

The
CENTER for
VICTIMS of
TORTURE

THE
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Living and Healing Internationally

After spending an intensive week at CVT headquarters for orientation in July, Australian Adam Horner headed to his post at the Dadaab refugee camp in Kenya. Adam is the newest addition to CVT's corps of expatriate psychotherapist/trainers at our international projects. "Landing in Dadaab was a bit confusing," he said. "When I got out of the plane I was sure I was back in the Australian outback. It was the same heat, the same fiery red sand and the same scrubby bushes. I took a double-take and quickly concluded it was the same, but different."

Like all international nongovernmental organizations, CVT relies on expatriate (or expat) professionals like Adam who live in a foreign country and provide high quality mental health care to survivors of torture and war trauma. CVT's psychotherapist/trainers play a leadership role by training local counselors to lead mental health support and education groups, and by offering individual counseling to survivors who are more severely affected by their experiences. They do this under difficult circumstances,

working in refugee camps and post-conflict countries. Both expatriate and national staff live and work in areas where infrastructure and services are limited.

Becoming a psychotherapist/trainer is an emotionally and physically tiring experience. The week-long orientation just touches on the many things expats need to know before heading to the field, such as the CVT code of ethics, how to avoid getting sick from food or water, how to interact with security forces, appropriate clothing, cooking, the use of CVT vehicles and many other everyday activities. New expats must also be prepared to deal with the emotional aspects of their work, including hearing stories of torture and trauma regularly and living as a stranger in a community. "Expats live in a culture that they will never be a part of," said Suzanne Pearl, international services program manager. "It can be disappointing to work so hard but always be considered an outsider."

CVT has hired expats from around the world, including Vietnam, France, Brazil and Kenya. In addition to being a skilled psychotherapist,



Australian Adam Horner is the newest expatriate psychotherapist/trainer at our Dadaab project.

PHOTO © C.C. STROM

an expat needs to be able to adapt to unexpected challenges, to have an innate sense of curiosity and want to learn about new cultures, and to be able to articulate themselves well so they can teach counseling skills and communicate with the local community members. "We also look for people who have good self-care strategies—who have

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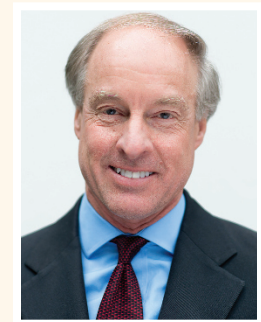
Restoring
the Dignity of
the Human Spirit

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Letter from the Executive Director

I am thrilled and honored to join the Center for Victims of Torture as executive director. Like many others in the human rights movement, I've admired the great work pioneered and honed by CVT. At Amnesty International, where I worked for nearly 30 years, we often referred torture survivors to CVT for care.



Curt Goering

Still, many have asked me why I moved from a senior position with a global human rights organization based in New York to CVT. I came here for the same reason you support CVT: the compelling mission to heal survivors of torture and work towards a world without torture.

CVT is a leader in the torture treatment movement and one of the most highly respected torture rehabilitation organizations in the world. This didn't just happen. It has been carefully and painstakingly built. CVT has a highly motivated and professional staff, assembled and led for many years by my predecessor, Douglas A. Johnson.

CVT is equally fortunate to have a dedicated and high-functioning board of directors. Its collective experience is remarkable, and any nonprofit would be well-served to have a board of similar caliber.

And of course, the broader CVT community includes hundreds of volunteers (including professionals) and thousands of supporters who enable us to expand our reach and impact. Their contributions cannot be overstated.

Our staff is doing important, life-saving work. Over 100 countries used torture last year and in dozens of them, torture was systemic and widespread. The needs are immense, and survivors often have no other place to turn.

Every day we see the tragedy unfolding in Syria, where tens of thousands have been displaced, many of them tortured or fleeing torture of the worst kind. CVT is one of the only organizations that can provide care for highly traumatized refugees like those fleeing Syria, but our healing services in Jordan are unable to care for more survivors without additional resources.

At CVT, we feel strongly the need to do more, but we can only do so with additional support. Thank you for giving as generously as you can so we may extend healing to survivors, like those fleeing Syria today.

Sincerely,

Curt Goering
Executive Director

In Jordan, the mobile unit travels from Amman to Zarqa to care for men and women who fled from torture.



PHOTO © CVT

Living and Healing Internationally

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support networks and take care of their minds and their bodies,” said Erin Morgan, clinical supervisor, who also served for a year in the Democratic Republic of Congo.

Working as an expat can be very isolating. “There’s a lot of time spent in very small rooms with a laptop,” said Suzanne. “Your room is your refuge.” Laptops are a lifeline for many, providing entertainment and communication with loved ones via Skype calls or e-mail. E-readers have made it easier for expats to have a number of books without having to pack pounds of

paper in their suitcases.

Exercise relieves stress and fills the downtime for expats. Yoga is particularly popular. Running, walking or biking might be the exercise of choice in another setting, but, according to Erin, “expats live in a fishbowl. The community members watch you and talk to you and about you. That can be very emotionally draining.” Many expats bring portable equipment, like exercise bands or videos, to be able to do some cardio exercises away from the public eye.

