

TRUTH, RECONCILIATION AND HEALING – TOWARDS A SHARED FUTURE

The three-year project **Truth, Reconciliation and Healing – Towards a Shared Future** complements the ongoing retributive transitional justice process at the Extraordinary Chambers in the Courts of Cambodia (ECCC) at the national level, by providing comprehensive restorative justice at the grassroots level generating healthier relationships and increasing social resilience in Cambodian society. The project is funded by USAID and the American people and is carried out by TPO Cambodia as lead organization and Youth For Peace Cambodia (YFP) as our partner NGO.



Above: Monitoring & Evaluation Capacity Building Training for TPO and Youth For Peace staff.

Activities and achievements so far mainly relate to **training, capacity building and project orientation** of the project staff during the first phase of this project, late 2013.

- In December 2013, the Human Rights Center at Berkeley Law, University of California, USA, delivered a two-week **Monitoring & Evaluation Capacity Building Training** program to all project staff from TPO Cambodia and Youth for Peace (YFP). The training enabled project staff to develop monitoring instruments to track the project over the next 3 years.
- A six-day **Training Program in Testimonial Therapy** was delivered to project staff in December 2013 by expert Inger Agger, Clinical Psychologist from Denmark. The training equipped staff with the core techniques of Testimonial Therapy such as establishing inner resources, grounding techniques, use of body sensation, trauma exposure, and documentation skills.
- Specialist Mediation Trainer Kerstin Kastenholz (Germany) ran a four-day **Training in Conflict Resolution and Dialogue Facilitation** for project staff. The first part of the training was implemented in cooperation with the East-West Centre from Hawaii, USA, and included training in communication skills such as active listening and questioning as well as an introduction to the concept of conflict resolution. During the second part of the training, project staff were given the opportunity to discuss questions related to the planned “former Khmer Rouge - victim dialogues”. Staff from the Asian International Justice Initiative (AIJI), a collaborative project between the East-West Center and the War Crimes Studies Center, as well as staff from the Cambodian Human Rights and Development Association (ADHOC) and the Cambodian Defenders Project (CDP) participated in the training alongside TPO and Youth for Peace (YFP) project staff.

In this start-up phase, a **baseline survey** provided insights into:

- **relationships** between former Khmer Rouge and victims
- the **knowledge and attitudes** among youth and the older generation with regards to the ECCC (Extraordinary Chambers in the Courts of Cambodia), transitional justice and memorialization
- beneficiaries' **understanding** of the concepts and the promotion of peace and reconciliation

For this study, 70 former Khmer Rouge from Malai District, Banteay Meanchey province, and 71 Khmer Rouge victims from Rolea Bier District, Kampong Chhnang province, were interviewed. Also, 5 focus group discussions with Memory Committees and 4 focus group discussions with youth groups were conducted. The data are currently being entered and processed in SPSS (analytics software) by TPO.

PAIN SCHOOL PROJECT

In 2011–2012, TPO with the support from the Danish DIGNITY Institute Against Torture, developed and implemented a culturally appropriate treatment protocol to treat pain-related problems in Cambodia. This protocol was subsequently tested in a pilot study – the first pain-targeting intervention conducted at TPO. Results revealed that therapists and clients found the Cambodian pain school to be relevant and helpful. The quantitative outcome indicators demonstrated clinical improvement, with significant effect sizes.



Above: TPO's Blue Cloth tool to help Cambodians diagnose pain-related problems.

Whereas there were no Pain School project activities throughout 2013, a comprehensive article about the background, development, implementation and evaluation of this pilot project was accepted for publication in 2013 – and published early 2014 – in the *Journal of Applied Biobehavioral Research*, 2014, 19, 1, pp. 53–69 © 2014 Wiley Periodicals, Inc. under the title:

Education as Treatment for Chronic Pain in Survivors of Torture and Other Violent Events in Cambodia: Experiences with Implementation of a Group-Based "Pain School" and Evaluation of its Effect in a Pilot Study

The article points out (amongst others) that the aim of the next study will be to do a randomized control trial with torture survivors with chronic non-malignant pain. DIGNITY has pledged support for this study and the development of a validation tool to be pursued from 2014 onwards. The ultimate longer-term goal will be to implement the intervention to address the broad array of chronic pain experienced by patients in Cambodia.

