



The  
CENTER for  
VICTIMS of  
TORTURE

THE  
**storycloth**

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## Bringing healing to survivors where they live

In a garden outside of a small office building in Zarqa, Jordan, Iraqi children play safely, chasing each other and creating imaginary worlds. Older children keep an eye on their younger siblings. Inside, the parents receive the individual and group counseling they need to heal from their devastating experiences. Bringing healing to Iraqi refugees in Zarqa is possible because of a newly-created mobile unit and our commitment to working in the communities where torture survivors live.



CVT Jordan staff travel by van from the Amman office to Zarqa where many Iraqi refugees live. PHOTO © CVT

In 2008 we opened our office in Amman, Jordan, caring for Iraqi survivors who fled their country for safety. Refugees living in Zarqa, a 30-minute drive from Amman, also needed help, but public transportation between the two cities is limited and cost prohibitive. For women, cultural traditions also make it difficult for them to be away from home for an extended period of time.

Since December, CVT psychotherapist Angela Keller and a few psychosocial counselors have traveled by van from Amman to Zarqa three or four days a week to bring healing to the Iraqis living there. They spend a full day doing assessments and providing both group and individual counseling.

Local organizations that are also working with refugees have allowed us to use their space so we didn't need to find office space. Angela and the counselors bring posters, drawings, group guidelines, assessment materials and other supplies on each trip.

In the first four months, the mobile unit was able to help 45 Iraqis begin to heal from their tortured pasts. "The staff is really

busy and is planning the next round of counseling," said Paul Orieny, CVT international services clinical advisor. "Without the mobile unit, many people would continue to struggle by themselves."

### Kenya

Working in the refugee camps outside of Dadaab, Kenya, is particularly challenging because of the desert landscape and safety concerns. Yet the staff is finding unique ways to reach the survivors who are in need of care to heal from their torture and war trauma experiences.

The local counselors we have hired and trained have been reaching out to survivors within the camp. Through meetings with community leaders, the counselors are helping the leaders identify men and women who might be suffering and need extra care. In presentations to larger groups of refugees, the counselors explain the effects of torture and how the refugees can help themselves. The counselors, who are primarily refugees themselves, use CVT-purchased bicycles to travel to the CVT clinic on the edge of the

*See page 3*

Restoring  
the Dignity of  
the Human Spirit

### INSIDE

- 2 Letter from the Board Chair, Patti Andreini Arnold
- 4 Donor Profile: Kristine Hutchens Believes in Moving Mountains
- 4 Join Our Circle of Hope!

## Letter from the Board Chair

This month CVT welcomed Curt Goering as CVT's next executive director.

Curt comes to us after a nearly 30-year career at Amnesty International USA, most recently as its Chief Operating Officer. As COO, he managed the largest branch of this global human rights organization, significantly expanding its advocacy programs, membership and offices.

In addition to directing the day-to-day operations, he was involved in strategy development, public policy and planning, financial oversight and external relations. He chaired a global policy team based on five continents, leading to new research and advocacy policies. His experience has given him deep knowledge of international human rights and humanitarian issues.

During our search for a new executive director, Curt immediately impressed us as an accomplished and effective senior executive in a large international organization. He continued to impress us with his intelligence, passion and knowledge of the human rights movement.

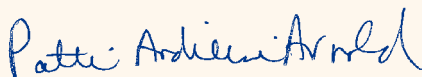
Over his professional career, Curt led a dozen Amnesty International missions including Afghanistan, Bosnia, Egypt, Israel, Lebanon, Iraq, Jordan, Taiwan, Turkey, and Tanzania.

In addition to his positions with Amnesty as a researcher, advocacy director for Europe and the Middle East, Senior Deputy Executive Director and Chief Operating Officer, he has assumed other assignments. For example, in 2009 he was asked to serve as an interim Head of the Gaza office for the UN High Commissioner for Human Rights.

We are thrilled that Curt will be leading CVT. Please join us in welcoming Curt this month.

And as always, thank you so much for your confidence and your investment in our work.

Sincerely,



Patti Andreini Arnold  
CVT Board Chair



**Patti Andreini Arnold**



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# Bringing healing to survivors where they live

*From page 1*

camp. By foot, walking though the camp can take more than an hour, so traveling by bicycle makes it easier for the counselors to reach out to survivors in need of help.

Consistent access to the camp has been challenging for all non-governmental organizations, including CVT. But our ex-patriot psychotherapists have been able to participate in the counseling groups through speaker phones. While the psychotherapists are now able to travel into the camp more regularly, they are continuing the mobile phone supervision so survivors can receive the help they so desperately need.

## Minnesota

In the Minneapolis-St. Paul region, survivors live scattered throughout the 1,000 square mile area. By creating community-based collaborations with refugee groups we can reach survivors where they live and help more men and women than our clinic allows.

