

I arrived in Chennai, India, on 6<sup>th</sup> March to work as a volunteer with Madras Christian Council for Social Services. Unfortunately they didn't have an ongoing 'trauma counselling' as I expected. But they are catering for the material needs of the affected people on an island. This island is called Pulicat Island on the north east coast of Tamil Nadu and there are 13 villages on it with a total population of about 20,000. Several lives have been lost in the island during the 'tsunami' on 26<sup>th</sup> December 2004. Since I came here we started a clinic in one of the villages called Sathan Kuppam and already 5 children and 5 adults have been identified to have post 'tsunami' mental and behavioural symptoms:

One man in his 60s developed paranoid (angry) state

One man in his late 50s developed stroke like symptoms

One woman in her 30s presents with symptoms of PTSD

One woman in her late 20s has frank PTSD

One woman in 20s has symptoms of PTSD

4 ten year old children developed behaviour disturbance after 'tsunami'

1 nine year old boy is also similarly affected

I have written a project to set up a team with 14 staff including 4 therapists (social workers or psychologists) skilled in Cognitive Behaviour Therapy. I am sure we can recruit social workers but doubtful about psychologists and I am not sure whether I will get people with CBT skill. I may have to train them. We are in the process of distributing fliers for the general public to inform about mental and behaviour problems after a severe trauma and ways and means of seeking help.

Please let me know if you can find any body who is prepared to come as a volunteer for a brief period to train our staff in CBT.

Regards,

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