

Annual Report

2011

Transcultural Psychosocial Organization
Cambodia



March 2012



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Transcultural Psychosocial Organization
Community Mental Health Programme

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 community lives.

TPO Values Statement

People who are eager to **learn** and have a team approach,
People who are **professional, committed** and strive for **quality**
People who demonstrate **empathy, respect, honesty**, are **trustworthy**
and value **individual's opinion**.

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Introduction - Greetings from Executive Director

Dear Readers,

I am pleased to present to you TPO's Annual Report of activities for 2011. This report reflects our concerted efforts to achieve the highest quality of services for our beneficiaries and our partners.

More than ten years ago, there were few people or organizations that talked about counseling and mental health in Cambodia. We were often teased or ridiculed by people around us when we introduced ourselves as mental health workers. But now, people's attitude towards us and towards mental health has changed. When introducing ourselves, we now catch the interest of people around and everyone we talk to say that we are doing important and much needed work in Cambodia. The concepts of mental health and counseling are no longer alien to people and thus there is more openness to talk about mental health compared to before. This could be attributed to our work over the past 17 years, which has contributed to the increase in awareness and change of attitude of people towards mental health in Cambodia.



Therefore, in looking back over the past and especially the year 2011, I thank all TPO's dedicated staff at all levels and can say without hesitation that TPO Cambodia has been highly successful in achieving its goals and in making a positive impact on our target beneficiaries and communities.

As evidence, TPO Cambodia and I jointly have been awarded a "Human Rights Prize" by The Leitner Center for International Law and Justice, at Fordham Law School, Fordham University, New York in recognition of TPO's work to promote the rights of people with mental health problems in Cambodia over the past 17 years. On behalf of TPO Cambodia and its Board of Directors, I would like to thank the Leitner Center for International Law and Justice for their prestigious award to TPO. This will encourage us to continue to do our good work in order to promote good mental health for all.

The success we have achieved in the past years was made possible by the generous funding support of all of our donors and partners and I take this opportunity to thank them most sincerely.

I hope you will find this report useful.

Sincerely yours,

A handwritten signature in blue ink, appearing to read 'Chhim Sotheara'. The signature is fluid and cursive, written over a white background.

Dr Chhim Sotheara
Executive Director

Human Rights Award

Congratulations to Dr Chhim Sotheara and TPO Cambodia for receiving the 2012 Human Rights Award.



Award Ceremony and Dinner Reception held at Manhattan Penthouse Tower, Fifth Avenue, New York City.

Dr Chhim Sotheara, Executive Director of TPO Cambodia has received the 2012 Human Rights Award from The Leitner Center for International Law and Justice, Fordham Law School, Fordham University in New York City, USA. The award recognizes the concerted efforts of Dr Sotheara and his TPO Cambodia team in promoting the rights of people with mental health problems in Cambodia.

This Human Rights Award encourages Dr Sotheara and TPO Cambodia in continuing with their good work in achieving their vision of Cambodian people with good mental health, achieving a satisfactory quality of life.

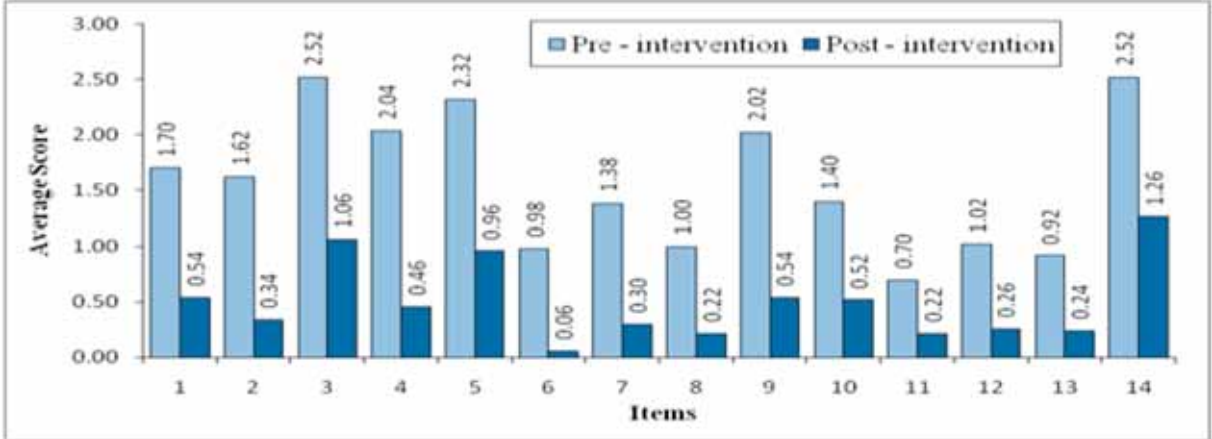
TPO Cambodia and its Board of Directors would to thank the founder of The Leitner Center for International Law and Justice, Fordham Law School, Fordham University for this invaluable award.

Community Mental Health Program: Access to psychosocial services for victims of gender based violence in Battambang and Banteay Meanchey provinces.

This project is kindly supported by ICCO and DCA. The aim of this project is to contribute towards the alleviation of poverty and to promote sustainable development opportunities to disadvantaged groups by building the capacity of existing community resources and other NGO partners, improving the mental health and livelihood opportunities for vulnerable people.

