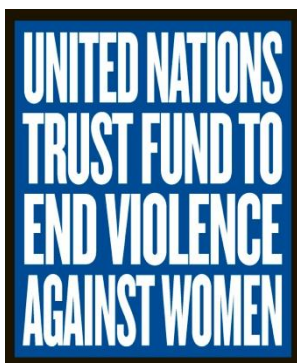




GBV Self-Help Group Facilitator Guide

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Objectives for Self-Help Group for victims of gender-based violence (GBV) under the Khmer Rouge and today

- To offer victims of GBV a safe setting in which they can share and reflect on their experiences
- To allow the ventilation of emotions and body sensations related to the trauma
- To encourage participants to support each other in dealing with the individual and social consequences of GBV
- To empower victims of GBV to identify and articulate their needs
- To provide psycho-education relating to GBV and teach self-help skills
- To provide legal information related to the Khmer Rouge Trial and the Extraordinary Chambers in the Courts of Cambodia (ECCC)

Session 1 – Introduction

Topic of the day: Introduce participants and facilitators. Clarify the purpose and rules of the group

Materials: none

No.	Activity and objective	Facilitator Action	Time
1.	<p>OPENING: Introduction of participants and facilitators</p> <p>Aim: To introduce facilitators to participants and start getting to know each other</p>	<ul style="list-style-type: none"> • Each person tells her/his name: Does the name have a meaning? Is there a family history attached to it? How did he/she get their name? • Each person tells her age, home place and how she/he is feeling right now. 	10 min
2.	<p>Formulating and clarifying expectations</p> <p>Aim: To clarify program and expectations and form a shared and realistic understanding of what it is possible to achieve over the course of the sessions.</p>	<p>Facilitator explains:</p> <ul style="list-style-type: none"> • Objectives of SHG: Why did TPO invite the participants? During the KR time, many Cambodian women (and men) experienced various forms of violence. However, until now, most of these people have not talked about these experiences because they feel ashamed. They continue to suffer silently. Also nowadays, violence is committed against women/men in Cambodian communities. This group is especially created for women who experienced GBV under the Khmer Rouge and for those who experience GBV today. TPO believes that sharing experiences of violence in a safe and respectful setting helps to better cope with the consequences of these painful experiences. In the beginning, it might be difficult to share your experiences; however, after a while, hopefully you will feel more comfortable to talk about your stories. • How often does the group meet? The group will meet once per month, 8 times overall. • What will happen today? Today, participants of the group will get to know each other. We will also talk about GBV under the Khmer Rouge and today. 	30 min

		<ul style="list-style-type: none"> • The SHG will evoke emotional reactions with the participants. These emotions are normal, and this is a safe place, in this group, to show them. • What are the expectations from this group? The clarification about expectations is very important for the motivation of participants to participate in the group! The facilitator allows participants to share their expectations and note them down on the big paper. • Take the time to respond to the groups expectations, for example by discussing what can be achieved in the group and what may not be possible. 	
3.	Group work: Setting the rules	<ul style="list-style-type: none"> • Every participant devises some group rules that will make her feel safer and more comfortable to talk about personal matters. They are invited to think about what would be painful, and what rules could prevent unnecessary hurt. • After discussion: Agreement on group rules on safety and confidentiality. 	15 min
4.	Group discussion: GBV under the Khmer Rouge and today	<p>Facilitator leads group discussions about:</p> <p>a) What types of violence did Cambodian women experience during the Khmer Rouge time?</p> <p>b) What types of violence do Cambodian women face nowadays?</p> <p>c) What are the emotional/psychological and social consequences of the violence?</p>	30 min
5.	GBV and the ECCC	<p>Facilitator:</p> <ul style="list-style-type: none"> • Summarize and clarify the term “gender-based violence” in Khmer. Eventually use banners with pictures. Explain why you are teaching them this concept and that you will come back to it throughout the sessions. • Update participants about GBV and the ongoing proceedings in Case 002 of the ECCC 	25 min
6.	Brainstorming: Formulating Expectations	Dialogue about doubts, fears and hopes that the participants have with respect to the SHG.	10min
7.	Conclusion	<ul style="list-style-type: none"> • Ask if group members have any questions/issues. • Announce the next SHG date. 	5 min

