



Evangeline Shanthini Ekanayake

Education

- **MSc Mental Health Studies (Merit)**
Kings College London- School of Medicine
University of London
- **BA (Hons) Psychology (2nd Upper)**
University of Peradeniya Sri Lanka-

Membership in Professional Bodies:

Graduate member of the British Psychology Society.
Membership number: 174725
(2002-2005)

Associate Member
"The Good practise Group"
Professional body of psychosocial practitioners (current)

Research Summaries

- Team leader Rainbow Resources research team under taking **Comprehensive Baseline Survey Of the All-inclusive Reconciliation and Development (AiRD) Project in Eastern Sri Lanka for World Visions Sri-lanka** project on Rights and Reconciliation in Verugal and Seruwila in the Trincomalee. District. February 2016
- Mapping Study on **Capacity and Work Experiences of Counselling Assistant**, Conducted by the Good Practice Group, Under the patronage of the Ministry of Child Development and Women's Affairs Supported by The Asia Foundation *February 2013*
- Mapping Study on the **Capacity and Work Experiences of the Counseling Assistants/Officers Attached to the Ministries of Social Services** Conducted by The Institute if Health Policy Supported by Asia Foundation August 2013
- Qualitative study and report **"Improved Psychosocial support for Labour Migrants and their Families"** Prof. S. T. Hettige, University of Colombo, Evangeline S. Ekanayake, Ramani Jayasundere, Anula Rathnayake, Pushparani Figurado, Under the patronage of The Ministry of Foreign Employment Promotion and Welfare (MoFEPW) Supported by The Swiss Agency for Development and Cooperation - May 2012
- Study on **"The use of applied theatre techniques as a tool for the application of Cognitive behaviour therapy in group settings"** (2004) A dissertation submitted as part of the MSc. In mental health studies to Kings College London. This literature study examined key concepts in CBT and versatile methods in applied theatre towards developing creative ways of translating concepts of CBT in a manner that can be accessible to groups/ communities especially those with less English language skills
- Designing of research protocol for study on **" Kids don't do sex for pleasure: Perceptions of school children on commercial sexual exploitation of children on the south coastal belt of SriLanka"**(1999) together with Dr. Glen Miles. Consultant - Tear Fund.

- **Study on "Coping Strategies & their relation to mental disorder" (1994)** A dissertation submitted as part of BA final examination. This was a study of the pre-examination stress levels and coping strategies of 60 university students prior to sitting their final examination.
Hypothesis : Effective coping strategies reduce stress levels
- Assisted in research study on **"Attitudes to mental illness" (1993)** by Prof. Jeanne Marecek Head Dept. of Psychology, Swarthmore Pennsylvania, USA
- Assisted in research study on **"Women in Politics" (1995)** by Prof. Sirima Kiribamune - Dept. of History University of Peradeniya. Sri Lanka

Contributions to Publications

- **"Moving beyond the conflict"** – Producer of Documentary (DVD) on a summer study tour and reconciliation journey designed and supervised by self for 22 undergraduate Srilankan students of AUW who had experienced racial tensions between each other. This journey which blended both therapeutic and academic objectives was undertaken in Srilanka by Sinhala and Tamil students working side by side in two villages in war affected north and east of srilanka.(May 2010)
- Member of editorial team of the English version of **"Child mental health"** author Prof.(of Psychiatry) Daya Somasunderam. A Manual for primary and secondary school teachers and carers on psychosocial development of children (In second edition - June 2007)
- Contributed to the design and content of **"The Cry of my heart: children's responses to war"** and the accompanying **teachers guide**. Published by ZOA Refugee care (2000) a collection of writings by children caught in conflict areas, which is designed to be a tool for reconciliation oriented interventions.
- Contributed to the Manual on **"Building activity gardens "** and accompanying teachers guide on constructing environment friendly play areas and using them in psychosocial interventions and guided play activities for school children in conflict affected areas.
- **"A structural engineering analogy for the vulnerability of communities"** (1999) Joint paper written together with Dr. Priyan Dias Head Dept. of civil engineering University of Moratuwa. Paper presented at SriLanka association for the advancement of science. Published in the British Journal of structural engineering.(2001)
- Contributor to the UNICEF manual on mental wellbeing **" Helping children in situations of armed conflict"** (at 3rd revision stage) Worked as part of the resource team together with authors Dr. Diyanath Samarasinghe (Psychiatry Dept. Colombo)Dr EK Rodrigo (Psychiatry Dept. Kandy) Prof. Somasunderam (Psychiatry Dept. Jaffna) (UNICEF 2002)

Career History

October 2010- To Date Consultancies in Curriculum development, lecturing research and psychosocial skills training.

