

confidentiality policy as other CVT staff.

Special projects and programs – If you wish, you will have the opportunity to participate in training or public policy activities at CVT. Your privacy will always be maintained.

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 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.

Directions

- Take I-94 (east or west) to the Dale Street exit.
- Turn south onto Dale Street and continue towards Dayton Avenue (one block before Selby)
- Turn right onto Dayton; it is a large yellow house midway down the block. There is ample street parking.
- Buses #21 and #65 run within one block of our facility.



The
CENTER for
VICTIMS of
TORTURE

Restoring the Dignity of
the Human Spirit

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. 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.

What to Expect

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.

Please, ask questions! This will help us to help you better. Tell us when you do not understand or are unhappy with something. The more we know about your needs, the better we can help you.

Sometimes family members have experienced torture, too. They are welcome to visit and learn more about CVT and the treatment you are receiving.

This is what you can expect when you come to CVT:

Initial Appointment

During your first appointment, we will ask you for some basic information and arrange other appointments with members of our staff.

We know that it may be difficult for you to talk about your experiences. We ask that you do the best you can.

Remember, the information you share with us will remain confidential. What you tell us will help us aid you in your recovery.

A psychotherapist will listen to what you want and expect from us. You will also meet with a social worker. Both of them will listen to you and tell you more about CVT. You will be registered for health insurance benefits.

Additional appointments will be made for you to meet with other staff.

General Medical Exam

Another staff person you will meet is one of our doctors. He or she will examine you 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.

Psychiatry

Another person you will see is the psychiatrist who carefully evaluates your symptoms. If you have problems with sleeping, anxiety or nervousness, the psychiatrist may prescribe medication to help reduce these symptoms.

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 are 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.

Nursing Care

Nurses at CVT will help with medications that the doctor may give you. Nurses 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.

Physical Therapy

You may be referred to a physical therapist. The physical therapist will help decrease your pain through exercise, relaxation and massage. The physical therapist may provide a special exercise plan that you can do at home.

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