TPO TREATMENT CENTER

TPO's Treatment Center, funded by the TPO Trust Fund, continues to provide mental health services to a variety of patients from all over Cambodia. The numbers of consultations continues to be high with 5,065 consultations in 2013 (see figure 1). A variety of diagnoses were established (see figure 2) and clients received various types of treatment and support from TPO according to the specifics of their diagnosis.



Above: A counseling session with one of TPO's psychiatrists at TPO's Treatment Center in Phnom Penh.

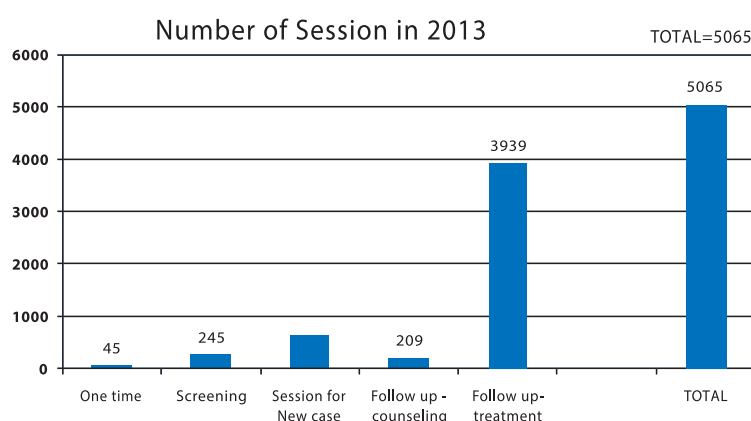
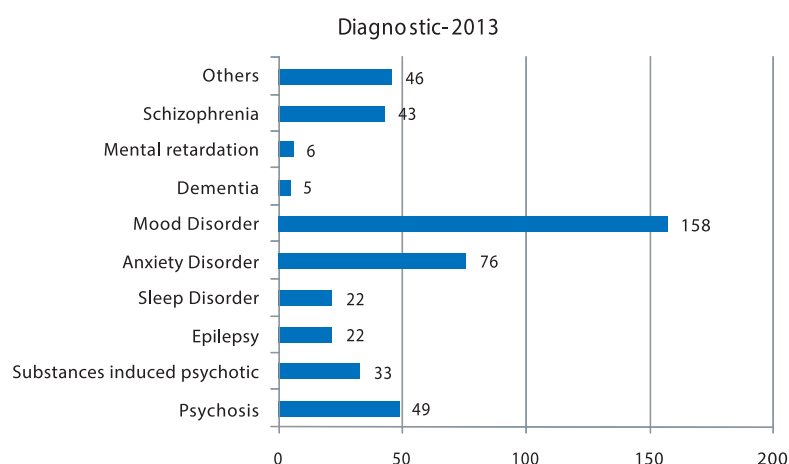


Figure 1: Number of consultations in 2013 per type and in total

Figure 2: type of diagnostic category for patients at TPO's Treatment Center in 2013



Note: Depression is embedded in the Mood Disorder category

TPO TRAINING SERVICES

TPO's Training Unit offers a variety of training courses on a number of mental health topics. There are "public 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 or psychiatric nursing. While responding to a demand in the market for mental health training, TPO's Training Unit also generates income contributing to the organization's long-term sustainability and self-reliance.



Above: Group activity and discussion during a 2-day Stress Management Course run by TPO's Training Unit.

In 2013, TPO delivered training to 1,081 trainees from 31 different organizations:

PUBLIC COURSES DELIVERED 2013		Number of Courses
1	Stress Management	1
2	Child Development and Parenting skills	1
3	Basic Counseling Skills	2
4	Advanced Counseling Skills	2
Total for Public Courses		6 Courses