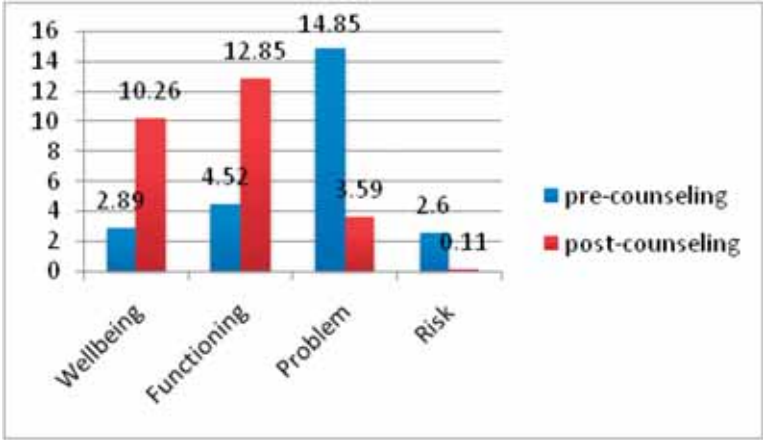
In 2011, TPO’s teams worked in 12 villages (8 in Battambang and 4 in Banteay Meanchey provinces) and provided psycho-education to approximately 1,488 villagers, 1,069 of whom were women. TPO counselors also identified and trained 40 key resource people (21 of whom were women) to enable them to be able to identify, manage and refer people with mental health and psychosocial problems to receive appropriate services. These key resource people are the local partners of TPO counselors and they are trained by TPO and assisted by TPO to enable them to continue the work in their communities when TPO leave. In addition, TPO counselors in collaboration with key resource people in the community set up self-help groups for 159 victims of domestic violence and alcoholic men (109 of whom were women) to deal with their problems within a supportive group context. For those who are not able to participate in the groups, TPO counselors provided individual counseling to 83 people (41 of whom were women) suffering from mental and psychological problems.

Fourteen symptom indicators were measured using TPO’s culturally relevant “blue cloth” tool before and after the treatment in order to see the improvement in symptoms. The 14 indicators include: (1) headache/dizziness, (2) poor sleep, (3) excessive worrying, (4) fear, (5) irritability/easily angry, (6) nightmares, (7) sadness/low mood, (8) hopelessness about future, (9) conflict in family/domestic violence, (10) drinking alcohol, (11) gambling, (12) difficulty conducting daily activities, (13) difficulties participating in social events and (14) talking to someone about your difficulties. The bar chart below shows reduction in symptoms among our self-help group members (the higher the score, the more symptoms).



Improvement of symptoms for self-help group participants

TPO counselors also use another scale to measure the improvement in symptoms in 4 areas: (1) wellbeing, (2) function, (3) problems and (4) risk. The bar chart also shows improvement of symptoms after counseling session.



Improvement of symptoms and function for Counseling participants

In addition to the improvement of symptoms as shown in the bar charts, many of our beneficiaries have also changed their attitudes and behavior. Approximately 70% of target villagers show an increase in understanding of mental health and psychosocial problems through our awareness raising which results directly in people coming forward to get help from TPO counselors. About 80% of alcoholic men in the group have now reduced drinking and become more active in helping their families, reducing the burden on their wives and thus allowing their children to go to school.



Mr Hum was a heavy drinker but has now stopped drinking and become more active on his farm with the loan without interest from TPO.

Access to livelihood support for disadvantaged groups in rural Battambang province

With funding support from an anonymous donor, disadvantaged groups in rural Battambang province who have received psychological intervention from TPO were given the opportunity to receive livelihood support from this project.

This project will contribute towards poverty alleviation and promote sustainable development opportunities to disadvantaged groups by building the capacity of existing community resources and other NGO partners, improving the mental health and livelihood opportunities for vulnerable people in rural Cambodia. This project has 3 specific objectives:

- 1) To increase social cohesion and reduce poverty by significantly improving the mental health well being of identifiably disadvantaged groups, families and communities subjected to long-term trauma and stress in rural Cambodia's Battambang province.
- 2) To improve the agriculture productivity and income generation through capacity building of poor and disadvantaged groups.
- 3) Build the capacity of TPO's livelihood team in agriculture and rural development activities.

Achievement: 135 out of 142 (95%) disadvantaged people who have received psychological support from TPO counselors via self-help groups and individual counseling benefit from this project. The project gives them loans without interest of \$200 per family, and provides training on how to develop a business plan and simple bookkeeping in order to manage their loan properly. The project beneficiaries have also received training on how to raise domestic animals such as chickens, pigs and to grow vegetable as well. Therefore the beneficiaries have more options on how to develop their livelihood.



Mrs Rom Roeut, 50 year old, living in Banan district, Battambang province and her chicken

Justice and Relief for Victims of the Khmer Rouge

Trauma recovery and reconciliation are long-term processes that should be addressed in a holistic manner through a series of carefully designed interventions. When the Extraordinary Chambers in the Courts of Cambodia (ECCC) were established in 2007, TPO initiated its program to provide psychological support to those who had been traumatized by the Khmer Rouge regime. The project was kindly supported by GIZ, UNVFVT, and SWISS Foundation.

