

**Higher Ground Community Development
Nepal**

Counselling Services Department

Final Evaluation

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List of Abbreviations

HP	HimalPartner
HGN	Higher Ground Nepal
HGCDN	Higher Ground Community Development Nepal
HGCDCD	Higher Ground Community Development Counselling Department
NGO	Non-governmental Organisation
EMDR	Eye Movement Desensitisation and Reprocessing
Bethesda	Bethesda International Language and Leadership Development Centre
ECTC	Elijah Counselling and training Centre
YWCA	Young Woman’s Christian Association
WTE	Whole Time Equivalents

Executive Summary

This evaluation is based on; reading of project document and reports to the funder. Interviews with key stakeholders in the Higher Ground Counselling Project; and feedback from a dissemination workshop for the stakeholders (see details in Appendix 2)

Main Findings

1. The Higher Ground Counselling Department is currently staffed by two dedicated and increasingly well trained (in relevant disciplines) and experienced counsellors.
2. The project objective has been met to the extent that women working in HG businesses have become more stable and are better able to manage their job, although the staff of the HG businesses has not been the primary users of the counselling service and the range of project's activities has far exceeded this objective.
3. The project goal has been met in that more and more people have been coming to HG Counselling department because of the growing positive reputations of the department through its direct counselling work and the trainings provided to local churches and other NGOs.
4. There has been a good degree of efficiency in terms of the funds employed and the broad range of outputs achieved.
5. Provision of awareness raising and preventative seminars/trainings was in the original purpose of the service but not included in the project objective or goal. The provision of 'love and relationship' seminars for youth, 'marriage and parenting' trainings for adults and awareness raising sessions for church leaders on recognising and responding appropriately to sexual abuse has been a major dimension of the project's work and one that has greatly enhanced their positive reputation.
6. The general context in Nepal is not an easy one in which to establish a 'professional' counselling service. The lack of understanding of what 'counselling' is and the churches reluctance to pay viable rates for training have been challenging aspects in the development of the Higher Ground Counselling Department's services.
7. The counsellors have established a good reputation for delivering counselling to survivors of human trafficking and sexual exploitation and abuse. The initial source of individual clients has been the parent Higher Ground NGO, from it businesses and safe home, but a greater number of clients have come from other Mukti network¹ organisations mainly through personal relationships Nikish and Rupa have developed. Rupa is involved in the leadership of the Mukti network.
8. The counsellors have delivered a range of preventative trainings on marriage preparation, parenting and on recognising and dealing with sexual exploitation/abuse

¹ The Mukti Network is a Kathmandu-based group of organizations and individuals fighting together against trafficking, sexual exploitation and abuse through prayer, shared learning and collaboration

to church groups and have established themselves as the ‘go to’ people for this type of input.

9. The major Earthquakes of April and May 2015 disrupted the usual work of the counselling department, with a strong emphasis during the early months on group psycho-educational sessions on the impact of traumatic events to limit inappropriate requests for counselling. This exposure was helpful in increasing the community’s awareness of the counsellors and the service. It also allowed the counsellors to complete their course training manuals.
10. Due to the nature of the main clientele (poor young women who have suffered trafficking and/or sexual exploitation and church groups) it has not been possible to make much progress on supporting the counselling department through fees.
11. There are only rather vague records of the work completed to date so it is not possible to easily to accurately determine how many sessions of what type (individual, couple, group, training etc.) involving how many people have been provided in each year.
12. It is clear that the counselling project has been sustained not only by funding from HimalPartner² but by ongoing tangible support and encouragement by HimalPartner staff (detailed later in this report).
13. It would be difficult to underestimate the contribution to the project of Ms Eldrid Brekke (HimalPartner ex-patriate) who acted as project manager and champion of the project. She envisioned and encouraged others to see what could be possible and the fast development and broad scope of the counselling project’s work can largely be traced back to Eldrid’s strong influence.
14. The Counselling department staff now feel that the future development of their service would be best served by becoming independent of the Higher Ground NGO.
15. The Higher Ground NGO Board are of the view that the counselling project grew beyond what was envisaged by them and although it feels to them like losing ‘members of their family’ they are proud to see the progress and impact that the counsellors have made and they are now ready to operate independently to the greater benefit of Nepali society.

² HimalPartner is a Norwegian mission and development organization with long ties to Nepal. The organizations vision is to be a tool for God in the Himalayan region so that His love can be visible in practice.

Recommendations

It would be redundant to make recommendations to be incorporated into a non-existent 5th year of the project. Nevertheless, the following general recommendations are offered.

1. It is clear that the current counsellors are ready to operate with a broader remit and the social enterprise model may best suit their values and personalities.
2. The counsellors need to develop an attractive brochure for their services and target INGOs and NGOS and other agencies that can pay a 'going rate' for trainings and counselling services received in order to establish a client base that can sustain their financial needs.
3. The counsellors should give time to developing a standardised and consistent recording system for their work so that they can monitor the various types of work in which they will be involved along with accompanying financial accounts. Incorporation of a psychometric measure of change for their counselling would be a bonus and put them in a lead position in Nepal.
4. HGCDN and HimalPartner should consider how to maintain a service to the original target group for the project. There appear to be a number of options available. I understand that HGCDN would be open to an application for a loan (of between 2000-3000 USD) or be willing to pay for 50% of the costs of counselling for their clients. I am informed that HimalPartner would welcome an application from the current counsellors for an 'Entrepreneur Loan'. These would seem appropriate options to explore in further detail.

Introduction

This final evaluation has been commissioned by HimalPartner in line with their normal practice of monitoring and timely review of their funded projects.

The Higher Ground Community Development Nepal Counselling Department has consisted of an expatriate project manager and two (and for a time three) counselors with some administrative support (shared with HGCDN). It provides individual counselling and group therapy for women who are survivors of human trafficking and sexual exploitation and abuse. Additionally it provides preventative awareness raising trainings/workshops for churches on the themes of 'Marriage', 'Parenting', 'Love and Relationships' and of the 'Challenge of Sexual Abuse Within the Church'.

The evaluation includes consideration of the resignation of the project's staff, effective from 31 December 2016 and options for the 'fifth year' which inevitably will be very different than originally envisioned.

Brief Situational Analysis

Nepal is located between China and India, two fast developing countries. Nepal's rate of development has been lagging behind these two neighbours and it remains one of the poorest countries in the world. Political instability since 1996 has contributed to the country's situation. Other major contributors to its disadvantageous position are lack of education, uneven access to resources, failure to identify and address the needs of the people (particularly those in rural areas), poor infrastructure and communication facilities, and poor food sufficiency. The two major earthquakes in Spring 2015 and the blockade in Autumn of that year have compounded these difficulties.

