



TPO Cambodia Newsletter

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Greetings

By Dr Chhim Sotheara, Executive Director

Dear friends of TPO,

Warm greetings from TPO Cambodia and thank you for your ongoing support!

In this newsletter you will find updates on TPO’s Treatment Center, the visit of the Deputy High Commissioner for Human Rights from the United Nations, as well as training news, information about our 26 June campaign against torture and a recap of recent press coverage about TPO.

In the previous quarter we also published our Annual Report 2013 which you can download from TPO’s home page at www.tpocambodia.org. We hope it gives you a good insight into our work and services which in the end are all aimed at ensuring our beneficiaries can function more effectively within their work, family and community.

IN THIS ISSUE

- 1 Greetings
- 2 In Focus: TPO’s Treatment Center
- 3 Training News
- 4 UN Deputy High Commissioner visit TPO
- 5 TPO’s “26 June Day Against Torture” Campaign
- 6 Press & Media Highlights
- 7 Want more?

In Focus: TPO’s Treatment Center

TPO’s Treatment Center in Phnom Penh is at the core of TPO’s work. It is where we provide out-patient consultation for all types of psychosocial and psychological problems and psychiatric disorders, ranging from stress at work, conflict with friends, self-esteem issues, problems at school, grief, and trauma to severe psychiatric disorders such as bipolar disorder, psychosis and schizophrenia.

Our 3 psychiatrists, 2 psychiatric nurses, general nurse, 15 psychologists and 2 senior counselors deliver a wide range of mental health services such as individual counseling, group counseling, family counseling, psycho-education and psychiatric treatment.

The Treatment Center operates from Monday to Friday, from 8 to 12 in the morning and 1 to 4 in the afternoon and can be reached on 023 63 66 991.

How does it work?

Clients who come to our Treatment Center for the first time, will go through a registration and screening process conducted by our registered nurse and a psychiatrist. After that, they’ll be recommended to continue their treatment session either with a psychiatrist or a psychologist. Each session takes about 1 hour.



Clients waiting to meet with a TPO therapist at our Treatment Center in Phnom Penh

TPO strives to deliver quality services and values a learning attitude amongst its staff



Consultation session at our Treatment Center in Phnom Penh

When our therapists meet and talk face-to-face with the clients they aim to find out their problems and issues as well as the causes. In a professional manner, our therapists provide caring emotional support and explain techniques that help clients deal with their problems. In some cases, clients only need to meet with a counselor. Some other cases require both counseling and medical treatment. Treatment sessions might be needed only a few times or more depending on the problem and the need of the clients. Confidentiality of clients is ensured.

What does the consultation fee look like?

Our Treatment Center is not funded by any donor agency like some of our projects are. To try to make mental health care services accessible to as many Cambodians as possible, our Treatment Center asks clients and their families to contribute some fee, which is 8000 riels (2\$) per session. In case a client needs medication, a separate fee for medication will be charged.

What are the benefits for the clients after treatment?

Clients will release stress and improve their sense of well-being, their daily functioning and personal satisfaction with regards to their job performance, family relationships and community. They can learn techniques to help themselves, reduce pain, sleep better, be more relaxed, and so on.

Ensuring quality services for our clients

TPO strives to deliver quality services and values a learning attitude amongst its staff. In order to fulfill this, we encourage all our clinicians (psychiatrists & psychologists) to get supervision and attend the internal learning activities organized by internal supervisors or expatriate advisors. A supervision system and policy have been developed, implemented and reinforced.

TPO's clinical capacity building

TPO has strong support from the Center for Victims of Torture (CVT), www.cvt.org based in the USA who is helping us increase the capacity of our clinicians. With a new grant for 4 years (2012-2015), CVT provides financial means and expertise for TPO to continually enhance our capacity to deliver our services. Our clinical manager and clinical supervisor have attended the annual clinical training workshop of CVT in Kenya. Other clinicians also received regular training, mentoring and supervision at TPO. A technical advisor, who is an experienced CVT psychotherapist, is working at TPO for a year providing training and mentoring to our therapists thereby strengthening TPO's clinical capacity. We have also collaborated with the Danish Dignity Institute Against Torture www.dignityinstitute.org to learn and develop our own Pain School techniques. Pain School is a new prevention program helping traumatized clients, especially torture survivors, who suffer from chronic pain as result of torture.

Training News

TPO's Training Unit offers individuals, organizations and community groups a range of Mental Health training modules, all developed for relevance and application within the Cambodian context.