The project aims (1) to provide comprehensive psychiatric and psychosocial service delivery to the survivors of the Khmer Rouge regime who are participating in the court's proceedings as well as to people who recently experienced other forms of torture and ill-treatment. (2) To address mental health issues with NGOs, government and the ECCC staff. (3) To raise public awareness of the after-effects of torture and trauma, addressing issues of mental health and human rights, complementing TPO's integrative approach. In 2011, the following activities were implemented:

1. Psychiatric and Psychosocial services:

Emotional Support during Outreach Activities of Partner Organizations:

- Approximately 2,300 Case 002 civil parties received psychological support during their participation in the 9 regional public forums organized by Victims Support Section/ECCC this year. The project staff presented information on possible after-effects of trauma and assisted participants in individual and/or group counseling sessions in addition to general information on the ECCC as well as specific information on the status of their applications and legal representation.
- 83 KR survivors received updated information about the Extraordinary Chambers in the Courts of Cambodia (ECCC) progress as well as trauma and its after-effects from a total 7 sessions of psychosocial outreach activities of the project in Kandal province (1 group) and Kampong Speu province (2 groups).
- On the day preceding the formal opening of the Case 002 trial, 120 civil party representatives attended a public platform enabling the expression of the harm and loss suffered as well as expectations relating to the Case 002 proceedings in a jointly organized outreach event at Cheung Ek Killing Field with ADHOC, CDP, CHRAC, ASF-France, LAC and Ksem Ksan Victim Association. Victims emphasized that their participation as Civil Parties was of major importance to Case 002 proceedings and they encouraged the judges to work independently.
- A pilot film-based dialogue project between a former Khmer Rouge cadre and his victims was implemented in Kampot province in collaboration with the International Centre for Conciliation (ICfC). Both TPO and ICfC launched the project successfully, demonstrating lessons learnt from the project in a half-day workshop at Sunway hotel on 2nd of December 2011 to an audience of approximately 50 national and international participants.
- The project staff provided psychological support to 18 victims of sexual violence in a truth-telling platform organized by Cambodian Defender Project (CDP). “Women Hearing: True Voices of Women under the Khmer Rouge Regime on Sexual Violence” was the title of the event, at which 4 survivors and witnesses of sexual violence during the Khmer Rouge regime courageously spoke out against the culture of silence and impunity in front of a panel of international and national human rights activists. After hearing the evidence, the panel issued a public statement with findings and recommendations for Government, the Extraordinary Chambers in the Courts of Cambodia (ECCC), NGOs and the public.



Psychological support to Civil Parties during the final verdict of Case 001.

Psychological and Psychiatric Assistance at TPO's Treatment Centre:

- 43 torture survivors of the Khmer Rouge regime with further psychological needs received psychiatric treatment at TPO's Treatment Centre in Phnom Penh. TPO's psychiatrists

provided clinical assessments to all clients and administered the prescription of psychotropic drugs, when necessary. All clients received a brief psycho-education session prior to, or after, the assessment and were instructed on the use and side-effects of psychotropic drugs by the psychiatric nurse.

- 182 Khmer Rouge victims were offered face-to-face counseling at TPO's Treatment Centre. The counseling sessions focused on problem solving skills and the management of feelings related to the tribunal's proceedings. There were 207 psychiatric consultations/ treatments in total, 115 face-to-face counseling sessions and 15 psycho-education sessions were offered.
- 4 self-help groups (19 members) were initiated in cooperation with Royal University of Phnom Penh (RUPP) Master Students. 19 sessions in total were conducted under the supervision of GIZ Advisors Judith Strasser and Tanja Schunert. The participants were encouraged and empowered to share experiences in the group in a safe and trustworthy environment. Many group members expressed their satisfaction and asked for the continuation of the method: "I've never disclosed my story to anyone in 30 years. This is the first time I share my experience to others".



Sharing experience among Khmer Rouge survivors during self help group session at TPO Treatment Center.

Onsite Psychological and Emotional Support to Civil Parties at the ECCC:

- TPO staff provided psychological support at the ECCC, during the opening statement of Case 002 trial and during the consecutive substantive hearings, to approximately 160 Civil Parties. Psychosocial briefing was provided one day before the substantive hearings in order to identify the needs of victims and to inform them about the court's procedures. During the criminal proceedings, TPO were also present in the courtroom. Follow up support was provided through the project's phone hotline in order to check victims' psychological functioning and to provide basic legal counseling.

Phone Counseling:

- In total, 182 KR survivors were contacted via phone lines and the total number of telephone consultations was 854. Through this method, TPO staff assisted victims in dealing with frustrations, doubts and exaggerated hopes in the light of the court's proceedings and worked on individual traumatic experiences. The telephone monitoring system, established since 2008, is in place to reach and follow up Civil Parties of the ECCC living in rural areas.

Basic Legal Assistance:

- Basic legal counseling is an integral component of all TPO services provided to ECCC Civil Parties. TPO's counselors provided basic legal assistance to their clients on a daily basis through the project's phone hotline, during psychological treatment sessions, self-help groups and outreach activities of partner organizations. Legal information was provided in close collabo-

ration with the legal representatives of the clients as well as with the Victims Support Section (VSS). TPO also facilitated contact with civil party lawyers in cases where clients had more complex legal issues to discuss.