Typically expats sign on to a CVT project for a year. Because of

the intensive nature of the work, they are usually granted a rest and relaxation leave after four and eight months. If, like many CVT expats, they decide to sign on for another project, they’ll have a month or two away to reconnect with friends and family and take care of any other personal matters.

The life of an expat is not easy, yet it is filled with intangible rewards. “Watching the local counselors learn and integrate knowledge is rewarding,” said Erin. “And of course, we have the privilege of hearing directly from the survivors—frequently—how their lives have changed as a result of working with CVT.”

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A Lasting Impact in the DRC

In 2007 we began working in the Democratic Republic of Congo (DRC) in the aftermath of a decade-long war that left more than 5 million people dead, nearly 2 million displaced and countless torture survivors suffering in silence. We are now closing our project, but our work is leaving a lasting impact.

During our time in the DRC, we helped more than 4,800 men, women and children rebuild their lives. We connected with more than 25,000 Congolese through community and group events so they could learn about the effects of torture, how they can care for themselves and how they can help others. We trained more than 60 local counselors and psychology students to

broaden the professional mental health community. We worked with college faculty to include trauma training in the curriculum so students will have a deeper understanding of how to counsel survivors of torture and war trauma. Through this work, we have restored hope to countless men and women so they can rebuild their communities.

As one Congolese man said, “Since my horrible experience during the war, nobody, not even a member of my family was interested in my pain, but when CVT approached me and understood my pain, my hope returned... Thank you CVT.”

CVT extends its thanks to the U.S. State Department’s Bureau of Population, Refugees and Migration, the European Instrument for



Database Assistant Felicien working with Bavon, an intern, and Francoise, a local counselor, in Moba in the DRC.

PHOTO © SARA FELDMAN

Democracy and Human Rights, the United Nations Voluntary Fund for Victims of Torture, the U.S.-based International Ministries of the United Methodist Church’s Women’s Division, Al and Diane Kaneb, the Sundance Family Foundation and the United Nations DRC Pooled Fund.

George Golden: Rebuilding Lives with Passion and a Planned Gift

George Golden has been involved with CVT for nearly 25 years as both a donor and volunteer. He helped launch the New Tactics in Human Rights project and is a current member of our speaker's bureau. He was drawn to CVT's work because of the hope and healing it provides, plus an opportunity for renewing lives and providing a second beginning. CVT's mission fits into George's personal themes for work and life: self-awareness, leadership and spirituality. George consulted and taught as a faculty member at the Opus School of Business at the University of St. Thomas in St. Paul. He believes his work with CVT has strengthened

his own hope and renewal.

As George and his wife Deanna did their financial planning, they knew they could provide for their family as well as the organizations they are passionate about. George explained, "Our blessings have been great and we wanted to share." They made a list of their favorite organizations to include as primary and secondary beneficiaries on their donor advised fund. George said, "It was easy to do, and we worked closely with our financial advisor to achieve our goals."

George, who describes himself as a "tomorrow person," likes to think about the big picture. He encourages others to support CVT.



PHOTO PROVIDED BY GEORGE GOLDEN

"If your energy and caring meet a need in the world, go do it. Take your investment in CVT to the next level. You have the opportunity for your passion and involvement to change lives."

With his planned gift to CVT, George is a member of our Douglas A. Johnson Circle. He invites you to join with him to rebuild lives—it is never too early or too late.

Planning for Hope, Healing—and Your Legacy

A very special group of supporters—like George Golden profiled above—have stepped forward to help CVT in a significant and enduring way by naming the Center for Victims of Torture as a beneficiary in their wills and becoming members of the Douglas A. Johnson Circle.

The Circle was named for CVT's longstanding executive director, Douglas A. Johnson, as a tribute to his 24-year commitment to stopping torture in the world and to healing torture survivors. This new Circle was a fitting legacy to Doug's many contributions over the years—and a bequest may be a fitting way to carry out your own values and

philanthropic interests for many years to come.

Remembering CVT with a charitable bequest will bring you special recognition and benefits if you wish. But your greatest benefit is likely to be the powerful message of hope and healing that you will be sending to survivors of torture and their families—people who are rebuilding their lives after the inhumanity of torture.

If you'd like to learn more about the Douglas A. Johnson Circle or making a charitable bequest gift to support CVT's work, please contact Rachel Hughes by calling 612-436-4859 or by e-mail at rhughes@cvt.org.

Make a Difference in the Life of a Survivor

Your generous support brings healing to torture survivors worldwide. CVT welcomes all types of donations.

- **Monthly Sustainers** allow for ongoing planning and delivery of healing services.
- **Planned Giving** continues your legacy of support.
- **Gifts of Stock** support survivors while offering tax benefits to donors.
- **In-Kind Donations** of specific items improve the lives of survivors.
- **Tribute Gifts** celebrate events or memorialize loved ones.

Donate online at www.cvt.org, send a check to 649 Dayton Avenue, St. Paul, MN 55104, or call 1-877-265-8775 for other ways to give. Thank you for your ongoing commitment to healing the wounds of torture.



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