

## TPO REPORT ON TRAINING DELIVERED TO DC-Cam

**Date:** 16 April 2004

**Reported by:** Mr. Leang Lo, TPO training coordinator; Ms Korm Sok Andeth, Counseling Supervisor; and Dr Chhim Sotheara, Managing Director

**Copy to:** Youk Chhang, Director of Documentation Center of Cambodia

This report describes the activities of training provided by TPO to DC-Cam staff on '*Psychosocial Problems & Stress, Trauma and Basic Counseling Skills*'.

### **1. Purpose and objectives of the training**

This training is a part of the TPO Consultancy Service to DC-Cam "*Victim of Torture-Helping the Victims of the Khmer Rouges*". It aimed to provide basic knowledge of mental health and psychosocial issues, stress and trauma and other issues related to loss and adjustment to DC-Cam staff involved in the project.

The specific objectives of the training are as follows:

- To be able to identify traumatized people from the knowledge they have learned and also from the screening process utilising standardized questionnaires to identify people with suspected trauma reaction.
- To equip with some tools which can be used to help themselves as well as their clients cope with emotional reactions as they resurface in the course of their work.
- To be more sensitive to trauma issues within their clients, this will aid them in finding ways of supporting and helping their clients.

### **2. Activities of the training**

The training was divided into four blocks with 6 hours per day.

Table 1: Number of participants attended the training

Block	Total participants
I	38
II	40
III	36
IV	37

#### **Block I:** February 4<sup>th</sup> -6<sup>th</sup> 2004

In Block-I the training focused on introduction to mental health and mental health problems, psychosocial problems and stress. The course was participatory in nature. Brainstorming, case examples, group discussion were used so that each participant could have chances to share his/her ideas within the group. The participants seemed to be very interested in the subjects. They raised a lot of questions.

As learning from our own past experience is very important for psychosocial work. The participants were asked to reflect on psychosocial problems and stress in their own experiences.



**Block-II:** March 4<sup>th</sup> -5<sup>th</sup> 2004

Training Block-II focused on awareness of common mental disorders. Over a range of topics, such as Anxiety, Depression, Somatization and Psychosis, trainers used case examples and group discussion to make participants active and participate. We started by reviewing main points in Block-I. Trainers asked question to the whole group and got volunteer to give answer and then added more their ideas.



**Block III:** Mach 29<sup>th</sup> -30<sup>th</sup> 2004

This block was to build up participants' knowledge about trauma, PTSD, loss and adjustment. During the training participants were asked to associate the knowledge they learnt to the work they experienced. They were also asked to present cases they met in the course of their work.



**Block IV:** March 31<sup>st</sup> – April 1<sup>st</sup> -2<sup>nd</sup> and 5<sup>th</sup> 2004

Topic on Basic Counseling Skills was to skills up basic helping skills need to build good relationship and support people with psychosocial problems and trauma reaction.

Harvard Trauma Questionnaire (Cambodian Version) was introduced so that the participant can use it to identify people with trauma reaction and in need of help from metal health services.



*Difficulties encountered-*

*Training Place: The training was comfortable with air conditioners, good environment and no disturbances from outside. However with many participants made it a bit difficult to find seats.*

Number of participant: the numbers of participant were more than expected. This made us difficult to facilitate group discussion and took times for question and clarification.

#### **Post-test and pre-test**

Aiming at comparing their understanding of the topics covered in the course, participants were asked to complete pre and post-test questionnaires. There were 33 people for pre-test and 26 people for post-test. As there were a lot of participants more than expected and most of them did not attended class regularly, we find it hard to give detail outcomes of the comparison between pre and post-test.

### **3. Evaluation**

Over all responses indicated that the course was good. The participants were very satisfied with the contents of the course. Most of them met with their expectation when the course finished. The topic on Stress and psychosocial Problems and counseling were the most appropriate with them.

Please see APPENDIX I for detailed notes on the participants' feedback.

### **4. Certificate**

TPO usually give certificate of attendance for participants after the course has finished. We can not give the certificate to staff who did not attend the whole course.

36 participants received certificate from TPO: 24 people received certificate of fully attending and 12 people received certificate of partial participation. (See APPENDIX II)

### **5. Recommendations**

*Areas for further development:*

*Number of participants: Although all staff were interested with the course and participated a lot in sharing ideas asking questions, we would suggest the similar training in the future to focus more on people who are working directly with the target group as this will have more times for them to practice and sharing ideas..*

### **6. Conclusion**

The course was beneficial. Most participants would like more training

TPO is happy to provide them consultation when needed.

**Leang Lo**  
**Training Coordinator**

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APPENDIX I

**Evaluation of the training course**

Question 1: *Are you satisfied with the contents of this course?*

response	no. of people
Excellence	1
very satisfied	10
satisfied	17

Question 2: *What contents were most appropriate with your work?*

Content	no. of people
Stress, Psychosocial problems	19
Counseling	18
Anxiety	12
Depression	9
Concept of trauma	7
PTSD	4
Types of mental illnesses	5
Relaxation exercises	4
Questioning skills	4
Interviewing	3
Observation	2

Question 3: *What contents were not appropriate with your work?*

Content	no. of people
Goal and action plan in counseling	7
PTSD	2
Treatment of metal illnesses	4
Depression	1
Somatization	2
Mania	2
Obsessive compulsive	1
Death (natural-unnatural)	1