Total length of Session including breaks	2 hrs 35 min
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Session 2 – Self

Topic of the day: Describe and share about self with others

Materials: Paper, colored pencils, camera

No	Activity and objective	Facilitator Action	Time
1.	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> • Is there anything you would like to share from the last session? • Any feelings, thoughts or body sensations in response to the last session? Did something change? How do you feel right now? 	15min
2.	Guided fantasy: A loving person	<p>The facilitator explains that in the following exercise words will be used to lead the participants to their own images. The participants are instructed to relax and to let their imagination go wherever it wants.</p> <p>Facilitator:</p> <ul style="list-style-type: none"> ➤ <i>The exercise begins: Sit comfortably. If you wish, close your eyes. Feel your body, how does it feel in the chair? Focus on what is happening inside your body. Can you feel your heart beat? Do you feel any tension? Try to relax these areas as well. Focus on all parts of your body until you are completely relaxed.</i> ➤ <i>Now pay attention to your breathing. Feel how your breathing continues by itself. Feel the air going into your lungs and out again. Feel the rhythm of your breathing. Imagine that with every breath going in you are filled with fresh energy flowing through your whole body. Imagine that with the air you are breathing out you are letting go of tension and pressures. Continue: Breathe in energy and light, breathe out tension and pain.</i> ➤ <i>Now imagine someone in your life that really loves you. It can be someone, who is still alive or someone, who already died. It can be a grandmother, father, an aunty, a niece or any other family member. It may also be someone else, a good friend or a neighbor. Try to imagine how this person cares for you, how she/he loves you, shows understanding and empathy for you.</i> ➤ <i>Can everyone imagine such a person?[Facilitator confirms that all participants can imagine a loving person]</i> 	10 min 15 min for discussion

		<ul style="list-style-type: none"> ➤ <i>Now try to imagine what the face of this person looks like. Try to imagine the shape of the face, his/her eyes and how he/she smiles at you. How do you feel when this person looks at you with love? How do you feel in your heart? Can you feel the warmth in your heart? Can you feel the warmth in your body? How do you feel in your body? [Facilitator confirms that all participants feel comfortable in their body]</i> ➤ <i>Take time to appreciate how good you feel right now. Feel what it is like to be safe and protected. Perhaps you feel peaceful, safe, calm, another sensation.</i> ➤ <i>Feel how your body feels, does it feel relaxed? Energised? Warm?</i> ➤ <i>Stay with this image and body sensation for a while. When you feel ready you can say goodbye to it. Remember that this person will still be there for you every time you wish, that he/she will wait for you and be there anytime you need him/her.</i> ➤ <i>When it is time, come back slowly. Take your time. Slowly, you start to be aware of the room you are in now. Before you open your eyes remember the image. Then slowly open your eyes and come back into the room.</i> <ul style="list-style-type: none"> • The facilitator asks the participants to share how it felt to do the exercise. Some will not have managed; they should not feel ashamed or think they failed. Explore this. Ask them what it was that made it difficult to picture someone that loves them. This can be a powerful exercise for people to open up about not feeling loved or the death of loved ones. Some participants may also feel insecure when they try to relax in the presence of others. Reassure them that this is a new experience for them and will take some time to get used to. 	
3.	Group work: Create an object that represents “self”	<ul style="list-style-type: none"> • Explain why we do this exercise: “Being aware of self.” (5 min) • Visualisation: <i>Close your eyes and visualise/think of one thing (may be an object, person, color, shape, or an animal) that you think best describes yourself.</i>(5 min) • The participants are invited to take a piece of paper/colors and paint/create anything that represents themselves. The facilitator should encourage creativity, and may ask the following questions: (20 min) 	30 min