Production of Forensic Evidence for Case 002 Civil Parties:

- 11 torture Civil Parties of Case 002 were assisted by a group of international mental health experts from the International Rehabilitation Council of Victims of Torture (IRCT) in producing forensic assessment. The forensic evidence will be hopefully used in the criminal proceedings of the ongoing Case 002 trial to support victims' claim for reparations.

2. Addressing mental health issues with NGOs, government and the ECCC staff: Training to partner organizations:

- 26 staff and students from Youth for Peace organization received a 2 day-training on trauma, trauma transmission, basic communication and facilitation skills, and techniques to support people who are stressed or re-traumatized. They are supposed to work directly with survivors and their descendants in the community.
- 32 RUPP psychology students received a 2 day-training on trauma and its impact on Cambodians as well as briefing and debriefing techniques. Among the participants 10 will be selected to work with TPO's clinicians during the Case 002 trial phase in 2012.



Training on "Trauma and its impact on Cambodian" with RUPP students, department of psychology.

Staff Capacity Building:

- Ongoing psychological training and clinical supervision of the project's staff was provided through the Project Coordinator and the GIZ Advisor.
- Staff regularly participated in TPO's bi-weekly peer group supervision allowing them to present and discuss cases.
- 2 staff members participated in monthly meetings of a TPO working group that aims at developing a pain treatment manual for torture survivors.
- Staff members regularly joined ECCC update meetings in cooperation with partner organizations, the Open Society for Justice Initiative (OSJI) and the Public Affairs Section of the ECCC.
- 3 project staff have been receiving EMDR training by international trainers where the course covers hands-on clinical skills for using EMDR and integrating this into psychotherapy approaches. This training is appropriate for psychotherapists as well as psychiatrists and the

3 project staff are provided with regular clinical supervision internally by TPO's Treatment Center Manager.

- The project staff received a half-day refresher training by the Witness and Expert Support Unit (WESU) of the ECCC to update them on procedures in witness support during the Case 002 proceedings. The training clarified roles and tasks in witness support, such as taking care of, and escorting, witnesses, collaborating with the court officers, etc.. TPO plans to provide 1-3 staff members to work closely with WESU during trial days.
- The project staff received a 2 day-training on Medical First Aid organized by the Witness Expert Support Unit (WESU). The staff learnt to act appropriately when being faced with emergencies.
- One project staff member joined a 1-week Forensic Psychology training by GIZ Advisor Irmgard Schmitt in June 2011 together with professionals from the Ministry of Justice and Ministry of Health. The course provided knowledge and techniques in assessing and documenting the mental health of defendants.
- One project staff member attended the Asian Regional Conference on enhancing the capacity of the rehabilitation centers and civil society in accessing justice for the victims of torture organized by International Rehabilitation Council for Torture Victims (IRCT) with the Medical Action Group (MAG), a member-organization of the IRCT in the Philippines.
- Staff members were given the opportunity to attend TPO's Annual Conference in the last week of December 2011 where each TPO project shared its achievements and lessons learnt.

3. Public Awareness Raising:

Radio live show program:

TPO continued to host its monthly radio call-in-show "Past in the Present" covering a variety of mental health issues through radio FM 102 MHz of Women Media Center (WMC). The aims of the program are to initiate reflection and discussion about the ECCC on the Cambodian population, to inform the Cambodian public about the impact of trauma caused by the Khmer Rouge regime and its impact at an individual and collective level and to encourage Khmer Rouge survivors to talk about their past and articulate their needs. The broadcasts covered Phnom Penh, Kampong Thom, Svay Rieng and Battambang provinces. A half-hour summary version of the show was rebroadcast every week following the live show. The short versions were rebroadcast in 8 additional provinces twice a week, including Pursat, Battambang, Kampong Cham, Kampot, Sihanoukville, Stung Treng and Ratanakiri. In total, 11 live-shows were broadcast during the year with 737 rebroadcasts. Approximately 20 callers attempted to join each live show and 5 to 6 callers per show were selected to join the live discussions. Callers expressed in the live show their wish to have these programs continue.

Mental Health and Psychosocial intervention: An integrated approach between psychiatric out patient clinic and community mental health care

The objective of the project is to improve health care for mental health patients in the provinces of Kampong Thom and Kampong Cham provinces, based on clinical experiences and cultural practices. This is a joint project between TPO Cambodia and Louvain Cooperation (LC) from Belgium.

A. Clinical activities:

1. Build up capacity of government staff through:

- Clinical supervision with special focus on consultation, psycho-education and counseling.
- Training staff at the Referral Hospital and Health Center on home visits to patients within their communities.
- Training staff at the Referral Hospital and Health Center on psychosocial rehabilitation for chronic psychotic patients.
- Coordinated regular technical meetings in order to discuss complicated cases and multi-discipline teamwork.
- Establishing ongoing medical education for psychiatrists and general practitioners on different topics identified from their clinical practice.

2. Establishing a good working relationship between MH services at RH and HC level and linking with the community health workers:

- Improving collaboration with the other levels of care providers and relevant actors.
- Supporting psychiatric out patient clinic: providing medical material to RH and HC.
- Building up capacity of community workers by providing training to VHV

B. Capitalization:

- Research in Mental health field.
- Production of pedagogic materials: IEC materials and manual of guidelines for counseling, psycho-education and rehabilitation.