Through the Healing in Partnership (HIP) project we're working directly with Somali, Bhutanese, Oromo and Karen refugees by partnering with local clinics and refugee-led groups to provide psycho-education groups. The groups are held in the St. Paul

communities where the refugees live, making it easier for survivors to attend. Through the process, refugees are learning the effects of torture and connecting with mental health professionals if they need more personal care.

## Uganda

Our work in Uganda trains and collaborates with local organizations caring directly for torture survivors. CVT psychologist Gabriele Marini works with three groups, coaching the staff on effective strategies for healing survivors. Gabriele travels to each center to mentor the Ugandan counselors side-by-side as they lead therapy sessions.

## The Democratic Republic of Congo

In the Democratic Republic of Congo (DRC) we're based in Moba in the southeastern part of the country that was a battle zone during the war. Many of the survivors, though, live in even more remote rural areas. Because no one has cars and very few people have bicycles, we travel to the villages to bring healing to the survivors in their own communities.

In the DRC, though, this means traveling 30-60 minutes one-way on rutted, dirt roads that flood during the rainy season. By foot,

the villages may be a few hours away, making it unfeasible for people to join a counseling group.

Erin Morgan is an international services clinical advisor who also worked in the DRC. Traveling on the rugged roads is "physically exhausting," she said. "Your muscles and bones ache." But to help people heal, a psychotherapist and several local counselors will crowd in the Toyota Land Cruiser and travel to various villages to lead counseling groups and provide individual counseling to those who need it. "You're reaching people who couldn't leave their fields or children to receive the help they need," said Erin.

Out in the communities, counseling groups may meet in classrooms or in CVT-built huts. "When we have groups in classrooms, we have to take breaks. It gets so hot that it's hard to concentrate," said Erin. Traveling to smaller communities requires that the staff bring supplies with them. For some groups held in classrooms, this means bringing plastic chairs so everyone can be more comfortable. "There's a real benefit to healing happening where people live," said Erin. "It restores not just individuals, but families and communities."



◀ Driver Sebastien unloads chairs off the CVT vehicle after a group session in a remote area of the Democratic Republic of Congo.

In Dadaab, Kenya, local counselors travel several kilometers by bicycle to reach out to survivors who need care. ▶





# Monthly Donor Kristine Hutchens Believes in Moving Mountains

Kristine Hutchens first stumbled across CVT on the internet a few years ago. But when she visited the new Web site again early this year and read the invitation to tour the St. Paul Healing Center, she was impressed. "The Web site is great, so I jumped in right away," she said. Kristine toured the restored Victorian home not once, but twice. This gave her more time to understand our local and international work and cemented her interest in supporting CVT.

Shortly thereafter, Kristine

decided to become a monthly donor. "The tour confirmed what I read on the Web site," said Kristine, who learned about our work with survivors in Minnesota, our international projects and the advocacy initiatives in Washington, D.C. "I find it rare for an organization to do both healing and advocacy," said Kristine.

Kristine's interest in becoming a monthly donor harkens back to a daily planner she had many years ago. The planner had a quotation that has stuck with her over the

years: "A man moves a mountain by first carrying small stones." The quote inspires her to tackle large issues with incremental actions such as making modest, monthly contributions to CVT. "Faithfulness over time has a powerful effect," she explained.

Kristine works with a nonprofit organization that monitors the bulk electrical grid, but finds her passion in social activism, songwriting, traveling and her faith. She's looking forward to contributing not just her money to CVT, but also her time as she finds ways to volunteer.



PHOTO © CVT

## Join Our Circle of Hope!

Through your ongoing support, you have made a significant difference in our ability to heal the wounds of torture—in torture survivors, their families and their communities—and we are grateful for your compassion and generosity.

Today we invite you to help CVT, and bring hope and healing to thousands of torture survivors worldwide in a very special way—by becoming a member of CVT's *Circle of Hope*.

In the first four months of 2012, over forty new CVT supporters—donors like Kristine Hutchens profiled above—have stepped forward to join our *Circle of Hope*. By making a gift to CVT each month, Kristine has joined nearly 300 other committed supporters providing a

steady stream of sustainer support.

Our *Circle of Hope* program is growing because people like you are able to make a modest gift of \$10, \$15 or \$20 each month. For less than a dollar a day, you can make an enormous difference in the life of a torture survivor and help to stop the use of torture. Monthly gifts can be made with an automatic credit card charge or via electronic fund transfers (EFT).

If you're able to join the *Circle of Hope*, please contact Ashley at 612-436-4892 or [agotreau@cvt.org](mailto:agotreau@cvt.org) right away. It's easy and convenient, and you can change or stop your monthly contribution at any time. Thank you for your continued commitment to CVT's mission of hope and healing.

### 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](http://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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