		<ul style="list-style-type: none"> ◦ What object may represent you? ◦ What concrete objects would you use to describe yourself? ◦ If you had to describe yourself as an object, what would you be? <p>Note: facilitator may ask for object/things that they like.</p>	
4.	Continued	<ul style="list-style-type: none"> • Each participant takes turn and shares with the group (5 min each) • TPO staff will make photos of the paintings/objects. 	40 min
5.	Feedback from participants	<ul style="list-style-type: none"> • Ask participants what kind of emotions/thoughts they have now in response to this activity. • Close the sharing round with a game. 	15 min
6.	Conclusion	<ul style="list-style-type: none"> • Ask if group members have questions/comments. • Announce the next SHG date. 	10 min
Total length of Session including breaks			2 hrs30min

Session 3 – Family& Support

Topic of the day: Look at supports in the family and outside the family

Materials: Paper, tree shape paper, human shape paper, colors, pens, camera.

No	Activity and objective	Facilitator Action	Time
1.	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> • Anything the group members would like to share? • Has anything changed since the last session? • Any feelings, thoughts or body sensations in response to the last session? Did something change and how do they feel right now? 	15min
2.	Group work: Establish a sense of belonging and help participants make sense of where they come from.	Explain why we do this exercise: 5min <ul style="list-style-type: none"> - To assist participants in tracing family origins and belonging; - To assist participants in identifying meaningful others. <ul style="list-style-type: none"> • Meditation: facilitator guide participants to visualise about their family (3 min) • Drawing family trees (30 min) <ul style="list-style-type: none"> ○ Provide the materials and explain how to use the tree shape paper to create family trees. ○ After explanation, participants should work silently and individually. 	35 min
3.	Feedback from participants	When all participants have finalized their family trees, invite them to share with the group: <ul style="list-style-type: none"> ○ The facilitators may ask questions to participants spontaneously regarding their individual family stories. ○ Focus on current resource/support persons in the family! 	30 min
4.	Support persons outside the family	<ul style="list-style-type: none"> ○ Facilitator explains: Often, family members are important resource/support persons and can provide emotional support. However, families are also burdened with internal conflicts. It is important to also establish and live relationships to meaningful others outside of the family system. ○ Facilitator asks participants to reflect: Who are people you like, people who have been important to you, stood by you when you needed it, or have given 	25 min

		<p>you something that was very valuable?</p> <ul style="list-style-type: none"> ○ <i>Participants identify meaningful others and integrate them into the family tree drawings.</i> <p><i>Facilitators to take photos of the drawings.</i></p>	
5.	Feedback from participants	<ul style="list-style-type: none"> • Ask participants what kind of emotions/thoughts they are having now in response to the activities and sharing. • Ask them to close their eyes and see how their body feels, do they feel warm, cold, do they experience some tightness or pain? • Close the sharing round with a game. 	20 min
6.	Conclusion	<ul style="list-style-type: none"> • Ask if group members have any questions, comments or other. • Announce the next SHG date. 	10 min
Total length of Session including breaks			2hrs25 min

Session 4 – River of My Life

Topic of the day: Understand significant life events and share life story

Materials: Large paper, crayons, stone/flower/leaf, colored pens, music player, scotch tape, camera

No	Activity and objective	Facilitator Action	Time
1.	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> • Anything the group members would like to share from the last session? • Any feelings, thoughts or body sensations in response to the last session? Did something change? How do you feel right now? 	15 min
2.	Exercise: River of my life. The activity uses a river as a symbol of the participants' life flow. Aims: <ul style="list-style-type: none"> • To depict participants' significant past experiences: Happy, sad, big small • To give an opportunity to express feelings, share their life experiences and expectations of the future • To foster appreciation and mutual understanding and develop relations;; • To enable participants to better understand the events in their lives and the impact 	<ul style="list-style-type: none"> • Facilitator explains the purpose of the activity and gives instructions (10 min). • Visualization: Participants are asked to reflect back on what significant events have taken place in their lives since they were born up to the present time, and how life will continue in the future. Facilitator may use a sample drawing before meditation and use background music during visualization (10 min). • Participants are asked to draw their <i>rivers of life</i> on a big sheet of paper, using pens and crayons. They can use materials such as stones, flowers, dirt or anything from nature if they would like to mark significant events in their lives (45min). • sharing 	65min
3.	Feedback from participants	Facilitator: <ul style="list-style-type: none"> • Look around and observe the level of tension in the group. If it seems high, ask the group to look around to find something they like or that calms them in the 	30 min