- Visiting Lecturer Colombo university Faculty Of Graduate Studies, teaching faculty of the Masters in Counselling and Psychosocial care
- Consultant to LEADS Sri-Lanka for psychosocial skills training of civil defence teams of the ministry of Defence (MoD)
- Consultant to Institute of Health Policy (IHP) for Mapping study of National counsellors and their capacity with the Ministry of Social Services.(MoSS)
- Consultant Curriculum Developer and Trainer National Institute of Social Development (NISD)
- Consultant to The Swiss Development Agency (SDA) for project and field research on Migrant workers and the psychosocial impact on families with the Ministry of foreign Employment and Welfare
- Consultant- researcher Rainbow Resources team for Baseline Study on Rights and Reconciliation for World Vision Sri-Lanka

15th March 2009- 15th September 2010 – Acting Director and Counsellor Holistic Health and Wellness Center, Asian University for Women (AUW) Chittagong Bangladesh. Asia's first Liberal Arts University for young women from Asian countries seeking to develop strong female leadership across Asia.

- Responsible for designing and offering mental health support and counselling service to all students of Asian University for women.

- Overseeing the operations of Asian University for Women's (AUW) Health and Wellness Center. Creating and implementing policies programmes and services related to the medical and mental health needs of AUW's students faculty and staff.
- Supervise and work collaboratively with health and mental health staff, physical training instructors, as leader of the HWC team to ensure health and wellness within the educational community of AUW
- Work collaboratively with teaching staff and faculty to identify and support students in difficulty, with behavioural or other psychosocial issues, advising when necessary AUW's Student Issues Committee, and the schools disciplinary committee.
- Offering individual and group counselling to students and faculty for a variety of psychological and psychosocial issues
 - Adjustment issues,
 - depression, anxiety and stress related issues
 - Impact of physical and sexual violence,
 - loss and bereavement,
 - performance anxiety, concentration and memory problems,
 - sleep disturbances,
 - relationship difficulties,
 - cultural confusion,(difficulty between home culture and school culture) pre-existing mental health conditions
 - (personality issues, self harm, impulsivity, issues with sexual identity, lack of confidence
 - PTSD and other impacts of racial violence and war.
- Conducted health awareness workshops for students:
 - Stress and coping,
 - Sexuality, preparation for returning to home and preparation for starting work,
 - preparation for exams,
 - peer mediation, reconciliation, managing difficult emotions.
- Designing and implementing initiatives for new students (from 12 different Asian countries) arriving in Chittagong and for students returning home.
- Designed and implemented a therapeutically intentioned, reconciliation projects for students affected by war "growing through conflict"

2nd January 2006 to February 2009 – Technical Advisor Psychosocial Care To the Ministry of Education and the National Institute of Education: In the Project “Education for Social Cohesion Disaster Risk Management and psychosocial care”(ESC-DRM&PC) German Technical Corporation (GTZ) A Program of corporation between the Government of Germany and the Government of Sri-Lanka.

- Advise on management of Sri-Lankan/German contribution to the psychosocial programs of National Institute of Education (NIE) and the Ministry of Education (MoE) in terms of design, quality assurance, monitoring and impact assessment, providing technical inputs, information and guidance to government counterparts.
- Maintain close corporation open dialogue and constant communication with Heads of relevant departments within The MoE and NIE(eg: Guidance and counselling unit, teacher education unit) and also with UNICEF, UNESCO and ensuring integration with other national and International organisations working with the Ministry of education.
- Ensure proper planning in the ESC project for NIE's activities in accordance with National Policy for Education, assisting in drawing up budgets and estimates monitoring annual plans and performance reporting regularly to program coordinator.
- Advice on the development of curriculum and training modules for psychosocial care providing feed back, facilitating in the process by initiating dialogue with local and foreign experts, accessing up to date and relevant material in the international arena on curriculum development especially for the training of school guidance teachers.
- Advise on the recruitment and contracting of national and international consultants and trainers for the different departments and projects.
- Represent the GTZ –ESC project in psychosocial forums and events of psychosocial importance articulating the views and values of GTZ and presenting the GTZ-ESC psychosocial project concept, strategy, results and impact as and when necessary. Member of the Technical Advisory Committee (TAC) of the Guidance and Counselling unit of MoE. Being an active and influential part of the psychosocial dialogue within the Sri-Lankan development / education world.
- Making recommendations and assist in design and implementation of innovative activities to promote psychosocial sensitisation and training at school level and in the National Colleges of Education (NCoEs) through the teacher training unit (NIE) and the co-curricular activities unit (MoE)

May 2005 – December 2005 Consultant to two local organisations delivering psychosocial services

1. Survivors Associated – a grass root local non government organisation offering psychosocial support to widows, single mothers, young women and children in war and Tsunami affected areas, providing livelihood and community support activities through 8 branch offices.

