



November 2022, Part 2

Dear friend,

We want to introduce you to Susanne, the Program Director for Garden of Life. Upon Deb's retirement from a staff role, Susanne will be sharing updates from Garden of Life as RCA Global Mission will remain in strong partnership with this wonderful organization. Below is a story she wanted to share that was made possible through your faithful support of Garden of Life.

If you would like to designate gifts to this ministry, you can do so by visiting www.rca.org/wilson and giving under "Garden of Life – Cambodia."

- Mark and Deb Wilson

Garden of Life's professional counsellor, Ms. Chok Rasmey, has had regular sessions with a female Cambodian client, who had mental health disorders. The client felt difficulties to concentrate, felt frequently tired, and felt an increased level of worries. She was surprised by her emotions, and even as she tried not to worry, but to think about something else, she could not control her emotions. Her mental health disorders began to affect her focus at work and her quality of work decreased. Eventually, her supervisor suggested she meet with a counsellor at Garden of life. In the first session, it turned out that the client had lost her father about one month earlier.



By being an active listener and showing empathy, Ms. Chok Rasmey was able to create a safe space for the client, where the client felt free to talk and be attuned to herself. Through the counselling process, the client identified her mental health disorders; which included that she had been suppressing her grief and emotions after the loss of her father, as well as facing other family issues. As an outcome, the client was putting pressure on herself and blaming herself.

After the causes of the mental health disorders had been identified, Ms. Chok Rasmey could help the client go through a healthy process of grieving, as well as sharing insight into the client's inner conflicts. It enabled the

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client to release herself from suppression and to solve some inner issues. The approach used by the counsellor was to equip the client to face her problems and work on solutions, as well as teaching the client some practical exercises on emotional regulation and self-care routine.

After nearly three months of regular counselling, the client said she was feeling better from her grief, not worrying anymore, sleeping well at night, able to concentrate again, and able to follow her usual routine schedule. She felt that she had regained her normal life functioning, as it was before her mental health disorders happened. Nowadays, the client still appreciates and practices the self-care tools, which her counsellor taught her. Also, she has joined a Christian support group. The counselling process came to an end when the client felt she had reached her goals she set from the beginning of the process. The client expressed that her experience with professional clinical counselling was very positive, and if she faces difficulties later on in her life, she will seek support from a professional counsellor again.

Thank you for making these resources possible!

Susanne Tjagvad Madsen
Program Director
Garden of Life, Cambodia