Dear friends,

Sometimes people ask me how we can do this work of healing torture survivors. “Isn’t it depressing?” they ask. And truthfully, it is very hard work. Some days, it wrenches the soul. But what encourages me—and all of the staff—is the knowledge that torture isn’t the end of the story. Every day we see men, women and children paralyzed by the depths of their despair. But they find the courage and strength to move beyond their torture and create new lives filled with hope, possibility and purpose. And that sustains us.

You keep us going in this work, too. Because without your moral and financial support, we wouldn’t be able to extend rehabilitative care to thousands of people like we did last year. Without you, 48 torture survivor centers wouldn’t be strengthening their own programs through our training and capacity-building efforts. And without you, advocating for funding for survivors and an end to torture would be impossible.

For 29 years, our donors have helped us rebuild the lives and restore the hope of people who survived unspeakable abuses. Your compassion and commitment make this work possible. On behalf of torture survivors around the world who are finding hope and healing, thank you.

With my deepest gratitude,

Curt Goering, Executive Director

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ADVOCACY

We advocate to prevent torture, to ensure torturers are held accountable for their actions and to increase access to rehabilitation. In 2013, our work secured $25 million in federal funding for torture survivor programs in the United States and around the world. This funding helped rebuild the lives of more than 60,000 survivors worldwide.

To mark the International Day in Support of Victims of Torture, we hosted the symposium, “Torture is a Weapon Against Democracy.” Senator Patrick Leahy (D-VT) was honored with the Eclipse Award for his leadership in the promotion of human rights, the prevention of torture and efforts to expand access to torture rehabilitation.

We commemorated the 25th anniversary of the United States signing the UN Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment by issuing a policy report, “U.S. Bi-Partisan Leadership Against Torture.” We continued to urge the Senate Select Committee on Intelligence to make its report on the CIA’s post-9/11 detention and interrogation program public with as few redactions as possible.

In partnership with the Torture Abolition and Survivor Support Coalition and the Unitarian Universalist Service Committee, we produced the report, “Tortured & Detained: Survivor Stories of U.S. Immigration Detention.” The report offered recommendations to ensure survivors of torture are not unnecessarily detained when seeking asylum protection.
HEALING SURVIVORS: MINNESOTA

In 2013, CVT touched the lives of nearly 1,900 people in our home state of Minnesota, including survivors, family members, information and referral callers, and training participants. Last year, the interdisciplinary program provided rehabilitative care in the professional disciplines of medicine, psychiatry, psychology, social work, nursing, massage therapy and physical therapy to 262 torture survivors from 40 countries. Of these men and women, 66 percent were seeking safety and stability through the asylum process and 74 percent hailed from Africa.

As an additional service, we provide information and referrals to anyone who calls for help. In 2013, we responded to 406 calls, including 113 individuals seeking care from CVT. All callers are referred to appropriate counseling, legal, medical or social services, whether at CVT or with another organization in another part of the world.

With the launch of the Healing Hearts project, we started a four-year research study to explore the efficacy of integrated mental health and case management services in a primary care setting. In a partnership with the HealthEast Roselawn clinic in St. Paul, we are focusing on Karen refugees from Burma who have experienced high rates of torture. A high percentage of refugees, especially survivors of torture and war trauma, suffer from post-traumatic stress disorder, major depressive disorder and associated problems, sometimes years after resettlement. While helping these survivors heal from their experiences, the project is assessing whether mental health care and case management provided in a primary care clinic improves patient outcomes while reducing costs. During the first year, 69 participants were enrolled in the project.

In 2013, 207 volunteers provided more than 8,968 hours of service. Local volunteers help survivors reconnect with the community through tutoring support, rides to appointments, lessons on using public transportation or simply being a friend.

HEALING SURVIVORS: NAIROBI AND DADAAB

Nairobi is home to approximately 53,000 refugees who have fled war, conflict and personal persecution. Many more live beneath the radar, seeking safety and economic opportunities in bustling neighborhoods. In 2013, we started providing individual and group counseling, as well as physical therapy, to survivors—many coming from the Democratic Republic of the Congo and Rwanda. In 2013 in Nairobi, volunteer Cynthia McArthur coordinated the donation, repair and distribution of 30 bicycles to survivors for transportation, rehabilitation and recreation. Drivers like Jim McKenzie gave 127 rides to survivors so they could attend counseling or medical appointments.

