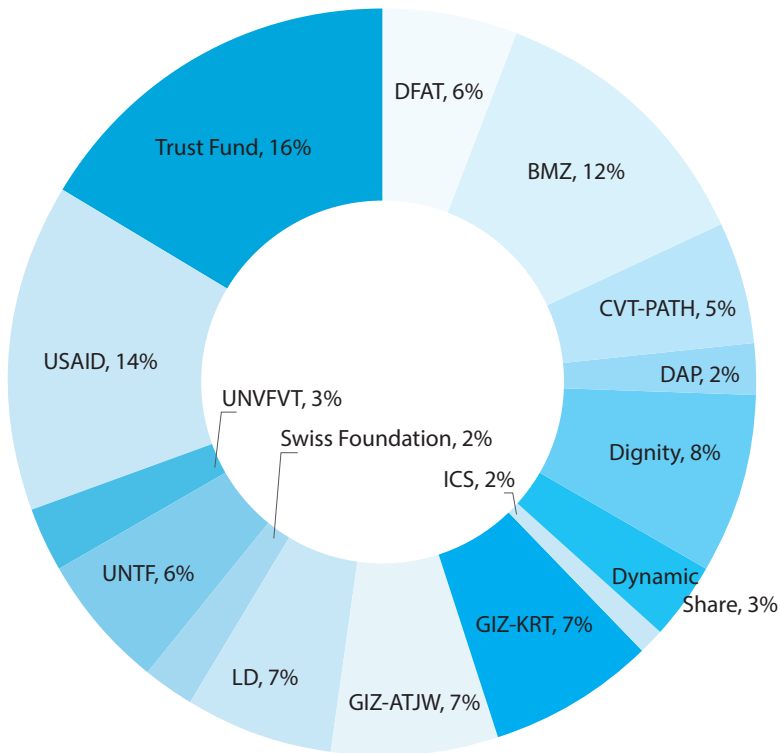


Above: TPO welcomed the Center for Victims of Torture and its Partners in Trauma Healing during its workshop in Cambodia.

Statement of Income and Expenditure for the year ended 31st December 2014. Income and Expenses were audited by PriceWaterHouseCooper (PWC).

DONORS	INCOME 2014 in US\$	EXPENDITURE 2014 in US\$
DFAT	65,132	65,136
BMZ	134,821	134,820
CVT-PATH	58,512	58,512
DAP	24,273	24,273
Dignity	87,032	36,005
Dynamic Share	34,899	34,900
ICS	14,680	12,532
GIZ-KRT	78,149	78,149
GIZ-ATJW	79,571	79,571
LD	71,715	71,715
Swiss Foundation	24,949	24,949
UNTF	64,195	64,195
UNVFVT	29,975	29,975
USAID	156,928	156,928
Trust fund	177,917	189,566
Total	1,102,748	1,061,226

CLASSIFICATION	EXPENDITURE in US\$
Activity costs	487,070
Support costs	60,772
Personnel costs	491,525
Staff capacity building	21,860
Total	1,061,226



TPO has 51 staff members, a HQ office in Phnom Penh and field offices in the provinces of Battambang, Siem Reap (SR town and Chi Kraeng district), Kampong Thom, Kampong Cham and Tboung Khmum. All staff members are Cambodian. Key positions:

THERAPISTS & TRAINERS

- ANG Sody, MD, Psychiatrist
- CHEA So Ousaphea, Registered Nurse
- CHHAY Marideth, Senior Counselor
- CHHIM Sotheara, MD, Psychiatrist, MPM, PhD
- CHOR Sonary, Sociologist, Counselor
- KEO Sothy, MD, Psychiatrist
- LONG Borom, Counselor
- MUNY Sothara, MD, Psychiatrist, MA in Public Health
- OM Chariya, BA in Psychology, MA in Peace Education
- PICH Panha, BA in Psychology, MA in Public Health
- ROS Saray Endeth, BA in Psychology
- SANG Seum, Psychiatric Nurse
- SEANG Leap, BA in Psychology, BA in Law