TPO's trainers are local experts in Mental Health and are qualified and highly experienced in the relevant professional fields such as mental health, psychology and education. These are the courses that are regularly organized by TPO throughout the year, with their next available dates:

Advanced Counseling Skills	20-21 October 2014
Child Development and Parenting Skills	26-29 August + 02-05 December 2014
Anger Management	11-12 November 2014
Burnout Prevention	13-14 November 2014
Stress Management	20-21 October 2014
Basic Counseling Skills	08-10 October 2014
Basic Bio-Psychosocial Interventions for Vulnerable Children (12 days in 3 blocks)	06-08 August + 02-05 September + 27-31 October 2014
Mental Health First Aid Training	19-21 November 2014

Courses tailored to the needs of your organization and refresher courses are also available. For more details and upcoming dates, access TPO's training page via www.tpocambodia.org or ☎023 63 66 993 or contact ROS Saray Endeth ☎ 012 921 113 training@tpocambodia.org VITH Kimly ☎ 016 866 236 vithkimly@tpocambodia.org

UN Deputy High Commissioner visits TPO

We are absolutely thrilled and honored that Ms Flavia Panieri, Deputy High Commissioner for Human Rights from the United Nations, visited TPO and its staff in Phnom Penh during her recent visit to Cambodia in April, to talk about TPO's work and Mental Health Care needs in Cambodia. The United Nations' Office of the High Commissioner for Human Rights (OHCHR) supports TPO's work through the United Nations Voluntary Fund for Victims of Torture. The UN also supports TPO's work through the United Nations Trust Fund to End Violence Against Women.

TPO's "26 June Day Against Torture" Campaign

On 26 June, it was the UN's yearly 'Day Against Torture'.

TPO Cambodia helped spread the anti-torture message and sent messages of support to victims of torture during a week-long Facebook campaign on www.facebook.com/tpocambodia. The main component of this campaign consisted of photos with TPO staff showing anti-torture messages, alongside a status update highlighting why it is important to strive for a torture-free world.

TPO Cambodia also provided input into LICADHO's (Cambodian League for the Promotion and Defense of Human Rights) report launched on the occasion of 26 June International Day Against Torture: **Torture & Ill-treatment: Testimony from inside Cambodia's Police Stations and Prisons**. As TPO is the only Cambodian NGO providing mental health care and psychological support to prisoners in 4 prisons and training prison staff in mental health, we have contributed our mental health care perspective to this report. As a result, the report touches on the long-term psychological impact of abuse on the victims, and the fact that people experiencing mental health problems are at a higher risk of being subjected to abuse. See pages 13-14 of the report which can be found via a link on our website www.tpocambodia.org or LICADHO's website.



Ms. Flavia Panieri, Deputy High Commissioner for Human Rights from the United Nations (middle, first row), her secretary and TPO staff at the TPO office



TPO staff showing anti-torture messages on "26 June Day Against Torture" as shown on the TPO Facebook page.

On 27 June radio station FM 102MHz FM <http://www.wmc.org.kh/live> was dedicated to TPO's live radio show on "Torture and its Psychological Consequences". TPO psychiatrist Dr. Munny Sothara talked (in Khmer) about the International Day in Support of Victims of Torture, the definition of torture and the types of torture recorded in the world.

Press & Media Highlights

The **Phnom Penh Post** quoted **Dr Chhim Sotheara**, Executive Director of TPO, underlining the need for those at the Prey Speu social affairs centre to receive "training and adequate health care, both physical and psychological", to help them improve their lives.

<http://www.phnompenhpost.com/national/prey-speu-takes-conflict>

The **GLOBAL POST (USA)** attracted attention to the enormity and severity of mental health problems in Cambodia. **TPO gets the thumbs up** in this article, but the article also points to the need for more - much more funding - for mental health work in Cambodia which is still not sufficiently prioritized by the government and many donors.

<http://www.globalpost.com/dispatch/news/regions/asia-pacific/cambodia/140616/cambodia-suffers-appalling-mental-health-crisis>

The Center for Victims of Torture (CVT) has written in reply to the article about Cambodia's appalling mental health crisis. In this reply CVT refers to TPO, but also points out that mental health and psychosocial support must be made a global priority to help improve the life of so many. Since 2005, CVT has been partnering with TPO Cambodia to help us provide high quality mental health services to torture survivors.

<http://www.minnpost.com/letters/2014/06/mental-health-and-psychosocial-support-should-be-integrated-humanitarian-responses>

On 15 July **Dr Sotheara Chhim**, Executive Director of TPO Cambodia, was interviewed on the **Khmer language channel of Radio Australia**. He talked about 'baksbat' (broken courage), a more culturally appropriate alternative to the Western diagnosis of post-traumatic stress disorder (PTSD) and its role as forensic evidence among Khmer Rouge genocide survivors. He also talked about the psychological impact and trauma of war and genocide. The interview is in Khmer.

<http://www.radioaustralia.net.au/khmer/radio/onairhighlights/1343287>

On 18 July, **Dr Sotheara Chhim** talked on **Radio Australia (Sound Mind program)** about *baksbat* and PTSD with presenter Phil Kafcaloudes and regular co-host Dr Terry Laidler from Monash University, also a forensic psychologist. Dr Sotheara provide insights into the Cambodian concept of 'baksbat' (broken courage). He also gave useful insights on Khmer culture from before the Khmer Rouge and after. We very warmly recommend you listen to this very interesting interview. It is in English, takes 30 minutes and can be downloaded via our website: www.tpocambodia.org



Dr. Sotheara, Executive Director of TPO Cambodia at the Radio Australia studio in Melbourne, Australia

Missed out? Want to know more?

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