Despite the progress of the peace process over the last 4 years, the existence of extreme social discrimination, acute inequalities, absolute poverty, lack of access to resources and a failure to recognize the needs of present and post conflict issues are making the current Nepalese society extremely vulnerable to further social disharmony and renewed conflict.

Nepal has for years experienced a high rate of unemployment. This particularly impacts the younger generation. For many the only hope for a brighter future lies in going abroad and getting a job there. Today there are approximately 3 million Nepalese working in foreign countries. Transfer of finances from these migrant workers make up a major source of income for many households in Nepal. Many young people go because they are promised a good job but then find out that they have been trafficked into the modern day slavery of bonded labor or the sex-industry, often in countries such as India, Thailand, and Qatar.

Within Nepal the sex industry in Kathmandu is increasing. The government of Nepal does not seem effective in preventing the development of this business or promoting the welfare of those affected. The fact is that the people who control the lucrative sex-industry are financially very strong, and have well established business-operations, which they work hard to protect. In recent years a number of non-government organizations (NGOs) and civil society have chosen to focus on this problem, and are in various ways engaged in advocating at a national level. Some NGOs, including Higher Ground, are also working with practical

rehabilitation of the victims of trafficking. These efforts while vital and in line with the government's policy are far outnumbered by the increasing need.

There is a great need for counselling in Nepal even though professional counselling processes are not well understood. Suicide, for example, is the number one cause of death in Nepali women aged between 15-35 years of age. In a communal society in which everyone knows each others business there is a need for a private space where people can talk about the pressures they are living under.

Staffing

Ms Nikish Thapa and Ms Rupa Pradhan Chetri have been involved in the Higher Ground Counselling Department since its inception in 2011/2012. Ms Eldrid Brekke (HimalPartner expatriate) was the service manager until she returned to her home country in Summer 2016 at which time Nikish Thapa took on the management responsibilities. A third counsellor (male) was employed on apart-time basis for a time, but he moved to another post in 2015.



Nikish and Rupa are qualified counsellors who are currently both completing a Masters course in Psychology. Nikish has completed and passed all the taught modules and has only her dissertation remaining. Rupa is working on her second year modules. Rupa and Nikish have taken Eye Movement Desensitisation and Reprocessing (EMDR) level 1 training, completed their supervised practice and are certified at this level. They have also undertaken the EMDR level 2 training, but have not yet completed sufficient supervised cases for certification. This is a high level of qualification in any context and is particularly so in the

Nepal, where the counselling profession is at an early stage in development. To my knowledge there are only a very limited number of people as qualified as the Higher Ground counselling staff.

The evaluator had the opportunity to deliver a 3-day training on Child Sexual Abuse with Rupa to staff of a major Christian INGO and found her to be a skilled trainer who delivered high quality material in an energised way. He also attended a training recognising child sexual abuse within the church facilitated by Nikish with the main input by Tormod Kleiven, a Norwegian professional. The evaluator noted Nikish's skilled facilitation and the way she was able to contextualise the input from an international expert in light of her extensive experience of being consulted about cases by churches in Nepal.

Supervision & Support

At one stage a qualified psychiatrist (not licensed in Nepal) provided some supervision to the Higher Ground Counselling work at a very modest fee. This arrangement, although perhaps still technically available seems in practice to have lapsed. The counsellors found a lot of day to day encouragement and support from Eldrid Brekke while she was the project manager (until June 2016) and they now rely primarily on peer supervision, with some supervisory input from Hildegun Sarita Selle, a HimalPartner Norwegian professional, when she visits Nepal. The counselling department has not made a lot of use of the listed advisors Mirjam Berg (Bethesda), Irmgard Splitzer (ECTC) or Droupadi Rokaya (YWCA). The staff attends an annual retreat with the Higher Ground NGO and staff of Mukti Network to pray, relax, reflect and build relationships.

Background and Purpose of Service

Higher Ground was formed with the vision of reaching out to disadvantaged and marginalised women through income-generating skills that will help them to support their own families, and to provide services to young people and women who are sexually exploited or at risk of becoming so.

To provide such trainings and job opportunities, Higher Ground Cafe was launched in 2006, the associated Bakery in 2007, and the hand-made craft industry in 2008. Higher Ground thus provides redemptive job opportunities and marketable skills through its three branches: Café, Bakery, and Crafts with the vision to help people earn a decent living.

In 2010 Higher Ground established, a non-Government organisation (NGO), Higher Ground Community Development Nepal (HGCDN) as a Christian Nepali non-profit organization under the auspices of the Higher Ground Nepal (HGN) group of organisations. HGCDN works to promote awareness of human rights issues, gives training in health, parenting and life skills and provides counselling services to abuse, trafficking and trauma victims. The businesses provide the women and young people with opportunities for a better life, but for some a job and income are not sufficient for recovery from very traumatic experiences. Therefore, Higher Ground saw the need for a Counselling Department, which could provide care, counselling, therapy, and help to boost self-esteem. The existing Christian counselling centres in Nepal did not offer specific counselling to women who have been abused and who come from the sex industry. Higher Ground with support from HimalPartner decided on a

five-year project with the aim of developing such a counselling service. The Counselling Department was designed to provide holistic care to disadvantaged women through individual counselling and group therapy, and to provide awareness raising and preventative seminars/ training to the people in churches and other organization as well.

Overall Objective of Higher Ground Counselling Project 2013 - 2017

“Over time, Higher Ground is seen as an integral part of Nepali society. Through its vision, Higher Ground will be seen as an organization that is giving social and economic life to communities. Our ministry will give employment and good mental health. “

Indicator: “Through counselling, the women will be more stable and manage a job, improving their life quality. Thus making them reintegrated in the society.”

Higher Ground Counselling Project Goal 2013 - 2017

“Counselling will lead to reintegration into society of survivors of human trafficking and sexual exploitation and abuse, by learning the ability to trust others and see healed relationships.”

Indicator: “More and more people will come for counselling, because of the reputation the department will achieve through the transformations in the individual people’s lives. We hope to counsel 100 people the first year”.

The Following five-page table provides a detailed analysis of the expected results, indicators and the activity plans/outputs and the extent to which these have achieved according to the project documentation throughout the four years of the project.