One of the survivors from a men’s counseling group illustrated the agenda for the first session of the group.
Congo, Burundi, Rwanda and Ethiopia. During our first full year of operations, 344 survivors received counseling to help restore hearts and minds. Of those, 121 survivors also received physical therapy to restore physical strength, reduce pain and improve mobility.

In the desert of northeast Kenya, we continued caring for survivors in the world’s largest refugee camp outside of Dadaab. With more than 460,000 refugees living in the camps, our local counselors rely on bicycles to quickly travel around the camp and connect with individuals and families or lead counseling groups. In a quiet, shady corner of the camp, 522 men and women—the vast majority of whom are Somali—received counseling in small huts that provide shelter and confidentiality.

A Syrian family prepared food in their apartment in Jordan.

In the Jordan project continued its expansion during 2013 with Syrian refugees flooding into the country. To provide more consistent care to survivors outside of Amman, we converted our mobile unit into a satellite location in Zarqa, about a 45-minute drive from the Jordan headquarters. The physical therapy program expanded so men, women, youth and children could participate in group sessions to heal both their bodies and their minds. During 2013, we cared for 947 survivors in Jordan.

HEALING SURVIVORS: JORDAN, ETHIOPIA

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Last year we also laid the foundation for our Ethiopia project in the refugee camps outside of Shire. These camps in the northern part of Ethiopia are home to 45,000 Eritrean refugees. According to human rights reports, the Eritrean government is responsible for systematic human rights abuses, including arbitrary arrest and detention, torture, forced labor, severe restrictions on freedom of movement and expression, and persistent religious persecution. After receiving permission to work in the country, we set up offices and hired project leadership. The intake process of identifying survivors for counseling began with 43 survivors. We hired 23 local counselors and supervisors and then provided nearly 150 hours of training to each one on counseling skills and techniques and the effects of torture.

TRAINING PROFESSIONALS:
NCB AND NEW TACTICS

The National Capacity Building (NCB) project works with 38 U.S. torture survivor rehabilitation programs to improve the quality of care to torture survivors and to strengthen the organizations serving them. Last year, we created a training series on sustainable fundraising, organized a two-and-a-half day institute on quality improvement, provided on-site and phone consultations to partner centers, and held a 30-hour blended-learning course on the fundamentals of torture treatment. We continued to manage the HealTorture.org website where the archived webinars were viewed 3,600 times.

The New Tactics in Human Rights project promotes strategic thinking among activists by sharing innovative approaches to human rights work, developing and disseminating resource materials, and training activists in-person and online. Since the launch of the Middle East and North Africa (MENA) office in 2011, we have focused on regional training partnerships in Egypt and Tunisia. The regional trainers conducted workshops on strategic effectiveness for 120 people. An additional 21 newly-trained trainers brought the project’s resources to more than 60 people in their own organizations.

In 2013, New Tactics launched the Arabic section of its website and hosted ten English and six Arabic online dialogues, engaging more than 390 individuals from 70 countries. The dialogues provide online learning for human rights defenders who are looking for new or more effective ways to advance human rights.

Our staff in Jordan care for both Syrian and Iraqi survivors. Many refugees arrive in Jordan malnourished, injured, and with neglected medical conditions. They have very high levels of distress and fear, serious mental health and physical needs.
We’re committed to sharing what we’ve learned about healing torture survivors with other torture survivor rehabilitation centers. In 2013, we assisted sixteen foreign mental health rehabilitation centers in developing their counseling skills, organizational and financial sustainability, and program evaluation and monitoring practices.

In Uganda, many individuals suffer from depression, anxiety and post-traumatic stress disorder because of torture and human rights violations inflicted during Uganda’s war with the Lord’s Resistance Army. Since 2010, we’ve provided intensive, hands-on training and supervision to counselors at partner organizations. In addition to providing side-by-side co-therapy where CVT staff provides feedback and mentoring to Ugandan counselors, we conducted 42 training programs on counseling techniques and best practices last year.

The Partners in Trauma Healing (PATH) project works closely with ten centers. In 2013, psychotherapist trainers worked with eight centers to provide a year of training and mentoring to local counseling staff. Clinical, executive and evaluation staff from the centers all participated in a conference in Kenya in September to strengthen their skills in building sustainable rehabilitation centers. Prior to the conference, participants engaged in online education and discussions to build a common base of knowledge and develop relationships.