		<p>room/environment</p> <ul style="list-style-type: none"> ● Foster solidarity, de-stigmatisation and acknowledgement by validating expressions of pity, recognition, empathy, etc. ● Provide psychoeducation about: trauma symptoms, acute and long-term stress symptoms, and typical psychological after-effects of trauma. ● Ask each participant to think of something they want to say or give to the one who shared her story ● Close the sharing round with a Grounding exercise: <ul style="list-style-type: none"> ▪ Ask the sharing participant when the experience ended and let the group calculate together how many years ago this is. ▪ Tell them to imagine seeing all the events from that time until today in a fast motion film while the facilitator slowly counts from 1 to 10. ▪ Let each participant answer a question on where we are, which street, which day of the week, which months, year, how many people in the group? Etc. <p>or</p> <ul style="list-style-type: none"> ◦ Brief breathing exercise, meditation or massage. 	
4.	Conclusion	<ul style="list-style-type: none"> ● Ask if group members have questions/comments. ● Go round the group and ask each person to offer one word about how they are feeling <i>right now</i> ● Announce the next SHG date. 	10 min
Total length of Session including breaks			2hrs 10min

Session 5 – River of My Life (continued)

Topic of the day: Describe self and share life story with others

Materials: Large paper, crayons, stones/flowers/leaves, pens, music player, scotch tape, camera

No	Activity and objective	Facilitator Action	Time
1.	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> Anything the group members would like to share from the last session? Any feelings, thoughts or body sensations in response to the last session? Did something change since then? How do you feel right now? 	15min
2.	River of My Life (continued)	Participants finalise their river of life drawings.	20 min
3.	Sharing their lives	Participants come into a circle; group members are invited to share their stories. Facilitators can take photos of the paintings/objects if participants would like. Be very sensitive to those who may not be comfortable having photos taken.	60 min
4.	Feedback from participants	<ul style="list-style-type: none"> Look around and observe the level of tension in the group. If it seems high, ask the group to stand up and shake out their limbs and roll their head from side to side Ask participants one by one what kind of emotions they have and what they feel in their body in response to the storytelling. Foster solidarity, de-stigmatisation and acknowledgement by validating expressions of pity, recognition, empathy, etc. Provide psychoeducation about trauma symptoms, acute and long-term stress symptoms, typical psychological after-effects of trauma. Ask each participant to think of something they want to say or give to the one who shared her story <p>Close the sharing round with a grounding exercise: Do a brief breathing exercise, meditation or massage.</p>	20 min
5.	Conclusion	<ul style="list-style-type: none"> Ask group members how they feel after today's activities Ask if group members have any questions/comments. Announce the next SHG date. 	15min

Total length of Session including breaks	2 hrs20 min
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Session 6 – River of My Life (continued)

Topic of the day: Describe self and share life story with others

Materials: Big papers, crayons, stone/flower/leaf, pentel pens, music player, scotch tape, camera

