



TPO Cambodia Newsletter

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Merry Christmas and Happy New Year!

By Dr Chhim Sotheara, Executive Director

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Dear friends of TPO,

On behalf of all TPO staff, I would like to take this opportunity to wish you a very Merry Christmas and all the best for a prosperous, successful and healthy 2015.

This New Year marks TPO's 20th anniversary. The entire TPO team is preparing and looking forward to celebrate this event in February 2015 with much excitement. Over 20 years, we have been traveling a long road to promote mental health. In 2015 (and beyond!), we will continue to work passionately on our mission to bring mental health care to the people of Cambodia.

In this newsletter we also include some information about our activities over the last two months, so you can learn more about our programs and services.

Thank you for continuing to support our programs and services.



TPO 20 Years Anniversary logo

Workshop on Alcohol and Substance Use Disorders

Last month, TPO Cambodia, in partnership with its donor Louvain Coopération LD (<http://www.louvaindev.org/>), organized a 2-day Continued Medical Education workshop in Phnom Penh on “ALCOHOL AND SUBSTANCE USE DISORDERS” for Cambodian psychiatrists, doctors and psychologists who work in mental health. Aim of this workshop was to strengthen the Cambodian medical corps in the delivery of treatment and support of patients with these problems. The sessions were run by medical experts from Singapore and cover the different types of substance and alcohol use disorders, assessment and screening tools, stages of change, motivational interviewing, family & addiction, self-help groups & community service, dual diagnosis (mental illness and addiction), alcohol withdrawal syndrome and the use of medication in the treatment of alcohol use disorders. There were 30 participants from Provincial Referral Health Centers/Provincial Health Departments (Battambang, Kampong Cham, Kampong Thom, and Pursat province) as well as the Department of Mental Health Substance Abuse (DMHSA) of the Ministry of Health, TPO Cambodia, the Khmer Soviet Friendship Hospital, the Municipal Referral Hospital (Phnom Penh) and Chey Chumneas Hospital in Kandal province. Day 1 was held at the Cambodia Japan Cooperation Center (CJCC) while Day 2 is hosted by TPO at our offices. The workshop started with opening statements by Dr Sotheara Chhim, TPO Executive director and Mr. Amaury Peeters, LD Regional Director. If you are experiencing alcohol and substance use issues, or know someone who does, do not hesitate to contact TPO for confidential advice on 023 63 66 991.

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Participants attended “Alcohol And Substance Use Disorders” workshop 12 November 2014, at CJCC

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:

Managing Misbehavior in Children	16 June + 21 September 2015
Helping Children to develop Self-Confidence	17 June + 22 September 2015
Understanding and getting closer with Adolescents	29-30 June + 08-09 December 2015
Effective Communication and Getting Closer with Children	14-15 July + 29-30 September 2015
Boosting your Self-Confidence	16 July + 10 November 2015
Stress Management for Managers	25-26 March + 06-07 July 2015
Stress Management	07-08 April + 16-17 November 2015
Anger Management (Turning Anger into Opportunities)	27-27 May + 27-28 October 2015
Burnout Prevention	28-29 May + 11-12 November 2015

Basic Counseling Skills	18-20 March + 08-10 July + 18-20 November 2015
Advanced Counseling Skills	27-30 April + 21-24 July + 19-22 October 2015
Child Development and Parenting Skills	19-22 May + 25-28 August + 01-04 December 2015
Mental Health First Aid	09-11 June + 15-17 September 2015
Bio-Psychosocial Interventions for Vulnerable Children (Level 1, 2 & 3)	23-25 June + 18-21 August + 02-06 November 2015
Understanding and Practice of the Foundation Tools of Cognitive Behavioral Therapy (CBT)	11-14 August 2015

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

Governance and Professional Practice Certificate

TPO 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 3 years. On 8 December the Cooperation Committee for Cambodia (CCC) awarded the certificate to TPO Cambodia. With this award, NGO GPP recognizes and appreciates TPO's efforts in complying with the standards and being a role model for other NGOs thereby strengthening the NGO sector in Cambodia. The code has been recognized internationally and has been called the best tool to promote accountability within civil society organizations in Cambodia. For detailed information about this program and award, please refer to the Cooperation Committee's website:

<http://www.ccc-cambodia.org/index.php/what-we-do/ngo-governance-and-professional-practice>

Violence Against Women Campaign

From 25 November, the UN International Day for the Elimination of Violence against Women, until 10 December, Human Rights Day, the crime of Gender-Based Violence was in the spotlight. At TPO, we helped spread the word via TPO's Facebook raising awareness about Gender-Based Violence and by sharing the link <http://gbvkr.org/> to our information platform about Gender-Based Violence during the Khmer Rouge regime. The platform helps uncover the previously untold stories of mass rape (usually followed by execution), forced marriage, sexual mutilation and humiliation during the Khmer Rouge regime - all crimes which impact Cambodian people until today. Moreover, we also campaigned on our TPO Facebook page loudly saying "No to Gender-Based Violence!" with photos and messages from our beneficiaries in the rural communities as well as TPO staff.

<https://www.facebook.com/tpocambodia?ref=hl>



TPO's Executive Director received the certificate (NGO GPP) from CCC on 8 December 2014

At TPO we help spread information to raise awareness about Gender-Based Violence

Khmer Rouge Survivors' Testimonies

On our TPO website you can now find a series of Testimonies/Life Stories by Khmer Rouge Survivors as told by the survivors themselves to TPO therapists during trauma treatment. You can find them in Khmer and English at <http://tpocambodia.org/index.php?id=209>

They make for compelling reading. Often, it is the first time that the survivors have told their story to anyone. Restoring and telling their painful life stories, under the guidance of a specialized therapist, helps survivors deal with unresolved past experiences, process the effects of trauma, and contributes to their psychological healing, something they had to wait more than three decades for. They have chosen to also make their stories available as written testimonies - having them read out loud and delivered to them by monks from a local pagoda during a public Buddhist ceremony helps the public acknowledgement of their suffering, the de-stigmatization of survivors and restores their dignity. It also allows them to ease the suffering of the spirits of ancestors and pay respect to deceased relatives. Finally, it is also their wish that their stories be used as historical records of what happened during the Khmer Rouge and that they serve as educational material for the younger generation, in the hope that it never ever happens again. It's in that spirit that they have all kindly agreed to have their testimonies and photo published.

This testimonies gallery has been made possible with funds from GIZ (German Society for International Cooperation) and the Direct Aid Program from the Australian Embassy in Cambodia. It has been developed in the context of TPO's "Justice and Relief for Survivors of the Khmer Rouge" project which supports witnesses and civil parties participating in the proceedings at the Extraordinary Chambers in the Courts of Cambodia (ECCC), also informally known as "The Khmer Rouge Tribunal".

This project is funded by GIZ (Deutsche Gesellschaft für Internationale Zusammenarbeit; German Society for International Cooperation), Swiss Foundation, UNVFVT (United Nations Voluntary Fund for Victims of Torture) and the Australian Embassy (via the Direct Aid Program of the Australian Department of Foreign Affairs and Trade).

Annual Conference

The TPO Annual Conference is one of TPO's activities for all staff across all projects and offices giving them the opportunity to all meet and talk about their projects' achievements in 2014, sharing the good and the bad, and reflecting on the lessons learned over the past year. Most importantly, all staff were reminded of organizational policies, learned more about TPO's projects and how to promote mental health services, and prioritized the working plan for 2015 so we can keep delivering TPO's services to improve 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. This year, the annual conference was held on 17 and 18 December in Sihanouk Ville province. It was a very busy time with many presentations, discussion and information-sharing, but we also made some time for staff to have some fun through social activities and team building.

Missed out? Want to know more?

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



*All TPO staff say
"NO to Violence
Against Women!"*



*All TPO staff met during the
Annual Conference in
Sihanouk Ville province,
17-18 December 2014*