



► FUND - RAISER
ORGAN RECITAL..... 1

◦ ISSUE 3 | ◦ JUL-SEP 2011



► SUPERVISION/
CASE STUDIES.....1



► IN-HOUSE WORKSHOPS,
VISITING CONSULTANTS AND
MORE2

Samutthāna *Mosaic*

SAMUTTHĀNA—THE RESOURCE CENTRE

SAMUTTHĀNA, the Sri Lankan arm of the United Kingdom-Sri Lanka Trauma Group (UKSLTG), is registered in Sri Lanka as a not-for-profit company. It was originally run from multiple centres around the country. Recently, in response to changing needs and funding, the satellite centres were closed and SAMUTTHĀNA now operates from Colombo with staff travelling to different parts of the country to deliver training in topics relating to Psychiatry, Psychology and Mental-health well-being.

Upcoming Event - Not to Be Missed

Samutthāna is to host a fund-raising event on Wednesday 30th November at St Andrew's Scots Kirk. An organ recital of classical music will be performed by the very talented Denham Pereira and promises to be an enchanting evening. At Rs 500 per ticket, all friends of Samutthana are cordially invited to attend and support this worthy project.

For further details please contact Dushy (077 6565 201).

INVITATION - Case Supervision for Practicing Counsellors and Therapists

Supervision sessions are held every Wednesday between 2-4 pm at the Samutthana Resource Centre, facilitated by Stella Wragg, a Psychotherapist from the UK, trained in Cognitive Behavioural Therapy (CBT) and Cognitive Analytical Therapy

(CAT). She is currently in Sri Lanka with VSO and volunteers some of her time to Samutthana. These sessions are free of charge, held in a group setting and offer the opportunity for Counsellors and Therapists to enhance their practice and knowledge through case discussion, teaching and peer support. All welcome!

For further information contact Anne (011 28833847) or Stella Wragg (077 5579176).



COGNITIVE BEHAVIOURAL THERAPY

Continuing with the St Martin's (London) Programme, a CBT Workshop was conducted on 2nd July 2011 at the Council Chambers of the Colombo Diocese (Cathedral Premises) for Chaplains and Teachers in charge of Student Welfare. Ten schools from Colombo and Kandy participated in this session presented by Ms Stella Wragg (an expert from the UK presently working in Sri Lanka with VSO). Participants were offered the opportunity for ongoing case supervision at Samutthana, to further their experience in using some of the CBT techniques learned at this workshop. Sincere thanks to Rev Sidney Knight for co-ordinating this event.



Visit to London

Samutthana's Executive Director, Ms Dushy Parakrama, attended a meeting of the UK-SL Trauma Group at King's College London on 2nd August. She presented a brief overview of Samutthana's activities and stressed the need to develop

clearer, more robust plans for fundraising. It was a stimulating evening of sharing and fellowship which culminated in a sumptuous dinner at Covent Garden. Sincere thanks to all concerned.

VOLUNTEERS

Samutthana is delighted to be hosting three young graduates from the UK – Penny Mitchell (University of Sussex), Alice McCool (University of Leeds) and Mayanthi Peris (University of Nottingham). Benefiting from a background in Psychology and Political Science, the girls are enjoying their experience and making the most of the opportunities presented.

PARTNERS

Between July - Sept, our top ten partners have been:

- Caritas- SEDEC
- Foundation of Goodness
- Galle Literary Festival (GLF)
- Leo Burnet
- Mulleriyawa Mental Hospital
- National Institute of Mental Health (NIMH)
- St Andrew's Scots Kirk
- Survivors
- University of Colombo (Faculty of Graduate Studies)
- VSO

VISITING CONSULTANTS

- **Dilanthy Weerasinghe** (24 July-08 Aug), Educational Psychologist
- **Dr Thamara Athauda** (26 July-22 Aug), Clinical Psychologist

- **Dr Shamil Wanigaratne** (25 Aug – 28 Aug), Consultant Clinical Psychologist

- **Dr Bill Mitchell** (04 Sept – 14 Sept), Consultant Psychologist



BOARD MEETING & AGM

The second Board Meeting for the current year was held on 26th August, chaired by Dr Shamil Wanigaratne and attended by Dr Ganesan, Mrs Muttetuwegama, Mrs Roche (Directors) and Mrs Parakrama (Executive Director). Ms Wasana Pathirana (Attorney-at-Law) represented Corporate Services Pvt Ltd. This was immediately followed by the Annual General Meeting and all in attendance felt that it had been a progressive and proactive year where Samutthana had emerged from the last year with a clearer understanding of its role and with its sense of purpose strengthened.

In-house Workshops

13 July 2011 – **Mindfulness-based Cognitive Therapy** by Ms Stella Wragg (Cognitive Behavioural/Analytical Therapist)

29 July 2011 – **Anger Management: 'Taming the Raging Storm Within Us'** by Mr Duminda Wanigasekera (Counsellor and Consultant in Peace Building, Conflict Transformation and Conflict Sensitivity)

11 Aug 2011 – **Autism Spectrum Disorder** by Dr Thamara Athauda (Associate Specialist in Child and Adolescent Psychiatry, Tyne and Wear NHS Trust, Northumberland, UK)

26 Aug 2011 – **Addiction and Substance Misuse** by Dr Shamil Wanigaratne (Consultant Clinical Psychologist)

08-09 Sep 2011 – **The Healing Effects of Creative Therapy for Torture Victims** by Duminda Wanigasekera (Trainer/Coordinator, Samutthana)

13-14 Sep 2011 – **Resilience Behaviour** by Dr Bill Mitchell (Consultant Clinical Psychologist)

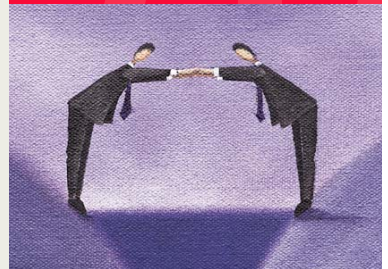
Dr Shamil Wanigaratne (Director) came over from Abu Dhabi in mid-August. His flying visit took him to the Colombo University's Faculty of Graduate Studies where he met with Prof Sunil Chandrasiri, and to Leo Burnett where he met with Ranil de Silva (CEO). He also had the opportunity of catching up with Steve Alston from Non-Violent Peace Force. Dr Shamil attended to work at **Samutthana**, too, including Chairing the Board Meeting as well as the AGM 2010-2011. He even found time to conduct a workshop/supervision group on Alcohol and Substance Misuse.



THOUGHT FOR THE DAY

"It is not always what we do, but also what we do NOT do, for which we are accountable."

THE TEAM



Well, that's about it from:
Sameera (Office Aide)
Anne (Admin/Finance Asst)
Duminda (Trainer/Coordinator) and
Dushy (Executive Director).

... until the next time! In the meantime, here's looking forward to more of your feedback.



Samutthana

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