Assignment: To design and implement new curricular for training of counsellors working with women and children, design and implement a system of monitoring evaluating and supervising befrienders and small business counsellors, addressing (then) current post Tsunami issues, in all field offices, design supervision structure for the entire Survivors Associated service delivery.

2. Psychosocial Support Programme – of the Iwthi trust which offers research, training, program design and coordination of psychosocial activities.

Assignment: final evaluation of two year project:

Conceptualising and designing review to evaluate impact of PSP's capacity building program in improving the capacities of partner organisation

5th January 2004- 29th November 2004- Therapist in Therapeutic Community for mental health service users – A project of Community Housing and Therapy (CHT) London SW 6 7PH, UK

Geographic location of work: Borough of Richmond- South West London

- Assisting in maintaining a therapeutic environment for individuals experiencing mental health difficulties, being a full and active member of the community.
- Conducting daily psychotherapy group sessions including community meetings, task oriented groups as well as dialogue groups, together with staff team for all service users
- Functioning as key worker to specific service users holding weekly key work sessions, monitoring progress maintaining records and reports, drawing up care plans for each service user in consultation with care teams, conducting regular risk assessments.
- Liaising with Community Mental Health Teams, Boroughs, Clinicians, and care teams of each service user, organising regular review meetings and producing review reports.
- Participating in on-going staff training which included fortnightly training sessions, including the production and presentation of case studies and theoretical essays and participating in fortnightly experiential group psychotherapy exercises.
- Contributing to the staff teams internal training sessions by presenting case studies and papers, by attending and contributing to group supervision sessions and staff business meetings and weekly experiential staff dynamics sessions.
- Using weekly supervision sessions to reflect on personal practice and development while exercising accountability in all aspects of work as a therapist and key worker.

1st May 2001 to 8th August 2002 - Psychosocial specialist to the Children in Armed conflict unit of United Nations International Children's Education Fund (UNICEF) Sri Lanka

Geographic locations of work: The North and east of Sri Lanka (Jaffna, Trincomalee, Vavuniya, and Batticaloa)

- Assisted in planning the framework and implementation strategy through 21 existing partners of psychosocial projects across 4 districts of the north east of Sri-Lanka.
- Reviewed existing training material and developed appropriate training curricular, manuals and tools in close collaboration with mental health professionals and local communities.
- Provided capacity building of district co-ordination mechanisms (government) Departments of health and education and reviewed psychosocial responses and made appropriate recommendations.
- In consultation with government bodies and local organisations prepared detailed situation analyses in four districts.
- In collaboration with partners, identified and selected trainees, and built their capacity through conducting psychosocial training programmes.
- Worked in collaboration with UNICEF base offices in Identifying new partners, reviewing psychosocial projects proposals and made recommendations on programme methodologies, content and preparation of recording and documentation formats.
- Identified relevant psychosocial indicators in Sri Lankan context.

- Established a system to monitor and evaluate project activities and outputs, to ensure that projects are managed according to agreements, proposal and project timeliness.

June 1998 – March 2001 - Psychosocial Training specialist - ZOA Psychosocial Team

ZOA REFUGEE CARE – Sri-Lanka . An International Non governmental organisation providing relief and rehabilitation services in countries affected by war.

Geographic locations of work: Three districts in North & Eastern Sri Lanka – Trincomalee & border areas, Mannar & Batticaloa

- Designing and conducting Intervention Programmes and Training Courses at the invitation of the Education Department North-East, in "***The Management of children affected by armed conflict,***" for teachers and principals of Govt schools for both "cleared" (Government controlled) and "uncleared" (Militant controlled) areas.

Topics of interest: *Impact of violence on child development, Identifying affected children, building healing relationships, communicating with "difficult" children, creating a healing environment, Understanding and dealing with stress, helping children cope with stress, making management plans*

- Conducting residential advanced skills development courses under the auspices of the National Integration Programme Unit (NIPU- Ministry of Justice and National Integration) and the Education dept. (North/East) for core groups of teachers.

Topics of interest: *Providing initial support to affected children. Building "activity gardens", guided relaxation, "shibashi" exercise programme for mental and physical relaxation, effective communication, preparing for conflict situations. Problem solving and conflict resolution, Creative expression and healing (using drama art and music)*

- Designing and conducting other psychosocial interventions (activities) for groups in affected villages such as youth just out of school.

Topics of interest: *Understanding yourself, learning to manage powerful emotions, learning to live and work with people who are different to you, friendships and love, solving problems and resolving conflicts.*

- Designing/modifying tools for use in psychosocial needs assessment, for therapeutic interventions and community integration efforts.