Document	Expected Results	Indicators	Extent to which Achieved according to Annual Reports	Activity Plan/Outputs	Extent to which Achieved according to Annual Reports
Project document (2013-2017)	<p>1. Providing counselling services for the public and be able to earn money from it.</p> <p>2. The clients of the counselling department will attend the events and seminars organized by the department.</p> <p>3. The counselling centre has a high degree of knowledge about what is being offered in the area of counselling – specifically for sexually exploited women.</p> <p>4. Increased knowledge on prevention and aftercare of people who have survived, human trafficking sexual exploration and abuse in the church.</p>	<p>1. Increase the numbers of people coming for counselling.</p> <p>2. People being counselled attending the events and seminars organized by the department</p> <p>3. The counsellors have achieved good knowledge in the area of sexually exploited women, and are still working at the counselling centre.</p> <p>4. See more openness on these subjects in the church through more love and accept.</p>	<p>1. We have increased the numbers of clients. We had mostly clients from Higher Ground and MUKTI network, with many clients coming from Safe Homes. Some people have also contacted us independently.</p> <p>2. The trainings we have conducted were more on prevention, and therefore had a different target group than those to whom we give counselling . The only trainings our clients attend are those we conduct in the Safe Homes.</p> <p>3. Nikish has studied a 1 year course in counselling at Tribuvan Uni. All counsellors have participated in sort course on trauma , art therapy etc. Supervision is provided by a psychiatrist.</p> <p>4. It is difficult to measure increased love and acceptance in the church. We believe it will take many years to achieve this.</p>	<p>1. We will have 5 marriage trainings and 5 parenting trainings every year.</p> <p>2. Sexual education, trafficking and prevision training, in local churches. In corporation with Mukti. Expand this every year, so we reach out to more and more churches in the whole of Nepal.</p> <p>3. Give advice in sexual abuse cases, how to handle the case and how to take care of those offended.</p> <p>4. Make training manuals for trainings conducted. This will be mainly the first year, and then through practical use upgrade them in the years to come.</p> <p>5. Train the counsellors. Send one counsellor to one year post graduate course in counselling at Tribuvan University, and then continue to support for a course online in Psychology from a university in the US.</p> <p>6. Organize Social events and seminars. Will be carried out all the 5 years.</p> <p>7. Provide counselling for those in our target group who request it. And expand and reach out to an increased number of clients.</p> <p>8. Go to different dance bars for outreach. We will through all 5 years rescue girls from sexual exploration and trafficking, through the</p>	<p>1. We had one marriage training and three parenting trainings in 2013.</p> <p>2. We did four trainings for youth. All came from different churches. Most expected training without cost.</p> <p>3. We have had people calling or coming to us for advice on children they know. We also arranged an ad hoc training with Tormod Kleiven (Nromisjon) for one day.</p> <p>4. We have not been able to make training manuals as we need first to run the trainings again so we can see what works well and what needs to be added or taken away from our curriculum.</p> <p>7. Our main focus has been to counsel women in our target group. We have been able to counsel some for the whole year of 2013.</p> <p>8. We have not gone [to dance bars] for outreach. The Higher Ground business has not been able to get many orders, and therefore we cannot hire more staff. It does</p>

	5. Stronger family units, and increased knowledge in parenting in the communities.			<p>larger part of Higher Ground NGO</p> <p>9. Network with partners in the same thematically area.</p> <p>10. Go to retreat once a year with counselling department staff to reflect and relax.</p> <p>11. Use Droupati Rokaya, Mirjam Berg and Imgard Splitzer as advisors.</p> <p>12. Meeting the advisors 3 times a year for evaluation and feedback.</p>	not seem right to go for outreach when we cannot offer a better alternative to the woman.
Annual Applic. 2014	<p>1. Providing counselling services and trainings for the public, as well as charging for some counselling to cover expenses.</p> <p>2. 300 people will come to our trainings within the next year.</p> <p>3. The counselling centre has a high degree of knowledge about what is being offered for counselling of sexually exploited women.</p>	<p>1. Receive 4% of our running costs in revenue from counselling.</p> <p>2. We will have 15 trainings. We will monitor and record the feedback from clients, people attending the trainings, and the internal evaluations from the counsellor themselves.</p>	<p>1. We have increased the numbers of clients. The biggest groups are still from MUKTI network, with clients coming from Safe Homes. There has also been increased numbers of people who contact us for both advice and counselling because they have heard about us.</p> <p>2. The trainings we have conducted were more towards prevention, and therefore had a different target group than those to whom <i>we give counselling</i>. The only trainings that the clients have attended are the ones we have had in Safe Homes.</p>	<p>1. Provide counselling for those in our target group who request it, and expand and reach out to an increased number of clients.</p> <p>2. We will have five marriage trainings and five parenting trainings every year.</p> <p>3. Give advice in sexual abuse cases, especially how to handle the case and how to take care of those offended.</p> <p>4. Train the counsellors. One of our counsellors is planning to work toward a Master's degree in Psychology at Tribhuwan University in Kathmandu. This will strengthen the formal qualification. Send, another counsellor, to a one year post graduate course in Psychological counselling at Tribhuwan University.</p>	<p>2. We had 5 marriage and 5 parenting trainings in 2014. We did 11 trainings with youth from different churches.</p> <p>3. We arranged with parts of the Nepali church the training with Tormod Kleiven</p> <p>4. Nikish and Rupa have started their Masters in Psychology. Both Nikish and Rupa went for the level 2 training in EMDR in September. They will be the first certificated EMDR therapists in Nepal. Niskish has also attended ICDP training.</p>

	<p>4. Increased knowledge on prevention and aftercare of people who have survived, human trafficking sexual exploration and abuse in the church.</p> <p>5. We expect to provide counselling for more than 70 people, both from paying and non-paying clients.</p>	<p>4. Increased knowledge in the church, on prevention and aftercare of people who have survived, human trafficking sexual exploitation and abuse.</p> <p>5. We will record the number of people who pay and who could not pay for counselling services</p>	<p>4. Nikish and Rupa have started their Masters in Psychology. Both Nikish and Rupa went for the level 2 training in EMDR in September. In May 2014 we had a training form Tormod Kleiven, whose topic was 'The Ability to Good and Evil'. We had 50 participants who were very engaged and many of the topics were new to many people.</p>	<p>5. January and February 2014: two counsellors to go to counselling training in Vellore, India, for eight weeks.</p> <p>6. Organize seminars and training. These will be carried out throughout the next five years.</p> <p>7. Sex education, trafficking and prevention training in local churches. Expand this every year, so we reach out to more and more churches throughout Nepal</p>	<p>7. Our main focus has been to counsel women in our target group. We have been able to counsel some for the whole year of 2013.</p> <p>8. We have not gone out on outreach. There are several reasons for this. Higher Ground has no money to fund additional staff. When going to dance bars we can put the woman at risk for being beaten, ore treated badly after we have left. We therefore do not see this as one of our activities, and priorities.</p>
Annual Applicat. 2015	<p>1. Providing counselling services and trainings for the public, as well as charging for some counselling to cover expenses.</p> <p>2. 300 people will come to our trainings within the next year.</p> <p>3. The counselling centre has a high</p>	<p>1. Receive 7% of our running cost in revenue from counselling.</p> <p>2. We will have 17 trainings.</p> <p>3. We will monitor and record the</p>	<p>1. We have been able to provide more than 1000 sessions as a counselling service and trainings for the public. We had client from outside the Mukti Network and referrals from a number of professionals, including a psychiatrist. Following the earthquake we also did some group psycho-education sessions for other NGOs</p> <p>2. We had more than 300 people who attended trainings.</p> <p>3. We were not able to do this since the churches were busy helping</p>	<p>1. We will have five marriage trainings and five parenting trainings every year.</p> <p>2. Sexual education, trafficking and prevention training, in local churches. Expand this every year so we reach out to more and more churches and schools in the whole of Nepal.</p>	<p>1. We were able to conduct five marriage trainings and love and relationship as a part of training for single as well. As for parenting, instead of doing the parenting trainings like before we focused more on ICDP care group and we also were able to train a home parent in Pokhara</p> <p>2. Because of the earthquake, our focus this year was more for schools than churches as a part of trauma management. We, along with Higher Ground NGO went to different schools and did lots of fun workshop and also educated them on trafficking, sexual abuse and bullying. We also did this in some churches where they were gathered for a camp.</p>