TAILOR-MADE COURSES DELIVERED 2013		Number of Courses
1	Child Development and Effective Communication with Children	31
2	MHFA and Crisis Intervention; Advanced Counseling Skills; Understand and Practice the Foundation Tools of CBT	7
3	Psychosocial Support to Child Victims of Trafficking & Other Forms of Abuse	6
4	Child Development and Parenting skills; Counseling Skills	2
5	Child Development and Parenting skills	2
6	Suicide Prevention	1
7	Basic Counseling Skills with Case Management Skills	1
8	Basic Counseling Skills; Advanced Counseling Skills	2
9	Basic Counseling Skills	3
10	Primary Mental Health Care in Cambodia's Prisons	1
11	Supervision of Primary Mental Health Care in Cambodia's Prisons at Correctional Center 2	1
12	Supervision of Counseling skills	12
13	Clinical Supervision for Counselors	6
Total for Tailored-made Courses		75 Courses *
<i>*(55 Courses + 20 Supervision Sessions and Follow-Up Training)</i>		

NUMBER OF TRAINEES		ORGANISATIONS
Public Courses	53 trainees	19 NGOs + 1 Micro-Finance Institution
Tailor-made Courses	1,028 trainees	AiBi, Afesip, Amret, CARITAS, Chabdai, CWCC, IOM, Komar Riekreay, SABC, Sunrise, OHCHR

RESEARCH & CONSULTANCY

TPO develops and conducts studies on a diverse range of mental health issues. Our research methods recognize the specific cultural context of Cambodia. Our Research, Monitoring & Evaluation team is technically and financially supported by the Centre for Victims of Torture (CVT). In 2013, research projects included the following:

Study on Intimate Partner Violence (IPV) in cooperation with Palo Alto University, California, USA. The study, which continues in 2014, aims to assess whether Cambodian women who are victims of IPV, are more likely than those who have not suffered IPV, to have witnessed or experienced similar violence during their childhood. It also aims to assess whether they also experience greater helplessness and less competency in their role as a caregiver to their children and report similar caregiving incompetence in their own mother. The study also aims to shed light on whether caregiving competency plays a mediating role in intergenerational transmission of abuse, whether children who witness IPV internalize and externalize more symptoms than those who did not, and whether parenting styles affect the type of symptoms present in children who have witnessed IPV.

In the context of the “Improving Mental Health for Survivors of Gender-Based Violence and Sexual Assault” project (see page 3), and with the support of Australia’s DFAT (Department of Foreign Affairs and Trade), TPO has conducted a **baseline study** with the women and men in the target areas, to assess their experience of gender-based violence, the level of psychological problems, and their attitudes towards gender-based violence. The comparative study (1-year follow-up) is scheduled for April 2014.

With funding from Louvain Coopération, TPO conducted research on **The Added Value of a Non-medical Approach in the Integrated (Mental) Health Structures of Cambodia**. This study explored the value added by a non-medical approach (ie. counseling, psycho-education, home visits and rehabilitation) to the mental health services in Kampong Thom province. The study also documents the lessons learnt from applying a non-medical approach in the mental health services in Kampong Thom province. Final findings are expected to be available in 2014.

TPO also has contributed to **local and international research** on a variety of topics (eg. 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. Often, TPO has received these researchers at its office in Phnom Penh for interviews and discussion. TPO has also hosted various Cambodian and international students as well as interns for periods up to several months, to provide them with the necessary practical experience in their chosen field or support them with their research.

Note: TPO’s **consultancy** activities are captured under TPO training services – tailor-made courses (see page 16).

ADVOCACY & AWARENESS RAISING

In the course of their daily work, and in the context of specific projects, TPO staff have engaged in meetings with government officials, partner NGOs and other stakeholders as well as in advocacy events and awareness raising campaigns to promote mental health care, psychosocial well-being and the need for services in Cambodia thus furthering TPO's mission. Project-specific activities have been listed earlier in this report. Below is a snapshot of some other advocacy and awareness raising initiatives during 2013.

As TPO provides psychological support to the victims of gender-based violence helping them to recover from their traumatic experience and empowering them to access to their rights, we have supported and lent our voice to local and international campaigns that focus on women's rights. We have marked **International Women's Day 2013** with a solidarity lunch for TPO staff coupled with reflection on the roles and responsibilities of men and women. Via our Facebook page we have promoted this day, as well as the **International Day for Elimination of Violence Against Women** and the **One Billion Rising Cambodia** campaign. Via our **Facebook page** and **website** we have also raised awareness about mental health issues and human rights topics, reported on some of our activities to the wider public and shared news about TPO. We aim to pursue this in a more active and strategic way in 2014.