No	Activity and objective	Facilitator Action	Time
1	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> • Anything the group members would like to share from the last session? • Any feelings, thoughts or body sensations in respond to the last session? Did something change and how do they feel right now? 	15 min
2.	Sharing their lives	Participants come to a circle; group members are invited to share their stories. <ul style="list-style-type: none"> • TPO staff will make photos of the paintings/objects. 	60 min
3.	Feedback from participants	<ul style="list-style-type: none"> • Look around and observe level of tension in the group. If it seems high, please ask the group to stand up and shake out their limbs and look around naming a thing they like in the room. • Ask participants one by one what kind of emotions they have and what they feel in their body in response to the story telling. • Foster solidarity, destigmatisation and acknowledgement by validating expressions of pity, recognition, empathy, etc. • Provide psycho-education about: trauma symptoms, acute and long-term stress symptoms, typical psychological after-effects of trauma. • Ask each participant to think of something they want to say or virtually give to the one who shared his/her story to make her/him feel better (a virtual present) • Closes the sharing round with: <ul style="list-style-type: none"> ◦ Grounding exercise: <ul style="list-style-type: none"> ▪ Ask the sharing participant when the experience ended and let the group calculate together how many years this is ago. ▪ Tell them to imagine seeing all the events since that time till today in a fast motion film while the facilitator slowly counts from 1 to 10. 	20 min

		<ul style="list-style-type: none"> ▪ Let each participate answer a question on where we are, which street, which day of the week, which months, year, how many people in the group? Etc. <p style="text-align: center;">or</p> <p>Brief breathing exercise, meditation or massage.</p>	
4.	Conclusion	<ul style="list-style-type: none"> • Ask if group members have urgent questions/issues. • Announce the next SHG date. 	5 min
Total length of Session including breaks			1 hrs 50 min

Session 7 – Identify Inner Dialogues

Topic of the day: Identify and share inner dialogues

Materials: large paper, colored pencils, camera

No	Activity and objective	Facilitator Action	Time
1.	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> • Each group member to share briefly how they have been feeling since the last session. • Any feelings, thoughts or body sensations in response to the last session? Did anything change? How do they feel right now? 	15 min
2.	Group work: Inner dialogues: Aim: To help participants identify negative and positive inner dialogues	Facilitator asks: What are the most significant traumatic/terrible/sad experiences in your life? Facilitator notes events/experiences reported by the group members on a big paper, circling the ones that people have in common (e.g. Khmer Rouge).	15 min
3.	Identifying negative inner dialogues	Facilitator asks: When you are reminded about these traumatic experiences, what do you normally think and how do you feel? <i>Example: There is a happy wedding party in your family or community and this reminds you about your forced marriage/about the violence in your marriage. What do you think and feel? Try to be aware of your thoughts and feelings. Calmly watch what is going on in your mind.</i> <i>Example: There is a couple in your community who act very kind and loving with each other. The husband has never treated his wife badly. Seeing them together, what do you think and feel? Try to be aware of your thoughts and feelings. Calmly watch what is going on in your mind.</i> <ul style="list-style-type: none"> • Participants share their negative thoughts and feelings. • Ask participants “how do you feel about yourself?” Do you say or think bad things about yourself to yourself? <i>Examples for negative inner dialogues: “After what happened to me, I am not a good woman any more” “I do not deserve love and respect.” “I will never be</i> 	25 min

		<p>happy again.”</p> <p>Facilitator explains:</p> <ul style="list-style-type: none"> • After painful and traumatic events, people often feel worthless, rejected and cast-out. Trauma survivors often think they are bad, worthless, stupid, incompetent, etc. Many people blame themselves when trying to make sense of their experience, in particular victims of sexual violence. • However, self-blame causes a lot of distress for the victims: <ul style="list-style-type: none"> ○ Self-blame prevents a person from reaching out for help and demanding their rights to rehabilitation. ○ Self-blame prevents a person from re-connecting with her/his resources and strengths. ○ Self-blame prevents a person from connecting with others. 	
4.	Brainstorming: Identifying positive inner dialogues	<p>a. Facilitator explains: If we learn to become aware of our negative and discouraging inner dialogues, we can gain the ability to control them and turn them into positive dialogues.</p> <p>b. Brainstorm: How can we convert the negative inner dialogues into positive dialogues? What can we say to ourselves instead?</p> <ul style="list-style-type: none"> ○ Use examples from participants. 	25 min
5.	Group work: Identifying positive inner dialogues	<ul style="list-style-type: none"> • Divide participants into two or three groups and ask them to convert the negative inner dialogues into positive dialogues. • Assist the participants in formulating positive statements/dialogues. 	20 min
6.	Sharing	<ul style="list-style-type: none"> • Share in large group the positive statements/dialogues participants developed. • Hand out the Statement Sheet and read loudly the positive, self-affirmative statements. • Ask the participants to select one statement and repeat it out loud. • Ask: “How does it feel to speak out this sentence?” “Does it feel strange?” “Why do you think it feels strange?” 	20min