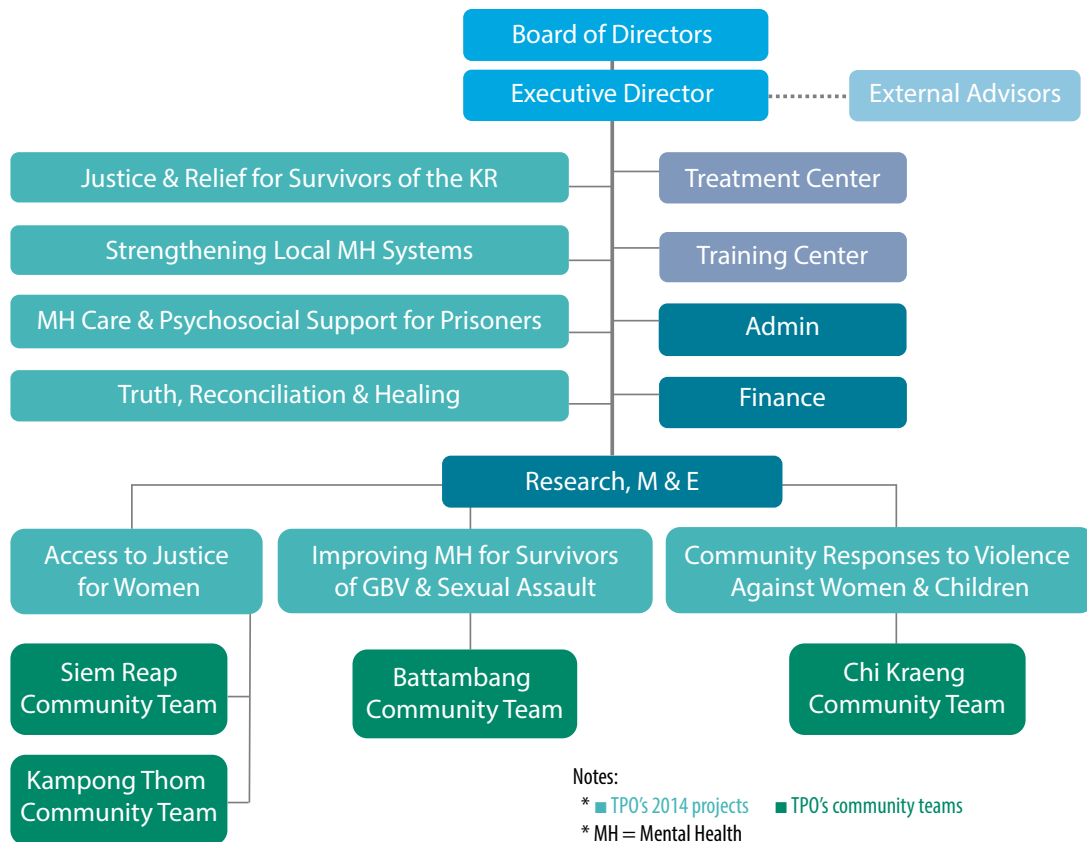
- SOK Phaneth, BA in Psychology, MA in Counseling Psychology
- TAING Soeung Hun, Social Worker and Senior Counselor
- VITH Kimly, BA in Psychology
- YOUN Sarath, Senior Counselor

KEY MANAGEMENT STAFF

- CHHIM Sotheara, Executive Director
- LENG Bunlay, Finance Manager
- LOK Meas, Office Manager
- SOK Phaneth, Head of Treatment Center
- TAING Sopheap, Head of Research, Monitoring & Evaluation
- VITH Kimly, Head of Training Unit

COMMUNITY TEAM LEADERS

- KIM Sophornn, Battambang
- LAO Lun, Battambang
- NUTH Lady, Kampong Thom
- PENG Vanny, Siem Reap



Notes:

* ■ TPO's 2014 projects ■ TPO's community teams

* MH = Mental Health

* HR and IT done by Admin.

* Fundraising by ED; Head of Research, M&E; Project Leaders; External Advisors.

* Data Collection is done by individual teams.

OUR BOARD OF DIRECTORS

- Dr. VAR Chivorn – Chairman – Associate Executive Director, Reproductive Health Association of Cambodia, #14 Street 335, Boeung Kok I, Toul Kork, 12151 Phnom Penh
- Mr. KHANN Sareth – Vice-Chairman – Psychology Master's Program Coordinator, Psychology Department, Royal University of Phnom Penh
- Dr. LIM Siv Lang – Treasurer Physician – National Pediatric Hospital, #100, Federation of Russia Blvd, Phnom Penh
- Ms. UNG Kimkanika – Board Member – Acting Department Head, Social Work Department, Royal University of Phnom Penh
- Dr. SENG Bunly – Board Member – Director, BNC Consult, No. 62, St 111, Sangkat Boeung Prohit, Khan 7 Makara, Phnom Penh

OUR PARTNERS & SUPPORTERS

In 2014, collaborations with government, other NGOs, education and research institutions, health professionals, other service providers and advocates for human rights and health care were again at the core of what we do. And of course we could not have done it without our donors as well as all the others who have supported us in various ways.