More than 600,000 Syrians have fled torture and human rights atrocities seeking safety in Jordan.
Since our founding in 1985, we’ve cared for 27,000 survivors in the Twin Cities and around the world.

Our St. Paul Healing Center cared for survivors from 40 different countries.

18 languages were spoken in our St. Paul Center.

In 2013, CVT secured $25 million in federal funding for torture survivor programs in the United States and around the world. This funding enabled CVT and colleague groups to rebuild the lives of more than 60,000 survivors at projects worldwide.

survivors cared for in St. Paul.

refugees cared for in Dadaab camps in Kenya.

survivors cared for in Jordan.

people attended community events about the effects of torture and our healing work in Jordan, Kenya and Ethiopia.
## Statement of Activities

### The Center for Victims of Torture

**December 31, 2013 (with Comparative Totals for 2012)**

**Liabilities and Net Assets**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Current Liabilities</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Accounts payable</td>
<td>$74,467</td>
<td>$100,266</td>
</tr>
<tr>
<td>Accrued compensation</td>
<td>130,835</td>
<td>109,735</td>
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<tr>
<td>Deferred grants</td>
<td>114,437</td>
<td>80,003</td>
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<tr>
<td><strong>Total Liabilities</strong></td>
<td>$319,739</td>
<td>$295,003</td>
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</table>

**Net Assets**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Unrestricted</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Net investment in property and equipment</td>
<td>$1,190,712</td>
<td>$950,896</td>
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<tr>
<td>Board designated</td>
<td>330,853</td>
<td>203,574</td>
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<tr>
<td>Undesignated</td>
<td>1,091,221</td>
<td>1,227,820</td>
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<tr>
<td><strong>Total net assets</strong></td>
<td>$2,012,786</td>
<td>$2,704,290</td>
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</table>

**Total Liabilities and Net Assets**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Liabilities and Net Assets</strong></td>
<td>$5,826,336</td>
<td>$5,122,731</td>
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</tbody>
</table>

### Support and Revenue

**The Center for Victims of Torture**

**Year Ended December 31, 2013 (with Comparative Totals for 2012)**

**SUPPORT AND REVENUE**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Public Support</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Individual</td>
<td>$1,531,780</td>
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<tr>
<td>Foundation</td>
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<td>1,932,791</td>
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<tr>
<td>United Nations Voluntary Fund</td>
<td>-</td>
<td>360,000</td>
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<tr>
<td>Other institutions and corporations</td>
<td>102,749</td>
<td>160,500</td>
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<tr>
<td><strong>Total public support</strong></td>
<td>$2,129,808</td>
<td>$2,240,708</td>
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</table>

**Revenue**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td>Program service revenue</td>
<td>$7,743,889</td>
<td>-</td>
</tr>
<tr>
<td>Third-party billings</td>
<td>796,133</td>
<td>-</td>
</tr>
<tr>
<td>Speaking fees</td>
<td>68,304</td>
<td>-</td>
</tr>
<tr>
<td>Net investment return</td>
<td>6,868</td>
<td>-</td>
</tr>
<tr>
<td>Miscellaneous revenue</td>
<td>39,514</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total revenue</strong></td>
<td>$8,654,748</td>
<td>-</td>
</tr>
</tbody>
</table>

**Total Support and Revenue**

<table>
<thead>
<tr>
<th></th>
<th>2013</th>
<th>2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Support and Revenue</strong></td>
<td>$12,277,002</td>
<td>$10,852,761</td>
</tr>
</tbody>
</table>

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**STATEMENT OF ACTIVITIES**

14
EXPENSES
Program services 2,204,526
Professional training 1,080,198
Research 103,798
Public policy/education 382,426
International services 6,492,660
Total program services 10,234,930

FUNDING SOURCES
Supporting Services 980,992
Management and general 1,280,964
Total expenses 12,496,506

International services 6,463,602
Public policy/education 382,426
Research 1,080,198
Management and general 1,280,964
Client services 2,204,526
Professional training 1,080,198
Total supporting services 2,261,956

GUARDIAN—$100,000+
F. R. Bigelow Foundation
Jacob and Valerie Langelloth Foundation
The Kresge Foundation
Open Society Foundations—Arab Regional Office
Open Society Foundations—U.S. Programs
Saint Paul Foundation
Trust Fund for Victims of Torture
U.S. Agency for International Development
U.S. Department of Health and Human Services—Office of Refugee Resettlement
U.S. Department of State—Regional Bureaus of Public Diplomacy
United Nations Voluntary Fund for Victims of Torture
U.S. International Development Cooperation Account
United States Department of Health and Human Services—Office of Refugee Resettlement
United States Institute of Peace
United Nations High Commissioner for Refugees
United States Mission to the United Nations
University of Minnesota