Physical exercise for participants and home visit to patient's home

TPO Pain School Program

Pain school is a new initiative of TPO therapists and trainers lead by Mrs Sok Phaneth, Clinical Psychologist and Clinic Manager of TPO Cambodia. There have been huge amount of patients who attend TPO Clinic with a lot of somatic complaints in addition to their psychological and psychiatric problems.

Rehabilitation and Research Center for Torture Victims (RCT) in Copenhagen, Denmark, developed



The group discussion on developing pain scale

a pain treatment protocol for victims of torture attended their services. Since the pain treatment may be different in different culture, TPO has developed its own pain treatment protocol in the support of RCT therapists. During this one year work, our TPO therapists have developed a protocol called “TPO pain school” in order to provide treatment to patients who suffer from chronic pain as a result of torture and trauma.

Psychosocial Support for Victims of Trafficking

TPO Cambodia has signed an MoU with the United Nation Inter-Agency Project Against Human Trafficking (UNIAP), Legal Support for Women and Children (LSCW) and Khmer Women’s Cooperation for Development (KWCD) to provide multi-disciplinary support for victims of human trafficking who have been exploited in other countries. A combination of legal, psychosocial and livelihood support is provided by the 3 NGOs. The objectives of this project are to provide services to underserved victims of trafficking in Cambodia and to improve their chances of successfully recovering from their trafficking experiences in the long term. The project also aims to identify and assist underserved victims of sex and labour trafficking in Cambodia and to develop effective systems to meet their psychosocial needs. During this reporting period, TPO team has achieved the following:

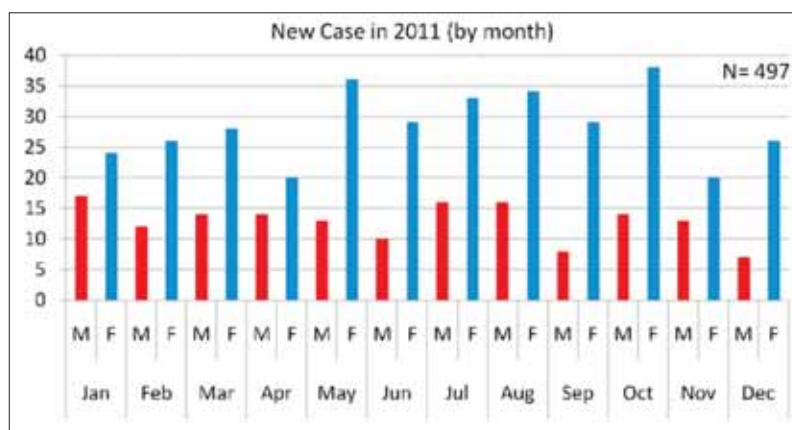
- Undertook 12 training courses in order to impart knowledge and skills on mental health and psychosocial problems related to victims of trafficking to staff members of the following NGOs: CWCC, AFESIP, PL, WV, Krousa, ADHOC, COSECAM, APLE, ILO, LICADHO, CCBO, KWCD, LSCW and UNIAP. In total, there were 80 participants 39 of whom were female and 42 were males.
- Conducted 12 awareness-raising session on “stress, trauma and mental health and risk related to human trafficking and labour exploitation” to app. 802 villagers (appr. 544 were women) in the community at risks in Battambang and Banteay Meanchey provinces.

- Provided on-going technical support and supervision to shelter-based counselors, partner NGOs and networks and TPO provincial teams: 19 TPO counselors in provincial team has received technical supports from the team while 11 counselors from other NGOs (Cambodian Children Trust, American Rehabilitation Ministries, Banteay Srey, COSECAM, Department of Women's Affaire etc.
- Provided counseling to 54 cases of victims of trafficking (17 females and 37 males) via either TPO mobile team or telephone counseling.
- Provided psychiatric treatment to 5 cases of victims of trafficking suffered from severe psychiatric problems.
- Referral: The most crucial part of this project is a multi-disciplinary work. TPO and its partners set up referral mechanism in order to provide support for victims of trafficking from different dimension. TPO counselors referred 13 cases to KWCD to received vocational training while KWCD referred 17 cases to TPO to received counseling. TPO referred 5 cases to LSCW to receive legal support while LSCW referred 10 cases to TPO for counseling. TPO has also received 12 cases of victims of trafficking from World Vision Cambodia and Friend International for counseling.