2014 PROJECT SPONSORS

- American Government and the American people through USAID
- Australian Government through DFAT (Department of Foreign Affairs and Trade)
- Belgian Government through the university NGO Louvain Coopération (LD)
- Center for Victims of Torture (CVT), Minnesota, USA

- DIGNITY Danish Institute Against Torture
- Direct Aid Program (DAP), Australian Embassy
- Dynamic Share (SD), Switzerland
- German Federal Ministry for Economic Cooperation and Development (BMZ) via the German Society for International Cooperation (GIZ)
- Investing in Children and their Societies (ICS), the Netherlands
- Swiss Foundation
- United Nations Trust Fund to End Violence Against Women (UNTFVAW)
- United Nations Voluntary Fund for Victims of Torture (UNVFVT)
- Swiss Agency for Development and Cooperation (SDC)

INTERNATIONAL PARTNERS

- Australian Red Cross/Australian Volunteers for International Development (ARC/AVID)
- Office of the High Commissioner for Human Rights of the United Nations (OHCHR)
- Palo Alto University, Palo Alto, California, USA
- Berkeley Center for Human Rights, California, USA
- Plan International
- UN WOMEN (United Nations Entity for Gender Equality and for the Empowerment of Women)

LOCAL PARTNERS

- Banteay Srei (Siem Reap)
- Cambodian Human Rights Action Committee (CHRAIC)
- Cambodian Human Rights and Development Association (ADHOC)

- Cambodian League for the Promotion and Defence of Human Rights (LICADHO)
- Cambodian Women's Crisis Centre (CWCC), Siem Reap
- Commune Counsel for Women and Children (CCWC)
- Extraordinary Chambers in the Courts of Cambodia (ECCC) and its Witness and Expert Support Unit (WESU) and Victims Support Section (VSS)
- Kdei Karuna (KdK)
- Legal Aid of Cambodia (LAC), Siem Reap
- Ministry of Health (MoH) and its Provincial Departments of Health (PDOH)
- Ministry of Interior (Mol), the General Department of Prisons (GDP) and the Prison Authorities of Correctional Centre 1, Correctional Centre 2, Kandal Provincial Prison, and Kampong Chhnang Provincial Prison
- Ministry of Social Affairs, Veterans and Youth Rehabilitation (MoSaVY)
- Ministry of Women's Affairs (MoWA) and its Provincial Departments of Women's Affairs (PdoWA)
- Royal University of Phnom Penh (RUPP), Department of Psychology & Social Work
- This Life Cambodia (TLC)
- Women's Media Centre of Cambodia (WMC)
- Youth for Peace (YFP)
- ... and the provincial and local authorities of all the places in Cambodia we have worked in throughout 2014 as well as the Community Resource People helping people with mental and psychological problems around the country.

TPO CAMBODIA IS A MEMBER OF:

- Access to Justice Asia (AJA)
- Cooperation Committee for Cambodia (CCC)
- International Rehabilitation Council for Victims of Torture (IRCT)
- MEDiCAM (Membership Organization for NGOs Active in Cambodia's Health Sector)

OUR THANKS ALSO GO TO:

- Bophana Audiovisual Resource Center, Phnom Penh
- Department of Media and Communication (DMC), Royal University of Phnom Penh
- META House (German Cambodian Cultural Center), Phnom Penh
- All visitors, students, researchers, journalists, mental health workers, human rights workers and members of the general public who, both in Cambodia and around the world, have shown interest in our work and helped spread the word about our work and the need for mental health care in Cambodia.
- All monks who have participated in our Testimonial Ceremonies throughout 2014.



TPO Cambodia reaches out
to the community.



TPO VISION

CAMBODIAN PEOPLE LIVE WITH GOOD MENTAL HEALTH AND
ACHIEVE A SATISFACTORY QUALITY OF LIFE.

TPO MISSION

TO IMPROVE THE WELL-BEING OF CAMBODIAN PEOPLE WITH PSYCHOSOCIAL AND
MENTAL HEALTH PROBLEMS, THEREBY INCREASING THEIR ABILITY TO FUNCTION EFFECTIVELY
WITHIN THEIR WORK, FAMILY AND COMMUNITIES.

TPO VALUES

TPO PEOPLE ARE PROFESSIONAL, COMMITTED, AND ALWAYS STRIVE FOR QUALITY.
WE ARE KEEN TO LEARN AND REAL TEAM PLAYERS.
WE ARE TRUSTWORTHY AND HONEST PEOPLE WHO ALWAYS DEMONSTRATE
RESPECT AND EMPATHY AND VALUE EACH INDIVIDUAL'S OPINION.

TRANSCULTURAL PSYCHOSOCIAL ORGANIZATION (TPO) CAMBODIA

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OUR SINCERE THANKS TO:



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