Example: *Applied theatre techniques (Theatre games, image theatre and forum theatre)*

Participatory Rural Appraisal tools that can be used for psychosocial need assessment - "River of life", Geno- grams and Socio-grams.

October 1996 - April 1998 - Co-ordinator of Training Programme – ESCAPE Sri-Lanka (Eradicating sexual child abuse prostitution and exploitation) a project of LEADS – SriLanka. A Community Development Non-Governmental Organisation

Geographic locations of work: Sri Lanka's southern Coastal belt and central hills (Negombo to Galle, Greater Colombo, and Kandy)

- Member of National Resource team working together with National Institute of Social Development (NISD) for the setting up of the 1st Govt. rehabilitation centre for sexually abused children. Visiting lecturer on diploma course for national social workers at NISD
- Designing and preparing material on prevention of sexual child abuse for Government and None government organisational training courses
- Organising & conducting training programmes in the south-western coastal belt and the central district for different audiences including teachers, social workers, community and religious leaders, youth leaders.
- Assisting in therapeutic work with sexually abused children at the ESCAPE drop-in-centre on the beaches of Colombo for young people at risk.
Member of resource team responsible for the designing and drawing up concept paper of ESCAPE' s half-way home for abused children

March 1995 – August 1996 - Executive Development Officer – Counselling - Help Age (Sri Lanka)

Geographic location of work: (Sri-Lanka) Colombo City and suburbs

- Designed and initiated a programme for the psychological well being of elders, to be implemented through a Counselling and referral service for elders, their family members and for care givers of elders.
- Built up the 'Distress Alleviation Programme ' by providing guidance, befriending, counselling and other assistance to elders in distressful situations through a 'Phone - in " "write - in " or "call - over" service.
- Conducted lectures through the Help Age Training Dept. for Care Workers, Administrators of elders homes, and for public Health Officers. On psychological needs of elders, mental health and attitudes to ageing
- Designed "life-enrichment" workshops for post- retirement elders, those with psychological difficulties such as bereavement, depression, hopelessness, relationship difficulties with children, inability to cope with change and ageing.
- Networking with other service organisations to assist elders to obtain necessary services.

May 1994- May 1996 – Junior Lecturer - University of Peradeniya (Sri-Lanka)

- Teaching assistant and later visiting lecturer Dept. of Philosophy and Psychology. Conducted discussions, organised films exposure programs (study tours)
- Teaching and Tutorial classes in both (Vernacular) Sinhala and English for 1st, 2nd and 3rd year psychology students.

Topics: Biological bases of behaviour, Motivation, Perception –

1st Year: Learning, Personality Theories

2nd Year: Abnormal Psychology, Cognitive psychology - 3rd Year

Child Development

Specialised Career Training

- September 2000 - **Training in Project cycle management** - designing logical framework for projects and building indicators. Training received from Management Development Foundation (South Asia) Held in Sri-Lanka. Trainer Niek Bakker (Executive director MDF South Asia)
- September 1999 September 2002 - **Training in the use of applied theatre techniques in psychosocial interventions** for groups affected by armed conflict organised by UNICEF and ZOA refugee care (Netherlands) Trainer - James Thompson of the Dept: of Theatre studies University of Manchester. Manchester UK
- April 1999 - **Training in planning psychosocial interventions for displaced populations**-conducted by the Oxford Refugee Studies Programme. Organised by the Consortium of Humanitarian Agencies (Sri Lanka) Trainers Prof. Alistair Ager (Centre for International health studies-Queen Margaret University Edinburgh) Sr. Maryanne Loughry (Refugee studies programme Oxford University)
- October 1999 and February 2000 - **Training in Trauma Counselling** - By the "UK trauma group" organised by the National Integration Programme Unit of the (Ministry of Justice) Government of Sri Lanka, for psychosocial workers. Trainer's Prof. William Yule, Dr. Rachel Tribe, Dr. Padmal De Silva (Institute of Psychiatry – Maudsley Hospital London)
- November 1997 - **Prevention of Sexual Child Abuse**- conducted by team from Scotland Yard and the National Crime Faculty. Organised by the British High Commission Sri Lanka - for childcare officials and police child care investigation teams. Trainers: David Richard (Scotland Yard-Detective Training School) Sharon Stimpson (National Crime Faculty - Foxley Hall, Bramshill and Hampshire)

Interests:

Theatre: Performing and directing. Exploring ways of using theatre as a form of social dialogue.

Photography: Capturing moments in time and aspects of nature that we don't have time for, to enjoy them and share them with others at leisure.

Creative Writing: Exploring and reflecting back on my experiences and thoughts and using them as a spring board for making creative comment.