Dr. Sotheara, TPO Executive Director, participated in the **2013 World Human Rights Cities Forum (WHRCF)** in Gwanju, South Korea. Experts and participants from all over the globe discussed freedom, equality, and justice in developing a human rights city.

As a member of the International Rehabilitation Council for Torture (IRCT), a health-based umbrella organization supporting the rehabilitation of torture victims and the prevention of torture worldwide, TPO participated in the **UN International Day in Support of Victims of Torture on 26 June 2013**. TPO drew media attention to the problem of torture, calling on the government to live up to the obligations under the United Nations Convention against Torture (UNCAT) and fight impunity. TPO was joined in this by the Cambodian Human Rights & Development Association (ADHOC), Cambodian Human Rights Action Committee (CHRAC), and the Asian Human Rights Commission (AHRC) at a press conference. Around 60 people, including representatives of the government, police, national and international NGOs, participated. TPO also joined a radio call-in show with the Women's Media Centre (WMC) to promote awareness of the 26 June International Day Against Torture.

TPO partnered with the Cambodia Defenders Project (CDP) and the Victim Support Section (VSS) of the ECCC in organizing the **3rd Annual Women's Hearing** in which victims of gender-based violence share their experiences and express their thoughts and feelings. This gives them a voice to the world acknowledging their suffering and calling on support for other victims of gender-based violence. A film was produced and made available online.

TPO co-hosted the **Youth Mental Health Day at the Royal University of Phnom Penh** in November 2013. More than 1500 young people attended, met with staff from various mental health organizations, collected information and engaged in activities such as Art Therapy, Forum Theatre, Counseling Demonstrations, Mindfulness Exercises, Movies and Talks.

ORGANIZATIONAL CAPACITY BUILDING

In 2013, we also continued to build our organizational capacity by strengthening our staff's skills, competencies and abilities, to allow us to fulfil our mission and goals.

What follows are some examples of development initiatives and activities in 2013.

TPO's Clinical Manager and Clinical Supervisor attended the **annual clinical training workshop** (held in Kenya in 2013) organized by the Center for Victims of Torture for counselors from each of the 10 centers worldwide that CVT partners with for torture rehabilitation. As one of CVT's Partners in Trauma Healing (PATH), TPO benefits from CVT's support to **expand our ability to provide high-quality mental health services and healing of survivors**, to perform **monitoring and evaluation** and to **develop as an organization**. Mid 2013, TPO also welcomed an **experienced PATH psychologist** for a year providing longer-term training and mentoring thereby strengthening TPO's clinical capacity.

With funding from AusAid/DFAT, TPO's Research, Monitoring & Evaluation Manager attended a one-month **workshop in Australia on Gender- and Disability-Inclusive Program Development** organized by the International Women for Development Agency and facilitated by the Christian Blind Mission (CBM) Institute. The objective of the workshop was to mainstream gender and disability topics into program development.

TPO's Office Manager attended the **Child Protection Policy Development** course at Social Services Cambodia's Training Center with support of the Australian Red Cross. As a result of this, TPO has developed and implemented a **Child Protection Policy**.

Throughout 2013, TPO staff also received expert advice and mentoring from a **Psychological Advisor** (via Australian Red Cross/Australian Volunteers for International Development). Late 2013, another Australian Red Cross/Australian Volunteers for International Development expert joined TPO as **Communications Advisor**. And last but not least, a **Senior Psychological Advisor** funded by GIZ (*Deutsche Gesellschaft für Internationale Zusammenarbeit*; German Society for International Cooperation) also has supported TPO staff throughout 2013 with transferable know-how and skills. All three advisors' focus has been to help build TPO's capacity in their respective fields of expertise.

In December 2013, TPO hosted a 2-day **Continuing Medical Education workshop** helping Cambodian psychiatrists, including TPO staff, maintain their competence and learn about new and developing areas in their field. A group of 43 committed psychiatrists from hospitals in Phnom Penh and the provinces, participated in the workshop at TPO's headquarters to learn from international experts. Dr. Angelina Chan, Senior Consultant Psychiatrist (Singapore), updated the attendants on the latest in the "Management of Mood Disorders" while Dr. Ng Li-Ling, Senior Consultant Psychiatrist (Singapore), elaborated on "Understanding Psychiatric Conditions in the Elderly". Both linked their topics to the needs of Cambodian Psychiatrists and lead discussions and group activities.