	<p>degree of knowledge about what is being offered in the area of counselling – specifically for sexually exploited women.</p> <p>4. Increased knowledge on prevention and aftercare of people who have survived, human trafficking sexual exploration and abuse in the church.</p> <p>5 We expect to provide counselling for more than 100 people, both from paying and non-paying clients.</p>	<p>feedback from clients, people attending the trainings, and the internal evaluations from the counsellor themselves.</p> <p>4. We will arrange a training “equipping the church on how to deal with sexual abuse”.</p> <p>5. We will record the number of people who pay and who could not pay for counselling services.</p>	<p>people affected by the earthquakes.</p> <p>5. We were only able to reach the number of 85 people for individual counselling rather than 100. Our male counsellor had to leave at the middle of the year and one of our female counsellor was on maternity leave. After the earthquake our focus was more on providing group therapy than individual according to the need and demand of our clients.</p>	<p>3. Be the secretary in the church group who will give trainings on what sexual abuse is and how to handle it. From this group we will make a competence group who can handle cases coming up in the church. This group will give advice in sexual abuse cases, how to handle the case and how to take care of victim.</p> <p>Invite Tormod Kleiven for more training on equipping the church on how to deal with sexual abuse, for the churches, reaching out to the leaders and pastors.</p> <p>4. Make training manuals for all the trainings we will conduct. This will be mainly the first year, and then through practical use upgrade them in the year to come.</p> <p>5. Nikish and Rupa will continue with becoming therapist in EMDR. They started the first training in January 2014 and will be pioneers in Nepal on this trauma focused therapy.</p> <p>6. Having two counsellors continuing their two years Master in Psychology. One in Tribhuvan University and one in Kolkata, India.</p> <p>7. Organize Social events and seminars. Will be done through all the 5 years.</p> <p>8. Provide counselling for those in our target group that want it. And expend</p>	<p>3. We were not able to start a competence group this time since everyone were busy in relief work and trauma management programmes for earthquake victims.</p> <p>4. We finalised our training manuals.</p> <p>5. Nikish and Rupa has finished their training in EMDR but are still waiting for more practice before they get their certificates.</p> <p>6. Our two counsellors are continuing their Masters in Psychology programmes.</p> <p>7. We are usually taking part in organizing social events and seminars regarding sexual abuse, trafficking, and trainings related to trauma and healing. This year we had Hildegun Sarita Selle who held a seminar on personality Types called the Enneagram.</p> <p>8. We are providing counselling to our target group and have been slowly expanding to</p>
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				<p>and reach out to more clients from year 2.</p> <p>9. Go to different dance bars for outreach. We will through all five years rescue girls from sexual exploration and trafficking, through the larger part of Higher Ground NGO</p> <p>10. Network with partners in the same field.</p> <p>11. Go to retreat once a year with counselling department staff to reflect and relax.</p> <p>12. Use Droupati Rokaya, Mirjam Berg and Imgard Splitzer as advisers.</p> <p>13. Meeting together 3 times a year for evaluation and feedback.</p> <p>14. Ongoing supervision for counsellors from psychiatrist Nadine Rogers from US.</p>	<p>more people than Mukti and Higher Ground. Many people come to us for counselling who are referred by people outside of Mukti Network</p> <p>[no longer part of the project]</p> <p>10. We are networking with partners who are working in the same field. For porevention for trafficking and sexual abuse, we're partnering with organizations in the Mukti Network and for counselling and trauma healing we are partnering with organizations like CMC, and others in the Mental Health Network.</p> <p>11. We have been going on retreat every year.</p> <p>14. We have not been able to use her service as much as we would like due to various reasons but still we get her help whenever needed.</p>
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Findings and Conclusions

It is not the evaluator's intention to go through and comment on each 'expected result', 'indicator', and 'activity/output'. This detail has been set out for the reader in the table above. Rather the most salient points pertaining to the evaluation's *important issues to examine* provided in the evaluation *Terms of Reference* (namely relevance, effectiveness, efficiency, Impact, sustainability, crosscutting issues, lessons learned and added value) will be highlighted. An appraisal of the extent to which the project has addressed its objective, goal and expected results will be made and comment made on possible ways forward in the light of the reality that both counsellors have resigned effective from 31/12/2016 and consequently there will be no fifth year of the project.

Relevance

The extent to which the project meet the needs of the target group and country priorities.

1. To what extent are the objectives of the project still valid?

Firstly the project's overall objective is reiterated:

Overall Objective of Higher Ground Counselling Project 2013 - 2017

“Over time, Higher Ground is seen as an integral part of Nepali society. Through its vision, Higher Ground will be seen as an organization that is giving social and economic life to communities. Our ministry will give employment and good mental health. “

Indicator: “Through counselling, the women will be more stable and manage a job, improving their life quality. Thus making them reintegrated in the society.”

The objective is a very high level one and I have no doubt that useful paid employment is contributing to the mental health of its employees. The indicator is more focused and the counselling project has contributed significantly to it, although the staff of the HG businesses have not been the primary users of the service. A degree of misunderstanding about what the purpose and practice of counselling (see lessons learned) may have contributed to this situation.

The counselling project has surpassed this objective. It provides counselling to people from a wide range of Mukti network sources due to their growing reputation and the relationships they have built up. The counselling project is also now in a lead role in helping the church face up to the reality of sexual abuse and exploitations.

Effectiveness

The extent to which the project has achieved its objectives.

2. To what extent has the project achieved the planned results, project goal?

The project's goal is firstly reiterated:

Higher Ground Counselling Project Goal 2013 - 2017

“Counselling will lead to reintegration into society of survivors of human trafficking and sexual exploitation and abuse, by learning the ability to trust others and see healed relationships.”

