

What We Expect from You:

Ask questions – Your concerns will help us provide better service to you and your family.

Bring your family – In some cases, family members have experienced the effects of torture, too. If your spouse, children, brothers, sisters or parents need our services, please let us know. We will do our best to help them.

Remember appointments – We can help you by giving you a reminder telephone call. If you can't keep an appointment, call us and we will reschedule it.

The Center for Victims of Torture

649 Dayton Ave, St Paul MN, 55104

Tel. (612) 436-4840, Fax (612) 436-2604

www.cvt.org

Please call between 9 a.m. and 5 p.m., Mon- Fri.

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.



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 torture and their families.

**For torture survivor rehabilitation in
Minnesota contact us at:**

612-436-4840

Welcome to CVT!

Our goal is to help you and your family recover from 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.

Our professional 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.

We offer:

Confidential services – 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, not ability to pay – We do not turn clients away if they cannot pay for services.

Transportation support –

In most cases we can help to schedule taxis, provide volunteer drivers, or show clients how to use the bus to come to CVT appointments

Our Services:

Intake

During your first phone call or visit, we will ask you for some basic information to determine if our services are the right fit for you. If they are, we will schedule an appointment for you to meet with a Social Worker and Therapist to learn more about what you are seeking in services and how we can help.

General Medical Exam

Our medical staff will provide a physical exam and listen to any physical complaints that you may have. If you need special treatments or tests, appointments will be scheduled for you at other clinics. The doctor will see that you get the medical services you need.

Social Services

Social workers will work with you on life and adjustment issues. We will provide information about U.S. society and culture, local community resources (including schools and jobs), immigration status, bringing your family together, establishing life in a new community 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

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 may be the result of torture. Psychotherapists can help you gain control over these feelings so that you can regain control of your personal power and restore your hope in the future.

Psychiatry

If you have problems with sleeping, anxiety or nervousness, you can meet with a psychiatrist who may prescribe medication to help reduce these symptoms.

Nursing Care

Our CVT Nurse can assist you with appointments at other clinics and at laboratories for tests. They can provide you with information about diet, exercise, medications and what to do when you are ill.

Interpreters – If you need an interpreter, we can usually provide one. We work with a special group of interpreters who understand our program and maintain the same confidentiality policy as other CVT staff.