



FOL Newsletter

Fountain of Life

BLANTYRE, LILONGWE AND MZUZU COUNSELOR'S

TRAINING

ISSUE 14



Pinar Akar and Jolien Cielen, Interns at an organization called UMWANA who just finished their Masters degrees in Public health and Clinical Psychology carried out an intensive training with FOL's volunteer counselors from Blantyre, Lilongwe and Mzuzu. The training in Blantyre was carried out from 28th February to 2nd March 2017 at City Pentecostal Church. Participants included staff from St Andrews International and some others. The Lilongwe training was carried out from 7th March to 9th March 2017 at Capital City Baptist Church where Mzuzu counselors attended.

The training was on trauma counseling which is what FOL primarily focuses on—the provision of trauma counseling to victims/survivors of sexual abuse. The training had a lot of practical sessions, sharing challenges and experiences and theory work.

UMWANA is an NGO concerned with the psychological well-being of children and families in developing countries. They funded the whole training. FOL is building a pool and network of trauma counselors for the One Stop Centers in Blantyre, Lilongwe, Mzuzu, Zomba and coming soon Nkhata-Bay, Mulanje and Mangochi.

Did You Know?

- One of FOL's goals to train and have a pool of trauma counselors.
- Most of the cases that come at the OSCs apart from sexual abuse cases are usually physical abuse and spousal abuse .
- Construction of the KCH OSC officially began in 2015 and is still not finished by the first quarter of 2017.
- FOL is exploring creative ways to reach out to a lot of people through awareness.

FOUNTAIN OF LIFE ANIMATION VIDEOS FOR AWARENESS



This year Fountain of Life will develop animation videos to be used for awareness campaigns. The animation videos are currently in the production phase and will be in three languages; English, Tumbuka and Chichewa. One version will be a thorough twenty minute video and the other version will be for ninety seconds that can be shared via WhatsApp and other social media platforms.

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ONE STOP CENTER STORY

A mother came to one of the One Stop Centers with her nine year old daughter (Pilirani) after observing that her behavior had changed. She suspected that her daughter was engaged in sexual activities and she was not opening up to anyone. On the first day and first session Pilirani did not say a word, all she did was look down and play with her fingers. Later on Pilirani was asked to wait in the "Play therapy room" while the counselor talked to her mother and was given coloring pencils to draw whatever she liked while she waited. The counselor asked the mother how her relationship was with Pilirani and her observations on Pilirani's behavior. The mother explained that she is very strict with Pilirani because she is the only girl. The mother had several bicycle taxi guys who take her to and from school but she had observed that she kept preferring one particular guy. The mother then dismissed all the bicycle taxis and began taking Pilirani to and from school herself. This was when she observed that Pilirani became quiet and reserved. Pilirani did not talk much even at school. Before they left, Pilirani had drawn a guy on a bicycle.

During the next session when asked about her daily routine, Pilirani then opened up saying she loved going to school by bicycle because one of the bicycle guys always showed her new places when coming from school because he was her "Boyfriend." When the counselor probed further Pilirani explained that he would take her to maize fields and even his house where he showed her he loved her and how grown ups show their love. After the mother dismissed the bicycle guys she had not seen her "boyfriend" so she was depressed.

The police were alerted of this story, the bicycle guy was apprehended and when other people heard the story, several mothers came forward to explain that he had been doing that to their daughters as well but they had no proof. Pilirani has been receiving counselling and is showing signs of progress after learning and accepting that the bicycle guy was sexually abusing her and she is coping well. She is opening up more, interacting with friends and her family. The mother is grateful of One Stop Center services and they never miss a session. She has even referred the services to other mothers.

LILONGWE ONE STOP CENTER UPDATE



As of 31st March 2017, the Kamuzu Central Hospital One Stop Center in Lilongwe appears to be finished as compared to the progress report in December. Plumbing and electrical wiring and painting seem to have been finished but there was no foreman nor any other construction worker who could have given a tour inside the building.

There is still no word on when the OSC will be opened and fully operational. Blantyre, Mzuzu and Zomba OSC are fully operational, Mulanje, Nkhata-Bay and Mangochi will open soon. Lilongwe FOL counselors provide trauma counselling services at area 3 victim support Unit while waiting for it to open.



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**"HELPING THE VICTIMS OF SEXUAL
ASSAULT RE-BUILD THEIR LIVES"**