Indicator: “More and more people will come for counselling, because of the reputation the department will achieve through the transformations in the individual people’s lives. We hope to counsel 100 people the first year”.

It is clear that the HG counselling department has been effective in helping many women who are survivors of human trafficking and sexual exploitation and abuse to reintegrate into ‘normal’ life through their counselling activity. This is particularly so in relation to the high number of cases referred to the project from the Mukti Network group of organisations. The counsellors may not have achieved the goal of counselling 100 people in the first year but there is evidence of increasing expertise and recognition from other organisations and individual professionals in the field who are referring cases to HG Counselling Department, so that it seems likely that they are now approximating to this figure per annum.

More broadly it is notable that the Higher ground Counselling department’s counsellors through their provision of awareness training on ‘love and relationships’ and of the challenge of ‘sexual abuse within the church’ are making a unique contribution to prevention and recognition of these often ignored issues. They have established themselves as the ‘go to’ team in terms of this provision. They have also hosted trainings for professionals from international experts again enhancing their reputation for high quality training.

3. Are there any unplanned positive / negative effects?

The staff has adopted a flexible approach to meeting the needs around them. Their flexibility is evidenced by developing training for the staff of Safe Homes on the one hand and stopping the ‘Dance bar’ aspect of the original proposal when they quickly realised that they were in fact increasing risk to the young women involved. Rescue from the sex industry is a highly specialised work and requires a dedicated agency to address it effectively.

Similarly, there was mention of involvement in ‘*many legal cases*’ associated with ‘*helping clients prepare for their appearance in court or giving advice on legal procedure*’ (Annual Application 2014, p 7). This again is a time-consuming and specialised work so it was appropriate that this did not develop into an ongoing aspect of the counselling project’s work.

Efficiency

The relation between input and results.

4. Assess the reasonability of the relationship between project costs and results

The budget for the HG Counselling Department from HimalPartner is approximately 45,20,000 (45 Lakh, twenty thousand Rupees) per annum. Local administrative costs, local salaries, project materials and local travel make up over half of the project budget. The expenses in Norway cover all costs related to administrative support, capacity building, expatriate involvement and foreign experts. The role played by the expatriate manager in the vision and rapid development of the project (see comments on pp. 4 & 8) was vital and when

one factors in the administrative support and regular visits from HimalPartner Norwegian staff and other visiting experts these costs appear fully warranted given the nature and context of this specialist counselling project. The proportion of the project funds taken up by the HimalPartner support activities would have been significantly lower going forward given that the project is now well established and Nikish has taken on the role of manager.

In light of the good reputation that the counsellors have established within the sector, the number of trainings (at least 11 marriage trainings, 8 parenting trainings, 15 youth trainings, facilitation of 3 trainings by external experts, and their post-earthquake psycho-education sessions according to the reports) they have provided or facilitated, and their obvious dedication to their work of counselling women who have been trafficked or sexually exploited or abused it is fair to conclude that there is a good degree of efficiency between the inputs and the results achieved, albeit that some of those results are (appropriately) broader than initially outlined in the project document.

Statistical Recording of Work

The Higher Ground counsellors keep notes of their cases in personal notebooks. There is no central collation of their cases including; type, number of sessions, fee paying or not etc. This is reflected the vague statements included in the annual reporting to HimalPartner. For examples:

'In the beginning of the year, we weren't too consistent with registrations on how many came to counselling. Once we started to register we provided counselling for 70 people, 10 male and 60 female. In addition we have had five premarital counselling and one ongoing group therapy' (Annual Report 2013)

'We have had 160 counselling sessions, and 36 group therapy, 10 male and 60 female. In addition to this, we had five premarital counselling and one ongoing group therapy.' (Annual Report 2014)

'We plan to have 1500 counselling sessions in 2105' (Annual Project Application 2015)

'We have been able to provide more than 1000 sessions as a counselling services and trainings for the public' (Annual Report 2015)

'We plan to have 1500 counselling sessions (individual and group) in 2016' (Annual Project Application 2016)

This is very unclear. One can see that counselling sessions seem to have risen from 160 to 1000 between 2014 and 2015 with similar staffing level. At interview staff suggested that the 2015 figure may have included psycho-educational sessions post-earthquake. However, it is stated that 1500 counselling sessions were also planned for 2016. One wonders if numbers of participants in training and/or group therapy sessions are being conflated with counselling cases.

For a time during the period when there were 2.5 WTE counsellors employed in the project the HGCDN programme coordinator (Shanta Rana) required the staff to submit monthly

work records, however this lapsed when staff reduced to 2 full time counsellors and they had to cope with the earthquake pressures. According to the monthly record sheets for March and April 2014 there were a total of 19 and 18 counselling sessions respectively and 6 Group therapy sessions for each month. Extrapolating from these statistics, it would seem reasonable to estimate the provision of around 200 individual counselling sessions and 60 group therapy sessions annually. Provision/organising of trainings and networking meetings would be additional to this.

Emphatically this is not a case of counsellors not working hard and providing high quality services, indeed the high caliber of the staff is commented on above, but rather by nature the counsellors seem to be committed to ‘doing’ more work rather than taking time to ‘record’ the work or measuring outcome in a systematic way. This is not an unusual situation in my experience in Nepal. However, this means that it is just that it is impossible to accurately track what work of what sort for how many people has been provided in the 4 years of the project to date (although limited information has been used to make some guesstimates above). This could have been picked up by HP and support given Higher Ground Counselling Department to develop a standardized and consistent reporting system for their work.

Impact

The real difference the project has achieved.

5. Has the project contributed to the planned impact as described in the overall objective?

As described above the HG Counselling department project has made only a limited contribution to this high level objective as the project has developed during the four years of its existence and moved in a somewhat different direction.

6. Has the project contributed to any unplanned impact?

As noted above the HG Counselling department has contributed to a much broader and strategic positive impact in the field both in terms of individual and group counselling and awareness raising trainings and less so in terms of the original vision of supporting the staff of the HG businesses.

Sustainability

Whether the benefits of a project are likely to continue after donor funding has been withdrawn.

7. What is HGCDN’s general ability to take on such projects?

HGCDN’s vision was for a less specialised project that could provide support, prayer and befriending of the vulnerable staff in its businesses. I believe that HGCDN could manage such a supportive service, but the current service has developed beyond this remit and currently is not a comfortable fit for HGCDN.

The HG Counselling project has two increasingly highly qualified and specialised counsellors whose skills and desire is suited to participation in the wider arena of practice in order to have greater impact on a wide range of survivors of human trafficking and sexual exploitation and abuse and engage in preventative training activities in respect of these issues, both within

the church sector and beyond it. In this regard their work has grown beyond their own expectations. This has led to a number of tensions between the HGCDN Board and the Counselling Department over the last few years. In my opinion HGCDN is not well placed to manage a project of this scope in the absence of the former manager.