As already noted on page 13, our "Truth, Reconciliation and Healing – Towards a Shared Future" project staff went through a comprehensive **capacity building and project orientation** program, with the support of USAID.

OUR PARTNERS

In 2013, 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.

Our 2013 Project Sponsors

- American Government and the American people through USAID
- Australian Government through DFAT (Department of Foreign Affairs and Trade) formerly known as AusAid and through the Australian Embassy's Direct Aid Program
- Belgian Government through the university NGO Louvain Coopération
- DIGNITY Danish Institute Against Torture
- European Union through the European Instrument for Democracy and Human Rights (EIDHR)
- German Federal Ministry for Economic Cooperation and Development (BMZ) through the German Society for International Cooperation (GIZ)
- Spanish Agency for International Development Cooperation (AECID)
- Swiss Foundation
- United Nations Trust Fund to End Violence Against Women (UNTFVAW)
- United Nations Voluntary Fund for Victims of Torture (UNVFVT)
- Anonymous donor

Local Partners

- AFESIP Cambodia (*Agir Pour les Femmes en Situation Précaire*; Acting for Women in Distressing Situations)
- Banteay Srei (SR)
- Cambodian Defenders Project (CDP)
- 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
- Extraordinary Chambers in the Courts of Cambodia (ECCC) and its Witness and Expert Support Unit (WESU) and Victims Support Section (VSS)
- Kdei Karuna (KdK)
- Khmer Kampuchea Krom Human Rights Organization (KKHR)
- Legal Aid of Cambodia (LAC), Siem Reap
- Commune Counsel for Women and Children (CCWC)
- Ministry of Health (MoH) and its provincial Departments of Health
- Ministry of Interior (MoI), the General Department of Prisons (GDP) and the Prison Authorities of Correctional Centre 1, Correctional Centre 2, Kandal Provincial Prison, Kampong Chhnang Provincial Prison
- Ministry of Social Affairs, Veterans and Youth Rehabilitation (MoSVY)
- Ministry of Women's Affairs (MoWA) and its provincial Departments of Women's Affairs
- O Reang Ov Referral Hospital and Thnal Keng Health Center, Kampong Cham province
- Royal University of Phnom Penh (RUPP), Department of Psychology and Social Work
- Women's Media Centre of Cambodia (WMC)
- Youth for Peace (YFP)
- Youth Resource Development Program (YRDP)
- ... and the provincial and local authorities of all the places in Cambodia we have worked in throughout 2013 as well as the Community Resource People helping people with mental and psychological problems around the country.

International Partners

- Australian Red Cross/Australian Volunteers for International Development (ARC/AVID)
- Center for Victims of Torture (CVT)
- Office of the High Commissioner for Human Rights of the United Nations (OHCHR)
- Open Society Justice Initiative (OSJI)
- Palo Alto University (previously the Pacific Graduate School of Psychology), Palo Alto, California, USA
- Plan International
- UN WOMEN (United Nations Entity for Gender Equality and for the Empowerment of Women)

TPO Cambodia is a proud 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)

We also thank the following organizations and people for their support:

- META House (German Cambodian Cultural Center), Phnom Penh
- Bophana Audiovisual Resource Center, Phnom Penh
- Department of Media and Communication (DMC), Royal University of Phnom Penh
- All monks who have participated in our Testimonial Ceremonies throughout 2013
- 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.

OUR PEOPLE

TPO currently has 55 staff members and offices in Phnom Penh (HQ and Treatment Center), Battambang, Siem Reap and Kampong Thom. All 55 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 Candidate
CHOR Sonary, Sociologist, Counselor
KEO Sothy, MD, Psychiatrist
KIM Thida, BA in Psychology, MA Family Psychology
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
POV Maline, Psychiatric Nurse
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