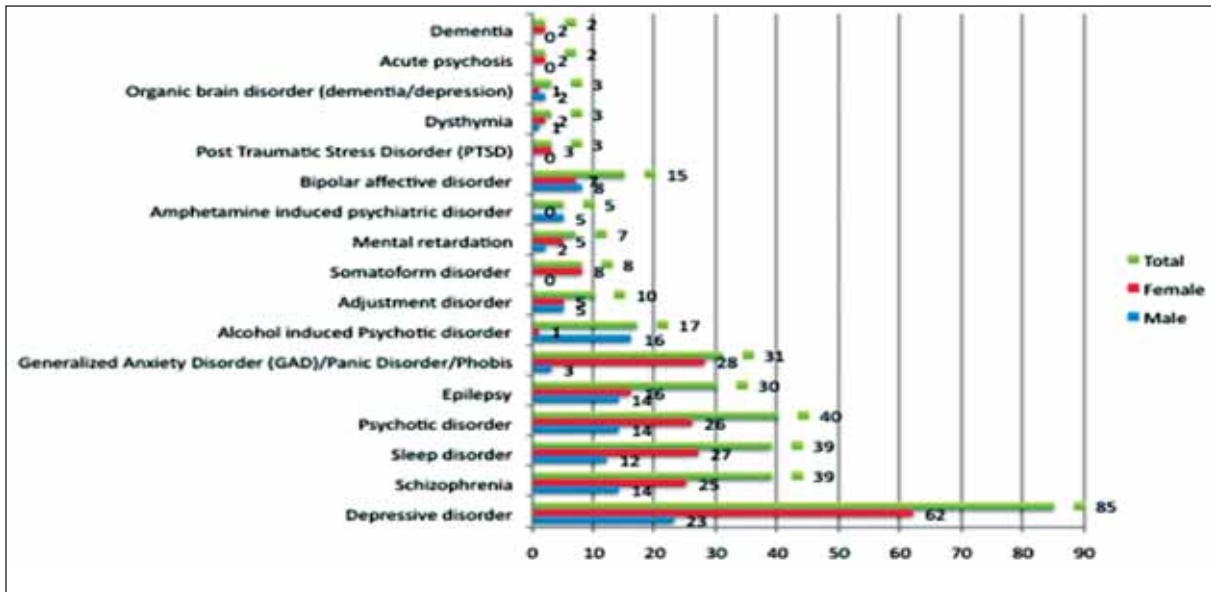
TPO Counseling Center

TPO's Counseling Center was set up to complement mental health service needs in Cambodia, not sufficiently provided for by the government health service. It also aims to support TPO in its aim of becoming a self-sustaining organization. The Center has 3 psychiatrists working full time, 1 psychiatric nurse, 5 psychologists, 1 nurse and 3 counselors who provide mental health and psychological treatment to the public, NGOs or other UN agencies. The services that the center provides include outpatient psychiatric services, counseling services, psycho-education, self-help groups, hotline telephone counseling and referral. TPO Psychiatrists and Psychologists have also provided treatment to prisoners who suffer from psychiatric problems in prison.

During 2011, the Center received 497 new cases (343 of them female) compared to 510 new cases in 2010. The total of number of consultation were 5,204 compared to 5,070 in 2010. There were a total of 129 patients who only come for a one-time consultation. They basically need second opinion on their condition whether their problems were psychiatric or medical in nature.



Diagnostic Categories



TPO Training Service

TPO's Training Unit offers a variety of training topics. There are public courses, which are scheduled the whole year around and tailor-made courses that fit to the needs of trainees and their organization. The training service is provided by experienced and qualified trainers who all have degrees in psychology, social work, psychiatry or psychiatric nursing with long experience in teaching and facilitating workshops.

Besides running the training service, TPO trainers offer clinical supervision to trainees to enable them to put knowledge from the training into practice.

In 2011, TPO training team provided 24 training courses (7 public courses and 17 tailored-made courses) and undertook 5 supervision and follow-up sessions. There were 370 trainees in total from 34 organizations.

Topic	Public Course	Tailored-made course
Basic Counseling	3	6
Advanced Counseling	2	1
Child & Adolescent Development	1	3
Stress Management	1	1
Basic Mental Health & Coping Skills	0	3
Interpersonal Relationship Skills	0	2
Human Psychology	0	1
Total	7	17

Conferences and International Training Course

1. A workshop on “Victims and Former Khmer Rouge Dialogue and Second Generation Effects of the Khmer Rouge Period”, was held at the Sunway Hotel on 2 Dec 2011. The workshop aimed at generating discussion on the effects of the Khmer Rouge genocide on the second generation. This workshop is sponsored by GIZ.
2. A workshop on “Reparation and Rehabilitation – International and National Experiences and Lessons Learnt”, was held at the Phnom Penh Hotel on 17 Sep 2011. The conference was sponsored and organized by the Rehabilitation and Research Center for Torture Victims (RCT) and researchers from the University of Oslo presented and discussed justice and reparation from a psychological perspective and initiated discussion about effective and culturally appropriate forms of rehabilitation.
3. International Training Course on Eyes Movement Desensitization Reprocessing (EMDR) provided by Dr Gary Quinn, Director of Jerusalem Stress and Trauma Institute, Israel and Dr Angelina Chan, Senior Consultant Psychiatrist at Changi General Hospital, Singapore.

Publications and Presentations Abroad

- I Want You to Know (WWU2K): is a documentary film co-produced by TPO Cambodia in collaboration with International Center for Conciliation (ICfC). The movie aims to allow victims of the Khmer Rouge to talk about the true stories of what happened for them to a younger generation. The movie was filmed by a group of villagers themselves but was edited by the technical team.

During the screening, an elderly man said, “Even though WWU2K was created by a group of villagers in Takeo, it still reflects true events that must be remembered by the next generations of Cambodians. Cambodian children must learn to live together peacefully, to develop the country together, and to not hold ill feelings against each other or against former Khmer Rouge cadres. We are all Cambodian, and we must work together!”

- Mrs Taing Sopheap, Research Coordinator of TPO Cambodia presented the results of a study about Testimonial Therapy at the World Psychiatric Congress of Asian Psychiatry, which was held in July 2011 in Melbourne, Australia. The presentation highlighted the effectiveness of TPO’s modified Testimonial Therapy (TT) over the original version of TT from abroad. The modified version of TT in a Cambodian context was included in the Buddhist blessing ceremony toward the end of the session.