Income Generation

The book in which the counsellors now record monies lodged with HGCDN, which is verified by the accountant via the official stamp shows that in the last 6 months a total of 9600 NRS has been lodged in respect of counselling activities and 28,500 NRS has been lodged in respect of providing trainings. This is a total of 38,100 NRS of which 25.2% derives from counselling and 74.8% derives from training, an almost exact 3 to 1 ratio. This approximates to the salary for one of the counsellors for a single month. Without external funding this project would not be financially sustainable in the short or medium term. The nature of the core client group means that they will never be able to pay a realistic rate for counselling and many church groups are reluctant or unable to pay for relevant trainings.

8. What is the project exit strategy?

It is clear that the HGCDN Counselling Department in its present form will formally close on 31st December 2106 with the resignation of its two counsellors, who now wish to work independently. This evaluation was planned for year 4 of the project so that recommendations could be considered with the possibility of incorporation in year 5. Instead a number of interrelated considerations for the future of the counselling work will be articulated.

Nikish and Rupa seem undecided about whether they would be better to start a business or a social enterprise. The evaluator does not know in any detail the pros and cons of each of these in Nepal but would in general suggest that they would be personally better suited to the social enterprise model of operation.

It is clear that the current model within HGCDN cannot become self-sustaining even in the medium term and Nikish and Rupa's considerable skills will be best employed in a broader field in which trainings for the INGO, NGO sectors and private enterprises will provide a more secure financial base for their operations. However, it will take some time to develop this client base and there is also the issue of how the counselling needs of the Higher Ground and Mukti Network organisations can be met going forward.

If independent work becomes financially successful then I have no doubt that Rupa and Nikish will be happy to work on a pro bono basis for a proportion of their time, but this should not be the case when they are trying to establish their new enterprise. How then might this gap be managed?

- HGCDN would be open to an application for a loan (of between 2000-3000 USD) or be willing to pay 50% of the costs of counselling for their clients.
- HimalPartner would welcome an application for an 'Entrepreneur Loan' from the counselors.

Nikich and Rupa should explore these options. It would be unfortunate if the counselling needs of the original target group were neglected because of the undoubted greater good of Nikish and Rupa's skills and knowledge finding a wider traction within Nepali society.

9. Will HGCDN be able to sustain the services after the project period?
(Reference should be made to the Five Abilities model.)

This is a rather moot point given the resignation of the two counsellors, but as stated above HGCDN may not be in a good position to incorporate and manage a specialised counselling service. They may be able to sustain a lower level supportive listening/befriending type of service with new staff.

Crosscutting issues

10. How has the project addressed the crosscutting issues of environment, gender sensitivity and conflict sensitivity?

The HGCDN Counselling Department makes a low demand on the environment in Kathmandu. One counsellor works close to her home on the north side of the city to limit daily travel. Consumables are very limited and are used efficiently. The project uses the services of a single office in the HGCDN premises.

The project by nature is focused towards the needs of females in its counselling activities. The trainings are available to both male and female participants.

The project staff have sought to maintain good working relationships with the HGCDN Board and staff, despite some tensions as their work has developed beyond the initial project objective and goal.

Lessons learned

11. Assess lessons learned and give recommendations for the changes to be done in the last year of the project and for a future without project support.
- a) A service focused on meeting the counselling needs of young, poor, marginalised and exploited women is not going to be self-supporting from client fees and therefore will require long-term core funding.
 - b) The Christian churches in Nepal do not feel that they are in a position to pay for training workshops on important issues such as 'Love and Relationships' and 'the challenge of sexual abuse'. Indeed it is not easy to persuade them that they should not be paid to host such training for their members.
 - c) There has been some misunderstanding between the HGCDN Board and the Counselling Department staff during the course of the project. Initially HGN's thinking was to have a supportive counselling/prayer resource for some of their staff. The counselling project with four staff was the largest group within the newly formed

NGO staffed by part-time workers, with many of the procedures and structures still to be fully developed and written down. Inevitably some miss-communication and miss-understandings occurred. Due to circumstances Board members were not available to be fully involved in the initial application to HimalPartner which reflected the vision of the counselling project manager and was a more professional model of counselling than the Board had realised. In light of this there has been some surprise at the level of training that the counsellors have benefitted from in the last four years and now that they have chosen to resign and become independent one year before the end of the project period there is some concern that HGCDN has not fully benefitted from the increased capacity that these trainings have enabled, and that in leaving they may be taking a HGCDN funder with them. Ensuring greater collaboration between HGCDN's Board and the counselling project manager in the initial application may have prevented some of the subsequent misunderstandings.

- d) In Nepal there remains a lot of misunderstanding about the nature of counselling. This can limit the usefulness of counselling projects. For example some of the women working in the HG craft business thought that being 'sent to counselling' was a type of punishment and so have been reluctant to use the service.
- e) Counselling projects need to maintain a balance of work in order to maintain their profile and the mental health of the counsellors. Initially the project received many cases from the Mukti Network Safe Homes and these intensive cases tended to overwhelm the resources of the counsellors. This imbalance was corrected with a wider range of individual clients and the promotion of training workshops. It is the training work that has the greatest potential for income generation,

Added Value

12. What is the added value of HimalPartner - if any?

In addition to finance HimalPartner has provided a supportive manager (Ms Eldrid Brekke) to the counselling department. It was her enthusiasm, vision and encouragement that led to the rapid growth and professional approach of the counselling project. Eldrid was often the negotiator with stakeholders the 'oil on troubled waters' when tensions arose. This has been a vital component for the development of the project.

Silje Gunlaug (HP Norway staff) has been available via Skype to support the development of the project with particular support around appropriate processes and procedures for the counselling service. She has also visited once a year to consult with the staff and encourage them.

Himal Parter has also been capacity building the Project via the provision of workshops on the themes of anti-corruption and report/proposal writing.

HimalPartner has provided professional people from Norway to come to Nepal to contribute to the development of the counsellors and enhance their reputation by providing training for church groups and mental health professionals working in Nepal.

Appendices

Appendix 1 – Evaluation Terms of Reference

Appendix 2 – Basis of Evaluation

Appendix 3 – Summaries of Interviews with Beneficiaries

Appendix 1

Terms of Reference

Final Evaluation

2016

Digni number: 10747

Project name: Counselling Department

Agreed by HimalPartner and HGCDN:

Approved by Digni: 29.06.2016

Project time frame: 2013 – 2017
Partner: Higher Ground Community Development Nepal (**HGCDN**)
Document version: 29.06.2016

Introduction

- **Abbreviation**

Higher Ground Community Development Nepal	HGCDN
Higher Ground Nepal	HGN
Training of Trainers	TOT
Village Development Committee	VDC
District Development Committee	DDC
Department of Education	DOE
Non-Governmental Organization	NGO

- **Background information**

Higher Ground Community Development Nepal (HGCDN) is a Christian Nepali non-profit organization established in 2010. HGCDN is part of the Higher Ground Nepal (HGN) organizations.