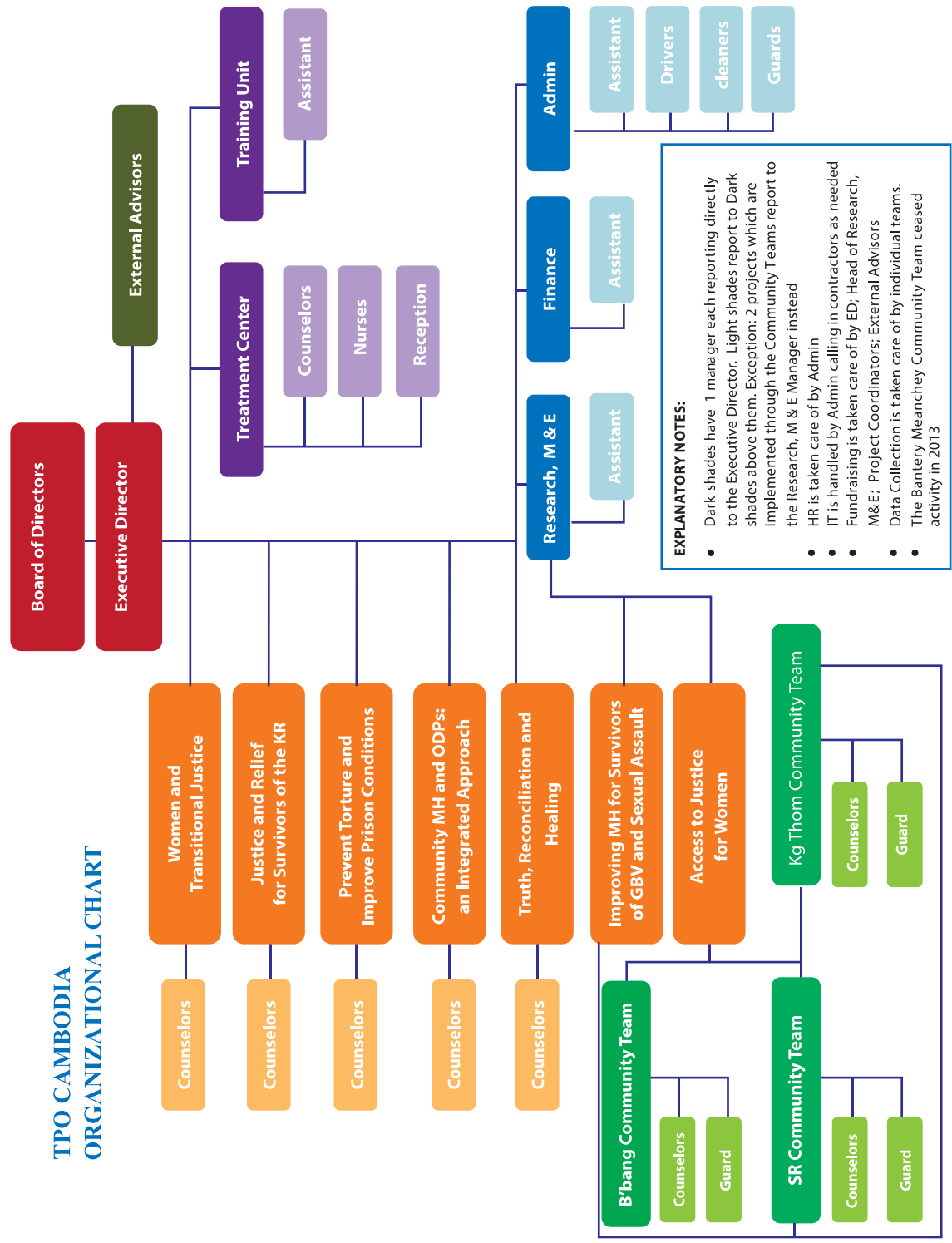
Key Management Staff:

CHHIM Sotheara, Executive Director
LENG Bunlay, Finance Manager
LOK Meas, Office Manager
SOK Phaneth, Head of Treatment Centre
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