- Dr Muny Sothara, Technical Advisor and Ms Judith Strasser, Psychosocial Advisor presented lessons learnt from TPO's Experiences in supporting Victims of the Khmer Rouge Regime during the process of the Khmer Rouge Tribunal. The conference was organized by Medical Action Group (MAG), Philippines and supported by International Rehabilitation Council for Torture Victim (IRCT).

Therapist and Trainer Profiles

1. Dr Sotheara Chhim, MD, Psychiatrist, MPM, PhD Candidate.
2. Dr Ang Sody, MD, Psychiatrist.
3. Ms Sok Phaneth, B.A., M.Sc. in Counseling Psychology.
4. Dr. Keo Sothy, M.D, Psychiatrist.
5. Mr. Pich Panha, B.A psychology, MPH.
6. Mr. Vith Kimly, B.A in Psychology, MBA.
7. Mr. Seang Leap, B.A in Psychology, B.A in Law.
8. Ms. Chea So Ousaphea, Registered Nurse
9. Mrs. Pov Maline, Psychiatric Nurse.
10. Mrs. Chhay Marideth, Senior Counselor.
11. Mr. Tainng Soeung Hun, a Social Worker and Senior Counselor.
12. Mr. Yourn Sarath, Counselor.
13. Ms Hoy Vathana, BA in Psychology
14. Ms Kim Thida, BA in Psychology, MA in Family Psychology

Appendix

Case vignette 1

Thank you Lok Kru TPO!

Mr. Pov Hum, 60 years old, veteran, married and has 4 children in the family. He lives in Boskhnol village, Cheng Meanchey commune, Banan district and Battambang province.

The community resource people (CRP) who had received training from TPO, referred him to join a TPO alcoholic self-help group because he had abused alcohol and committed domestic violence for a long time.

The CRP in his village recognized that Mr. Hum had psychosocial problems and needed help to deal with his problems. The CRP contacted him and introduced him to the most appropriate self-help group that aimed to help people like him and others in the village to deal with psychosocial problems. He was most interested in this and volunteered to join the group, acknowledging that he has been a troublemaker for his family for the past ten years.

In his past history, Mr. Hum has been a soldier for many years and had been divorced twice. This may be because his former wives thought that he couldn't support the family as long as he continued to work as soldier.

In 1994, he married again and decided to leave the army and return to his hometown. Upon arrival, he found that his sister had sold all his land that was inherited from his mother. He becomes very depressed, started drinking alcohol continuously and abusing his wife and children. He moved out of his hometown to live in the current location. He does not have his own land but he currently lives on the land of other people in order to take care the land. His wife pleaded with him to stop drinking and stop being violent. He has been trying for a long time but he couldn't because the withdrawal effects were so difficult for him to cope with. His unsolved psychological problems continued to escalate, he became very irritable with frequent angry outbursts, verbally and physically abusing his wife and children. This all left him with no time to work or to do anything to develop his family.



Mr. Hum is lettuce farm

Upon joining the group, he learnt about the group rule: "do not come to the group with the accompanied" which mean that one must not come to the group with alcohol inside, the accompa-



Mr. Hum built his chicken cage

nied being alcohol. He was one of the members who got drunk while joining the group. Because he wanted to deal with his problems, wanted to bring happiness to his family, and felt ashamed that the TPO counselor was much younger than him, he decided to stop drinking alcohol after the 3rd session. TPO's counselor and the CRP promised to support him during his abstinence. During the group sessions, he learnt a lot about psychosocial problems and the effect of alcohol

on himself and his family's economy and how to cope with it. At the same time he also shared his psychological problems with the group.



It was really difficult for him during the first few weeks. He explained to his wife that he wanted to quit drinking but that she had to give him permission to stop working for two weeks. His wife said that if he really wanted to quit working, she would willingly give him permission to stop working for up to 2 months, and be there to support him. He was so touched to hear such support from his wife. Mr. Hum described that during those first few days, he experienced trem-

bling of hands, feeling very dizzy, tired with body ache. He felt like his face was covered by a spider's web and had a lot of craving for drinking again. He was thinking of taking a bit of alcohol but thought that this might negate his past commitment and that he might end up starting again from the beginning. After about a week, he felt that his craving and other symptoms reduce and this allowed him to continue until he successfully stopped drinking completely.

He shared this experience with his neighbors especially to his group members with pride. The CRP who always follows up with TPO's counselor observed that he had now stopped drinking alcohol and abusing his wife. His daughter said, "I am so happy that my father stop drinking and stop making quarrel with my mother. I now can concentrate more on my study and my school performance has improved".



Mr. Hum has received \$200 in loan from TPO Livelihood Project, which was supported by an anonymous donor. The loan allows him to buy corn and other vegetable seeds for his farm. TPO team organized an exchange visit for him and other self-help group members to the agriculture areas of CEDAC in Prey Veng province in order to learn from the success of other farmers there. From this exchange visit, he has become interested in raising chickens and received training on how to raise chickens



in a scientific way from the trainers of CEDAC, supported by TPO.

By the end of November 2011, he had earned more than 2 millions Riels (more than \$500) from selling vegetables and some of his chickens. He saves the money to buy more seeds and chicks to raise again.