Question 4: *To what level did this course meet your expectations?*

response	no. of people
above expectations	6
same as what was expected	12
less than expected	8

Question 5: *Were you satisfied with the training room, training materials and handout in this course?*

response	no. of people
very satisfied	3
satisfied	11
a little satisfied	14

Question 6: *Were the exercises (individual and group) appropriate with the contents?*

response	no. of people
very very appropriate	1
very appropriate	10
appropriate	15
Some appropriate	2

Question 7: *Overall how would you evaluate this course?*

response	no. of people
excellent	2
very good	6
good	20

Question 8: Others (comments and suggestion)

- I learnt about causes of trauma, how to prevent and how to cope
- The assignment seemed to be very easy
- The course was good. Examples, group discussion made us easy to understand
- Teach many hours per day
- The course was very important but it would be better if the course was 2 days a week for every week/month. We should have an additional course if possible
- Some topics had many terminologies. This made us difficult to understand. It will be good if TPO can make it easier
- I suggest this kind of training more but with only 2 days per week and with more practices
- I want more times on the treatment, if possible
- Add more examples and research found in Cambodia
- I did not follow much due to the course was in English and the teaching was fast. To be easy to understand, I suggest the lesson to be translated in to Khmer and if possible give us handout before class so that we are easy to take note.
- More detail explanation and with demonstration
- Some concepts were not easy to understand. Please give more detail and examples
- The course went smooth due to well preparation
- I want to know how to we can say someone is a person with mental illness and how it affect his/her psychological that we can not use his/her responses in the legal process. That was what I expected.
- I suggest more practices. I would like to know the differentiation between neurosis and mental illness.
- Please teach us how to treat people with mental health problems so that we can help those who can not access treatment. I think the course was good but trainers seemed to be tricky, especially on treatment (not detail explanation).

- The course was good but personally I think that we should reduce English speaking as I don't understand much.
- I would like trainers to clarify clearly what is right and what is wrong when participants present results of group discussion then raise what you think are correct.
- Should try your best to give explanation when there is a question. Should not delay as this may increase number of question.
- The course should have longer duration because teachers can not give detail explanation in a short time. Anyway, mostly the topics were focused on symptoms but not detail on prevention and treatment. I suggest more details on prevention and treatment for next course.
- I learnt a lot on counseling. However, I did not understand much when teach spoke in English. Please explain in Khmer.
- I learnt a lot about complication of mind and how to deal with it. These methods can be used to help others.
- I would like to learn more relaxation exercises
- We learnt that psychological problems (stress) is not an illness, we learnt about symptoms, causes of stress and how to cope with stress.
- Please increase number of training program because it is very important.

## APPENDIX II

## TPO Training for DC-Cam

**List of Participants received attendance certificate**

No	Name in English	Sex	Date of birth	Place of birth
1	Choung Sophearith	M	10 November 1974	Kampong Speu
2	Chheng Veng	M	07 March 1969	Kandal province
3	Yin Chhay	M	01 April 1962	Kandal Province
4	Phann Sochea	M	01 January 1977	Prey Veng
5	Pheng Pong Rasy	M	18 February 1972	Kandal
6	Sok Vannak	M	08 July 1971	Kandal
7	Khuoy Visalmony	M	16 May 1973	Kandal
8	Meas Bunthann	M	09 October 1981	Phnom Penh
9	Ros Sampeou	M	07 January 1968	Phnom Penh
10	Ysa Osman	M	01 January 1971	Kampong Cham
11	Long Dany	M	01 June 1974	Kampong Cham
12	Em Sokhym	F	09 April 1972	Phnom Penh
13	Oeur Ratana	F	20 November 1980	Phnom Penh
14	Long Aun	M	18 October 1971	Phnom Penh
15	EA Meng Try	M	05 December 1973	Phnom Penh
16	Makara Sam	F	27 January 1983	Phnom Penh
17	Dy Kamboly	M	12 May 1981	Kratie
18	Ly Sok Kheang	M	01 March 1980	Kandal
19	Ly Sok Chamroeun	F	07 July 1978	Banteay Meanchey
20	So Farina	F	07 March 1980	Phnom Penh
21	Sarin Vireak	M	06 April 1982	PP
22	Ly Sophal	F	03 March 1975	PP
23	Phat Rachana	F	7 October 1982	Siem Reap
24	Yin Nean	M	13 Sept 1960	Prey Veng



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APPENDIX III

TPO Training for DC-Cam  
**List of people received participation certificate**

<b>Nº</b>	<b>Name in English</b>	<b>Sex</b>	<b>Date of birth</b>	<b>Nº of attendances out of 11 days</b>	<b>%</b>
1	Ouch Sam Oeun	M	01 May 1973	8 + ½	77 %
2	Sour Bunsou	M	20 July 1976	8 + ½	77 %
3	Sophorn Huy	F	18 April 1980	8	73 %
4	Pang Pivoine	F	29 August 1980	8	73 %
5	Phala Prum	M	01 January 1982	7	64 %
6	Ra Chhayrann	M	27 May 1981	6	55 %
7	Phat Piset	M	05 June 1980	5 + ½	50 %
8	Huy Vannak	M	01 Feb 1978	6	55%
9	Sann Kalyan	F	01 July 1976	5 + ½	50 %
10	Norng Utara	F	14 Oct 1984	5 + ½	50 %
11	Lim Ky	F	08 November 1958	5 + ½	50 %
12	Sim Sorya	M	29 January 1972	4 + ½	41 %