TPO ORGANIZATIONAL CHART



TPO BOARD OF DIRECTORS

Name	Position on TPO board	Position & Organization
Dr. VAR Chivorn	Chairman	Associate Executive Director, Reproductive Health Association of Cambodia #14 Street 335, Boeung Kok 1, Toul Kork, 12151 Phnom Penh
Mr. KHANN Sareth	Vice-Chairman	Psychology Master's Program Coordinator, Psychology Department, Royal University of Phnom Penh, Phnom Penh
Dr. LIM Siv Lang	Treasurer	Physician, National Pediatric Hospital #100, Federation of Russia Blvd, Phnom Penh
Ms. UNG Kimkanika	Member	Acting Department Head, Social Work Department, Royal University of Phnom Penh, Phnom Penh
Dr. SENG Bunly	Member	Director, BNC Consult, No. 62, St 111, Sangkat Boeung Prohit, Khan 7 Makara, Phnom Penh



TPO staff in front of the TPO Office and Treatment Center in Phnom Penh

2013 ACCOUNTS

Statement of Income and Expenditure for the year ended 31st December 2013

These Income and Expenses were audited by **PriceWaterHouseCooper (PWC)**

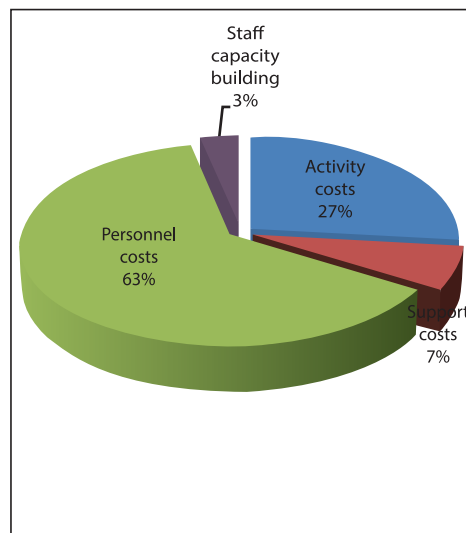
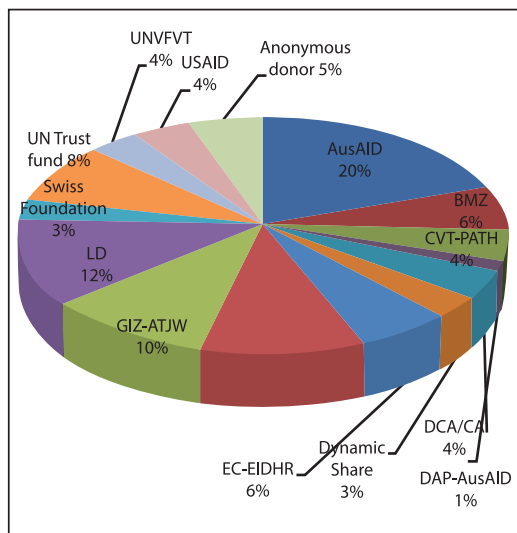
DONORS	INCOME 2013 in US\$	EXPENDITURE 2013 in US\$
AusAID	159,641	40,709
BMZ	50,356	9,661
CVT-PATH	34,246	38,036
DAP-AusAID	10,000	33,904
DCA/CA	30,123	30,123
Dynamic Share	24,459	25
EC-EIDHR	45,664	49,554
GIZ-KRT	80,349	54,210
GIZ-ATJW	81,226	107,621
LD	93,262	89,320
Swiss Foundation	25,000	25,000
UN Trust fund	67,125	64,400
UNVFT	30,000	30,000
USAID	32,850	21,990
Anonymous donor	44,455	44,455
Total	808,756	639,008

CLASSIFICATION	EXPENDITURE in US\$
Activity costs	171,994
Support costs	43,390
Personnel costs	402,404
Staff capacity building	21,221
Total	639,008

Notes:

* Danish Church Aid/CA provided funds for the Banteay Meanchey Community Team, which ceased activity in 2013.

* DIGNITY funds started early 2014 so are not included here.



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Printing: KL Secure Printing Cambodia, Phnom Penh

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OUR SINCERE THANKS TO:



USAID
FROM THE AMERICAN PEOPLE



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DIGNITY
DANISH
INSTITUTE
AGAINST TORTURE



The
CENTER for
VICTIMS of
TORTURE
.....
Restoring the Dignity of
the Human Spirit



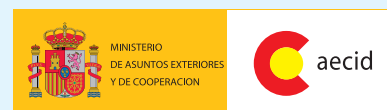
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JOINT PROGRAMME

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