

WELCOME TO CVT!

We are a non-governmental human rights organization committed to healing the wounds of torture and stopping torture worldwide.

Our staff has extensive training and experience working with survivors of torture and their families. We believe that an active partnership between you and our staff leads to your recovery.

The Center for Victims of Torture

649 Dayton Avenue
St. Paul, MN 55104

612-436-4840
Monday - Friday 9:00 a.m. - 5:00 p.m.



The
CENTER for
VICTIMS of
TORTURE



The
CENTER for
VICTIMS of
TORTURE
.....
Restoring the Dignity of
the Human Spirit

Healing the Wounds of Torture

We rebuild lives by providing healing services to survivors of political torture and their families.

612-436-4840

“I THANK YOU FROM MY HEART FOR HELPING ME WITH MY SORROW. BECAUSE OF YOU, I NOW LEAD A NORMAL LIFE AND I KNOW THAT I HAVE RIGHTS AS A HUMAN BEING, JUST LIKE ANYONE ELSE.”

—CVT CLIENT

Working with CVT

Confidential care – We adhere to strict professional standards. Your 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 – We do not turn clients away if they cannot pay for services.

Transportation support – In most cases, we can help arrange transportation to CVT appointments.

Interpreters — We work with a group of interpreters who understand our program and maintain the same confidentiality policy as other CVT staff.

Medical Care

Our medical staff provides a physical exam and listens to your physical complaints. If you need special treatment or tests, appointments will be scheduled for you at other clinics.

We can also provide you with information about diet, exercise, medications and what to do when you are ill.

Social Services

Social workers work with you on social rehabilitation goals and adjustment issues. We provide information about community resources, education, employment, immigration, U.S. society and culture, and bringing your family together and planning for the future.

With your permission, we may refer you to other agencies in the community who can help with special needs or problems.

Psychotherapy

Many torture survivors feel scared, worried, sad or hopeless. Some have nightmares and trouble sleeping. Some feel tired or weak, lack self-confidence or have difficulty trusting others.

Psychotherapists can help you gain control over these feelings and find ways to manage your stress and help you restore feelings of trust and hope.

Psychiatry

If you have problems with sleep, anxiety, nervousness or ongoing sadness, a psychiatrist may prescribe medication to help reduce these symptoms.

GETTING STARTED WITH CVT

Our goal is to help you and your family recover from physical and psychological trauma caused by torture. Survivors of torture can and do recover from the traumas they suffered. They are capable of rebuilding their lives and can even go on to thrive.

During your first phone call or visit, we will ask for information to determine if our services are right for you. If so, we will schedule an appointment to discuss working together.

Call us at 612-436-4840 for more information.



CVT's St. Paul Healing Center