HGCDN work to promote awareness of human rights issues, give training in health, parenting and life skills and provide counselling services to abuse, trafficking and trauma victims.

HimalPartner is a Norwegian mission and development organization with long ties to Nepal. The organizations vision is to be a tool for God in the Himalayan region so that His love can be visible in practice.

A cooperation agreement for a five-year project between HimalPartner and HGCDN, with the aim to develop their counselling services.

The final evaluation will be done in 2016 so that the recommendations can be implemented before the project ends in December 2017.

- **Overall Objective**

“Over time, Higher Ground is seen as an integral part of Nepali society. Through its vision, Higher Ground will be seen as an organization that is giving social and economic life to communities. Our ministry will give employment and good mental health. “

- **Indicators of overall objective**

“Through counselling, the women will be more stable and manage a job, improving their life quality. Thus making them reintegrated in the society.”

- **Project goal (2013-2017):**

“Counselling will lead to reintegration into society of survivors of human trafficking and sexual exploitation and abuse, by learning the ability to trust others and see healed relationships.”

- **Indicators of project goal:**

Indicators shown in Project Document:

“More and more people will come for counselling, because of the reputation the department will achieve through the transformations in the individual people’s lives. We hope to counsel 100 people the first year”.

Indicators shown in Annual Project Application 2014:

«More and more people will come for counselling, because of the reputation the department will achieve through the transformations in the individual people’s lives.

Minimum 70 people have been counseled each year.

Minimum 40 of the clients have received follow –up.

Higher Ground counselling department has contributed to discussions and capacity building on quality psychosocial counselling amongst professional counsellors in Kathmandu.»

Indicators shown in Annual Project Application 2015:

“We plan to have 1500 counselling sessions in 2015. More and more people will come for counselling, because of the reputation the department will achieve through transformation in the individual people’s lives that we have counseled. We have become a leader in counselling these women, in Nepal.”

- **Expected results**

The table below shows the expected results as shown in Project Document and the subsequent Annual Project Applications.

Project Document 2013	Application 2014	Application 2015
1. Providing counselling services for the public and be able to earn money from it.	1. Providing counselling services and trainings for the public, as well as charging for some counselling to cover expenses.	1. Providing counselling services and trainings for the public, as well as charging for some counselling to cover expenses.
2. The clients of the counselling department will attend the events and seminars organized by the department	2. 300 people will come to our trainings within the next year.	2. 300 people will come to our trainings within the next year.
3. The counselling centre has a high degree of knowledge about what is being offered in the area of counselling – specifically for sexually exploited women.	3. The counselling centre has a high degree of knowledge about what is being offered in the area of counselling, specifically for sexually exploited women.	3. The counselling centre has a high degree of knowledge about what is being offered in the area of counselling, specifically for sexually exploited women.
4. Increased knowledge on prevention and aftercare of people who have survived, human trafficking sexual exploration and abuse in the church	4. Increased knowledge in the church on prevention of trafficking and aftercare of people who have survived human trafficking, sexual exploitation and abuse.	4. Increased knowledge in the church on prevention of trafficking and aftercare of people who have survived human trafficking, sexual exploitation and abuse.
5. Stronger family units, and increased knowledge in parenting in the communities.	5. We expect to provide counselling for more than 70 people, both from paying and non-paying clients.	5 We expect to provide counselling for more than 100 people, both from paying and non-paying clients.

Note: Green shading indicates unchanged planned results.

- **Target group**

The projects target group are Nikish and Rupa and their master degrees in psychology.

The projects beneficiaries are the disadvantaged and marginalized women, youths and their families. The project especially wants to provide services to youth and women who are sexually exploited or at risk of becoming so.

The purpose and scope of the evaluation

- **Important issues to examine**

Relevance

The extent to which the project meet the needs of the target group and country priorities.

- To what extent are the objectives of the project still valid?

Effectiveness

The extent to which the project has achieved its objectives.

- To what extent has the project achieved the planned results, project goal?
- Are there any unplanned positive / negative effects?

Efficiency

The relation between input and results.

- Assess the reasonability of the relationship between project costs and results

Impact

The real difference the project has achieved.

- Has the project contributed to the planned impact as described in the overall objective?
- Has the project contributed to any unplanned impact?

Sustainability

Whether the benefits of a project are likely to continue after donor funding has been withdrawn.

- What is HGCDN`s general ability to take on such projects?
- What is the project exit strategy?
- Will HGCDN be able to sustain the services after the project period?
(Reference should be made to the Five Abilities model.)

Crosscutting issues

- How has the project addressed the crosscutting issues of environment, gender sensitivity and conflict sensitivity?

Lessons learned

- Assess lessons learned and give recommendations for the changes to be done in the last year of the project and for a future without project support.

Added value

- What is the added value of HimalPartner - if any?

List of stakeholders

The main stakeholder groups are as follows:

- Digni
- HimalPartner
- Higher Ground Nepal (HGN)
- Higher Ground Community Development Nepal (HGCDN)
- Mukti network
- Advisory team:

- Mirjam Bergh (Bethesda)
- Irmgard Splitzer (Elijah Counselling and Training Centre)
- Droupadi Rokaya (YWCA)
- Local and regional governmental department and officials
- Networking partners
- Target group & beneficiaries

See the detailed stakeholders list in Appendix A

Methods

A participatory assessment method will be used where all parties will approve the terms of reference (ToR). The chosen external evaluator will answer to this ToR with an “Assessment approach” and will lead an evaluation team consisting of 1-2 representatives of HGCDN and HimalPartner.

The team will participate in most of the interviews and workshops together with the external evaluator. After consultation with HGCDN and HimalPartner the external evaluator is independently responsible for the objectivity in the final report.

The methodology to be used will include the following:

- **Reading of documents:** The assessment team will read the project documents and the following other relevant project related, organizational related and technically related documents
- **Interviews:** The assessment team will interview relevant stakeholders (see above) through individual interviews, focus group discussions and workshops.
- **Field visits:** Relevant field visits may be conducted in the target area.
- **Follow up:** The recommendations and discussions in the evaluation will be presented at a workshop at HGCDN prior to the final report, and will serve to inform future projects of HGCDN and HimalPartner

The evaluator and the evaluation team

The evaluator should possess more than five years relevant experience of project implementation/evaluations in various fields relating to community development. The evaluator as well as the other team members should be able to understand the context and have a realistic view on time for making changes in institutions and communities in the country. Before the evaluation starts the evaluator will have an introduction conversation with HimalPartner.

