

## **2.13 An Evaluation on Post Tsunami Psychological Counseling Process in Kalutara District**

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### **ABSTRAT**

The intention of this study is to evaluate post Tsunami Psychological Counseling Process in Kalutara District. Tsunami was the worst natural disaster in the history of Sri Lanka. Which caused more than 31000 deaths & 550000 houses were damaged. Central Bank of Sri Lanka has estimated the damage caused by the Tsunami hazard as US \$01 billion. But it is very difficult to measure the impact of Psychological damages done by a natural disaster.

Epidemiology of Natural Disasters is not a wide spread subject in Sri Lanka. In this context, the possibility of drawbacks in rehabilitation programmes is very high.

This study focuses on implemented Psychological Counseling Process for Tsunami victims. These counseling processes were launched according to psychological responses to the disaster. But for an effective process we have to evaluate it periodically. Since this is a qualitative research, basically the researcher has used case study method. In addition to that functional method & comparative method also used. It has been used both primary & secondary data. Primary data was collected by using several data collecting techniques such as interviews & observation. Magazines, Books, Government & Non Government reports and some websites were the secondary data. Primary data were collected by a sample of 20 people.

This research was able to find 03 types of disaster syndromes, i.e. emotional, avoidness and anxiety. These syndromes were categorized under Post Traumatic Stress Disorders (PTSD). Even after a period of one year of the disaster many psychosomatic syndromes can be identified.

On the other hand this study focused on organizational structure of psychological counseling providers. It also examined the theoretical approaches used by these organizations. Many drawbacks were identified in practical sessions. Interconnected psycho social programmes were conducted by various I/NGOs. This kind of interconnectivity was not identified in the government sector.

Inspite of that psychological counseling process need reforms. Now, Tsunami victims are undergoing new psycho-social problems which did not appear previously.