		<p>c. Summarise: Whenever you catch yourself conducting a useless, negative conversation with yourself, stop it. Change it to something more positive. Change the words of the inner dialogue to positive ones, about good health, happiness and inner peace.</p> <p>d. Give homework: Try to observe your negative inner dialogues in the next 2 weeks. Use the statement you have chosen by speaking it out aloud.</p>	
7.	Conclusion	<ul style="list-style-type: none"> • Look around and observe level of tension in the group. If it seems high, do a grounding exercise or ask the group to stand up and shake out their limbs or massage each other's shoulders • Ask if group members have any questions/issues. • Announce the next SHG date. 	15 min
Total length of Session including breaks			2 hrs 30 min

Session 8 – Closing & Farewell

Topic of the day: Identify and share inner dialogues

Materials: Big papers, colored pencils, camera

No	Activity and objective	Facilitator Action	Time
1.	Short review on previous session	Facilitator asks: <ul style="list-style-type: none"> • Is there anything you would like to share from the last session? • Any feelings, thoughts or body sensations after the last session? Did something change? How do you feel right now? 	15 min
2.	Update on Case 002 of the ECCC	Provide update about GBV & current ECCC Case proceedings to the group.	15 min
3.	Group discussion: Sharing feelings about closure of the group	<p>The facilitator gives participants the chance to share/express their feelings in regard to the termination of the group. Group discussion; allow each participant to share.</p> <p>a) Do you feel different since the beginning of the group? How did you feel in the beginning, how do you feel now? Please describe.</p> <p>Facilitator summarises the differences before and after the group.</p> <p>b) What did you learn from the SHG?</p> <ul style="list-style-type: none"> - Name one thing you learn from this group. - One thing that had an impact on you? - One thing that made a difference to you? <p>c) How do you feel now that the group comes to an end? How does it feel to say goodbye?</p> <p>Facilitators ask if group members know the feeling of saying goodbye. They may be reminded</p>	1 hr

		<p>about the loss of loved ones. It is important to process the farewell consciously, to allow the expression of sadness and loss. During the Khmer Rouge regime, people were often not able to say good-bye to their loved ones. This is why now we would like to do it with attention and care.</p> <p><i>Note:</i> In this part, the facilitator will disclose her own feelings about ending the group.</p> <p>d) What is their plan for the future after the group has ended?</p>	
4.	Feedback from participants	<p>Facilitator allows participants to provide feedback about the SHG:</p> <ul style="list-style-type: none"> ○ To what extent were your expectations about this group met? How are they met and how not? ○ Is there anything you would like to change, if you were invited to join the group again? ○ Can you give any recommendations to the facilitators? 	20 min
5.	Farewell	<p>Facilitator introduces a closing ritual (game or exercise) that allows all the members in the group to say goodbye to each other</p> <p>Note: It is better to have ritual for closing the group rather than to just end abruptly.</p> <p><i>Suggestion1:</i> Game using ball of strings: One person holds the string and throws the ball to any group member and says something they want to say to that member about how she has connected to that person (if they can't say something that is fine).</p> <p><i>Suggestion2:</i> Holding hands: All the group members stand in a circle holding each other's hands. They are invited to say something they want to say to other members in the group.</p> <p><i>Suggestion3:</i> Group members stand in a circle. One member goes into the circle and goes from one woman to another and says a few words of acknowledgment and good-bye.</p>	20 min
Total length of Session including breaks			2 hrs20 min