ADVOCATE—$10,000–24,999
Hugh J. Anderson Foundation
Dorothy Appley
Alcoholics Anonymous
Aron and Mary Jane Aronoff
Babette and Jeffrey Apland
Wayne E. Bailey
Harriet B. Block Foundation
Robert A. Cook
Catherine Caneau
Paul Stein
Lee and Peggy Zeigler

ACTIVIST—$25,000–$99,999
Gabriel A. and Hulda B. Ohman Foundation
American Civil Liberties Union Foundation
The Families of Arlington—The 10-25 Tomorrow Foundation
 Rajasthan Foundation
ACT
Levi Strauss Foundation
Foundation for Peace with Justice
Julietteá and Jorge Goggin
Julia and Edward H. Sayre Foundation
The Seraphim Foundation
J mieć who

CAREGIVER—$5,000–$9,999
Susan C. and John M. Miller Foundation
American Friends Service Committee
Open Society Foundations—The Link Foundation

RESCUER—$1,000–$4,999
David and Deborah A. Andre
Jennifer Reisdorph Bond
Catherine Caneau
Sandra Chalstrom
Sisters of St. Joseph Carondelet
Aldo Scafati
Valerie and Ed Spencer
Paul Slan
Dobson and Jane West
Ralph Wyman
Lee and Peggy Zeigler
Catherine and Ken Zimba

OUR SUPPORTERS
DoUGLAS A. JOHNSON CIRCLE—Members include generous CVT in their estate plans

HEALING—$100,000+ per year

Dr. Steven Miles

DIGNITY—$5,000-9,999 per year

Ted Andrews and Marilyn, Jr.

STEVEN M. MILLER—Members make generous multi-year pledges

Dr. Steven M.iles

RESTORING HOPE SOCIETY—Members make generous multi-year pledges

Diane W. Parker

OBSOLETE

Sandra Kathleen Orange

H. R. H A V E N S T R U C T  U N I'TY—$5,000-9,999 per year

Dr. Steven M.iles

Margaret Esther Calkins

Joanna W. Oakey

Stewart and M andy Ellen Knappm iller

Stuart and M ary Ellen Knappm iller

Gary W. and Glen King

M ary B. Kringel

Carolee and Rob Reinbold

Carolyn and Bob Cuthill

Diane Larson

D r. Steven M iles

William  D . O hs

H ilvie O strow

Edw ard H ovis

Jennifer R. H ernandez

Jennifer Reedstrom  B ishop

Richard Senese

Barbara L. Forster

Jan A. and D avid M . B ressoud

Barbara L. Forster

Jan A. and D avid M . B ressoud

Alan Y anta

Larry B. H andson

Earl and Joyce H auge

Earl and Joyce H auge

Bill H andson

Michael H . M iller Jr.

F u n d a m e n t a l  G i f t s

Sandra Kathleen Orange

Richard Senese

D arla Kashian and Sam antha

Stuart and M ary Ellen Knappm iller

Gary W. and Glen King

Andrea Kavaler

Jennifer Reedstrom  B ishop

G rosby

Lindquist

Shared Fund

Jennifer R. H ernandez

D r. Steven M iles

H ealthcare M sks

Sandra Kathleen Orange

H ealthcare M sks

Andrew J. Callahan

Dru W alton

Jan A. and D avid M . B ressoud

Jan A. and D avid M . B ressoud

Kim and Mary Ann O ’Neel

Laura A. DiMaffia

Bill W alton

Dana L. Johnson

Sandy Gladden

Sandy Gladden

Sandy Gladden

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Vice Chair: C. Scott Cooper
Treasurer: Richard Senese
Past Chair: Patti Andreini Arnold

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Julie Brunner, J.D.
Nancy J. Feldman
Samuel Heins
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Venetta Kudrie
Connie Magnuson
Steven H. Miles, M.D.
Eric Schwartz

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Paul Que, M.D.
Tom Triplett

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PHOTO © CVT
Front Cover: Photo © CVT. Syrian refugee children look out their apartment window at Amman.