Case vignette 2

Persistent lead to Success

Nhek Heat, 49 year old, divorced man, living in Phum Dong village, Cheng Meanchey commune, Banan district, Battambang province. He is a retired veteran who earns the living through collecting the roots of medicinal plants to sell to traditional healers. Upon leaving the military life, he returned his hometown but he does not have a house or farming land, he lives with other people in the village.

He has been a heavy drinker of alcohol for a long time. Once day during the TPO psycho-education session in his village, he came in the middle of the session with a lot of alcohol smell. During this session, TPO counselors asked him if he was interested to continue to attend this session and asked him question about what would be the consequences of alcohol addiction. He could answer all questions fairly well, and he acknowledged about all the bad consequences caused by alcohol. He really wants to stop using alcohol, stop being violence but he couldn't do so.

For this reason, TPO counselors decided to work with him in order to help him deal with his problems by inviting him to participate in the alcoholic self-help group with other drunken men in the village.

In his past history, Mr. Heat jointed the army from 1979 to 1999. He married to his first wife in 1979 and divorced in 1986. He was then so upset with the divorce because this marriage had been lasting for nearly ten year already. He then remarried sometimes later but this second married ended up in another divorced after one year of married (1987). Again, after the second divorced, he remarried with another woman and had a son together but then the married was dissolved again when his wife just walked out of him in 2007.

He then started to drink heavily until today because he was so upset with his life. He said he is a failure because he cannot keep the marriage; he doesn't have a house or a farming land, or any relative around to support him.

He drinks alcohol every day until his face got so swollen, he drinks from 1 to 2 liters alone ever day. The money he earns from selling the roots of the medicinal plant can only support his food and alcohol for only one day. Since he is a chronic drinker, his physically health is weakened and that

minimize his capacity to work to earn for the living. His son cannot live with him because he is so violence when he gets drunk and also he cannot support his son for food or schooling. He can only earn the living from his hands to mouth.

Mr. Heat appears to be depressed due to several factors: (a) Twenty year in the military made him so dependent on the food and other regiment from the army, that made him difficult to become independent in the civilian life. There was no sort of rehabilitation or vocational training for him to be able to return to civilian life. So he became so depressed with having nothing to rely on. (b) There seems to be no benefit for him in term of housing or farming land as all of veteran should benefit from, so he couldn't afford to buy house or land because he couldn't earn or save the money from military salary. (c) The lack of social support or the support from family would (he has no relative around), which could easily lead to divorce when there is a small family conflict. Therefore he seems not to be successful in conflict resolution in family. Also he may use his military style of dealing with problems to deal with his family issues, therefore it always end up in divorce.

These above factors could be the cause of his mental problems, which resulted in drinking of alcohol as a way of coping. The more he consumes alcohol, the more addiction he has.

One positive strength point of Mr. Heat is that he is a person who is willing to quit alcohol if he has someone to support him in this process. So, TPO counselors have worked with him more closely in the self-help group session and in the individual counseling. This gives him a lot of hopes, he said, "one day I will be free from alcohol and I can manage my own emotion and anger".

In the group, Mr. Heat expressed his difficulty in reducing alcohol. He said that before he finished cooking rice and soup, he has to drink 3-4 glasses of alcohol already. This is because his withdrawal symptoms are so severe that make him can't do any work. He tried so hard to reduce alcohol but at the 4 sessions, he was about to give up because of severe withdrawal symptoms.

TPO counselors continue to support him through individual counseling and continue to work more closely with him at his home. The counselor encouraged him to talk about his story and listen to him with empathy. In addition, TPO counselor taught him on how to deal with his symptoms of headache, sleeping difficulties, frustration and excessive worry. TPO counselor also taught him the relaxation and breathing technique in order to help him deal with his problems.

In the group, he also received a lot of good advise from other team members on how to reduce the amount of alcohol consumption such as drinking more water before drinking alcohol, learn how to say no to people who invite him to drink alcohol etc. He gradually became more successful in reducing the amount of alcohol intake, and the withdrawal symptoms subsided gradually as well. He has then started to increase his working hours in the field far away in order to avoid going to alcohol bar in his village. This allows him to be able to earn more income for himself and then his health become improved.

Since he has no home, his self-help group members encouraged him to become monkhood and live in pagoda, so it will help reinforce his commitment to stop using alcohol completely. He thought that it was a very good idea but he understood that he still have the desire to drink alcohol, so he cannot go to pagoda. Therefore, he needs to be a bit more successful before he could become a monk.

A few months later, he confident that he can now stop using alcohol completely, so he decided to become a monk in Wat Phnom Prak pagoda located in Bosknol village, Cheng Meanchey commune, Banan district and later he moved to Wat Dong pagoda in his village until today.

The villagers congratulate him for being so successful in changing his life, his son who was not living with him said “I was so happy to see that my father stop drinking, can now find peace for himself though being a monkhood”.

Becoming a monk is another good coping strategy in order to deal with desire to drink and could also help him having a peaceful mind. However, this could reinforce his dependency because he would only wait for people to donate him food. However, at least we can change one person from being useless to be useful in society. He could be a model for other people who have problem that it will never be too late to change thing if we are persistent on what we want to achieve.



Venerable Nhek Heat



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