Role	Name	Appointed by
External Evaluator and team leader		HGCDN and HimalPartner
Team member		HGCDN
Team member		HGCDN
Team member		HimalPartner
Team member		HimalPartner

Report

The assessment report should be well-researched and include recommendations for future direction of the work. The following parties, HGCDN and HimalPartner, will comment on the report before the external evaluator finalizes the report. However, we emphasize that the external evaluator has the full responsibility of the report and its content.

The reports shall be in English, and be forwarded in digital form (pdf-format) as well as two sets of hardcopies. The final report should contain:

- Executive summary
- Background and Purpose
- Findings and Conclusions
- Recommendations
- Lessons Learned
- A list of abbreviations
- Relevant appendices (ToR, lists of individuals and groups interviewed etc.)

Delivery dates

SN	Activity	Deadline	Responsibility
1	Documents submitted to the evaluator		Project advisor
2	The respond from the evaluator on the ToR		Evaluator
3	Kick-off meeting for evaluation team		Evaluator
4	Workshop or dissemination seminar		Evaluator
5	Submission of Draft Report		Evaluator
6	Submission of Final Report		Evaluator

Suggested program in Nepal

HGCDN suggests the **following** program for the field visit in China/Nepal. This is still to be confirmed and will be included as a part of the respond on the assignment from the evaluator and in in communication with the three parties; HGCDN, HimalPartner and the evaluator.

Date, 2016	Time	Location	Stay	Activity Details

Note:

The activity plan has a tentative estimate of time. The location will be altered if any severe condition.

Budget

BUDGET	NOK	NPR
Income		
Digni/HimalPartner		
Expenditure		
Evaluator honorary		
Evaluator food and accommodation		
Evaluator travel expenses		
HimalPartner representative		
Evaluation expenses Nepal		
Total		

Appendixes

- A. Detailed stakeholder list
- B. Project document (2013-2017)
- C. Annual Report 2013
- D. Annual Applications 2014
- E. Annual Report 2014
- F. Annual Application 2015
- G. Annual Report 2015
- H. Annual Application 2016
- I. The 5 Abilities Model

Appendix 2 – Basis of Evaluation

Reading of the evaluation ‘Terms of Reference’ with its associated Appendices:

Appendix A - Stakeholder list 2106

Appendix B – Project Document (not dated)

Appendix C – Annual Report 2013

Appendix D – Annual Project Application 2014

Appendix E – Annual Report 2014

Appendix F – Annual Project Application 2015

Appendix G – Annual Report 2015

Appendix H – Annual Project Application 2016

Appendix I – The 5 Abilities Tool for Organizational Assessment

Interviews with:

Ms Eldrid Brekke, Counselling Department Manager (2013 - 2016) - 08/06/2016

Ms Nikish Thapa, Counsellor and Counselling Manager (2106 to date) - 05/10/2016

Ms Rupa Chetri, Counsellor - 18/02/2016 & 05/10/2016

Ms Bimala Shrestha, Board member HGCDN founder of HG businesses - 05/10/2016

Ms Stanta Rana, Programme Co-ordinator of HGCDN - 05/10/2016

Mr Ajay X, Attended church-based training on love and relationships - 05/10/2016

Ms Anu X, Beneficiary of individual counselling and group therapy - 05/10/2016

Ms Prabha X, Organiser of church-based training on love and relationships - 05/10/2016

Ms Janet Ashwell, Board member of Mukti Network – 26/10/2016

Field visit: Visit to HGCDN offices to see premises and interview stakeholders and beneficiaries on 05/10/2016

A dissemination/discussion workshop for Higher Ground Counselling department stakeholders was held on 29/11/2016 at which preliminary findings were shared and discussed. Present were: Ms Solveig Abalone Midtgarden (HimalPartner country director); Ms Sunita Pokharel (secretary of HPCDN Board); Ms Nikish Thapa (Counselling Project Manager and counsellor); Ms Rupa Pradhan Chetri (Counselling Project counsellor); Ms Shanta Rana (HGCDM manager); Ratina Shrestha (minute taker) and Dr. Stephen Coulter (evaluator) Feedback and clarifications regarding the findings were incorporated into this final evaluation report.

Appendix 3 – Summaries of Interviews with Project Beneficiaries

Mr Ajay X, attended church-based awareness training on love and relationships

Ajay attended a workshop on the theme of ‘Love and Relationships’ at his church with around 25 other young people approximately 6 months ago.

This was the first time he had received input on this topic in any context and he said he thought it is an increasingly relevant one because many young people are now ‘falling in love’ and need biblically based teaching and guidelines on how to manage these relationships.

Ajay reported that Nikish and Rupa made it a fun and energised day by a combination of games, PowerPoint presentation, dramatic presentation, and small group discussion. He said that would be very valuable learning for his future relationships and roles in family life.

Ms Anu X, beneficiary of individual counselling and group therapy

Anu had received individual counselling and support from Rupa for a number of years due to suffering physical abuse from her mother as she was growing up. This has involved formal counselling sessions and more social visits to Rupa’s home where she was able to feel part of a family.

Anu has been living in a Safe Home for a number of years and has benefited from group therapy sessions held with the residents there. Anu now has a job doing computer based data cleaning for a research project and she is planning to move into her own accommodation in the near future. Anu became a Christian about 3 years ago through the influence of others at the Safe Home. The group therapy sessions used games and stories to encourage the residents to stay in unity in the home and appreciate how they could help each other. Anu’s mother has passed away but she has re-established contact with her father.

Anu says that the support she has received has been a vital part of her adjusting to poor home circumstances and maintaining good life chances. She feels she has been able to talk with Rupa about anything. She said that Rupa provided a friendly and trustworthy environment where she felt secure and safe at all times, allowing her to address painful experiences in her past and think about her future. She says she still needs to talk with her at times and she is not keen for the relationship to end.

Ms Prabha X, organiser of church-based awareness training on love and relationships

Having heard about Rupa and Nikishes reputation Prabha decided to organise a ½ day workshop on ‘Love and Relationships’ for her congregation. There were a mixture of single

people and married couples in attendance, around 30 in total. Prabha said that the trainers used an engaging combination of Power Point, Whiteboard, and Questions for them to discuss in groups etc., which helped the initially shy younger people to find their voice.

The church is keen to have additional trainings of this type. They especially see the need to have a workshop for married couples only, so that their issues can be addressed in more depth and detail. The church was not able to pay the trainers but did provide the snacks.

Prabha feels that there is a growing need for this type of workshop in the churches in Nepal due to the changing nature of Nepali society and the fact that there is no tradition of talking about relationship matters in public. This is a new topic and it is breaking a taboo in Nepali society. She does not know of any other organisations that are willing provide such trainings.