

## The Center for Victims of Torture

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Please call between 9 a.m. and 5 p.m., Monday-  
Friday



THE CENTER  
FOR VICTIMS OF  
TORTURE

*Restoring the Dignity  
of the Human Spirit*

### UNITED NATIONS DEFINITION OF TORTURE:

“For the purpose of this Convention, the term “torture” means any act by which severe pain or suffering, whether physical or mental, is intentionally inflicted on a person for such purposes as obtaining from him or a third person information or a confession, punishing him for an act he or a third person has committed or is suspected of having committed, or intimidating or coercing him or a third person for any reason based on discrimination of any kind, when such pain or suffering is inflicted by or at the instigation of or with the consent of or acquiescence of a public official or other person acting in an official capacity.”

*(Article 1, United Nations Convention  
Against Torture, 1984)*

### About CVT:

Our goal is to help torture survivors and their families recover from the physical and psychological trauma caused by torture. We believe that survivors of torture can recover from the traumas that they have suffered, that they are capable of rebuilding their lives and that they may even go on to thrive. We offer:

**-Confidential services** – We adhere to strict professional standards. Client privacy will be preserved.

**-Comprehensive care** – Our team of physicians, psychiatrists, psychotherapists, social workers, nurses, physical therapists and interpreters provide individualized comprehensive care.

**-Based on need, not ability to pay** – We do not turn clients away if they cannot pay for services.



The Center for Victims of Torture works locally, nationally and internationally to heal the wounds of torture on individuals, their families and their communities and to stop torture worldwide.

We are a nongovernmental organization supported by individuals, private businesses and foundations in our community, throughout the United States and around the world.



Our professional staff has extensive training and experience working with survivors of torture and their families. We believe that an active partnership between the client and our staff leads to recovery. Sometimes family members have experienced torture, too. They are welcome to visit and learn more about CVT and the treatment we offer.

### **Becoming a Client**

The first step in becoming a client at the Center for Victims of Torture is for the torture survivor to contact the Center for a screening interview with a member of our information and referral services team. This team, staffed by psychotherapists, social workers and nurses, provides each prospective client an opportunity to explain what their needs are and will ask a series of questions to clarify which of those needs can be met by the Center, and which needs may be better served by another agency. Prospective clients will either be referred to appropriate services in the community or will be offered multi-disciplinary services at the Center. The information and referral services team meets weekly to review requests from prospective clients, using the United Nations definition of torture (see the back of this brochure) to guide their decisions and recommendations.

### **Multidisciplinary Services**

Clients selected to receive multi-disciplinary services at the Center will receive the following services:

**Psychotherapy:** Psychotherapists help people cope with feelings of anxiety, sadness or hopelessness. Many clients experience these feelings. Some have nightmares and have trouble sleeping; some feel tired or weak, lack self-confidence or have difficulty trusting others. These feelings are the result of torture. Psychotherapists can help a survivor gain control over these feelings and restore a sense of personal power and hope in the future.

**Social Services:** Social workers work with clients on life and adjustment issues. They will provide information about U.S. society and culture, local community resources (including schools and jobs), immigration status, bringing the client's family together, establishing life in a new community and planning for the future.

**Nursing Care:** Nurses at CVT will help with medications that the doctor may prescribe. Nurses can assist with appointments at other clinics and at laboratories for tests. They can provide information about diet, exercise, medications and illness.

**General Medical Exam:** One of our physicians provides a thorough physical examination for each client. If specialized treatments or tests are indicated, appointments will be scheduled for them at other clinics. The doctor will see that clients get the medical services they need, including on-going primary care.

**Psychiatry:** A psychiatrist will carefully evaluate symptoms of psychological stress, including problems with sleeping, anxiety or nervousness. The psychiatrist may prescribe medication to help reduce these symptoms.

**Physical Therapy:** Clients may be referred to a physical therapist to address chronic pain through exercise, relaxation and massage. The physical therapist may provide a special exercise plan that can be done at home.

### **Other Services for Clients**

**Interpreters** – If an interpreter is needed, the Center can usually provide one. CVT works with a special group of interpreters who understand our program and maintain the same confidentiality policy as other CVT staff.

**Special projects and programs** – If they wish, clients will have the opportunity to participate in training or public policy activities at CVT. Client privacy will always be maintained.