



# THE SURVIVOR

## Museum of Man Partners with SURVIVORS on "Instruments of Torture" Exhibit



On Saturday, July 14, the San Diego Museum of Man in Balboa Park will unveil a new exhibit entitled "Instruments of Torture." In 2000, the museum had an exhibition about torture that focused on the history of torture and the physical implements used to inflict torture. This year the museum will present an expanded version that brings a new depth of understanding and humanity to an issue that risks being sensationalized or presented as grim and inevitable.

The Museum of Man refers to itself as "...the place to go to learn about each other, to reflect on our place in the world, and to build a better community." So when planning this exhibit, the museum approached SURVIVORS and asked for help in creating a context for presenting a serious, compelling, and challenging exhibition about torture.

As a result of this collaboration, the exhibit will recognize the disheartening fact that the ones who wield these terrible instruments are people, who

thereby can themselves become instruments of torture. Questions will be raised about how many of us might be capable of torturing others and how hard it is to defy authority.

The exhibit will also celebrate the undeniable truth that humans have the capacity for compassion and justice. When empowered and hopeful, people have the very qualities necessary to put an end to torture. This exhibit will therefore present visitors with inspiring stories and a range of actions they can take to make a difference.

The exhibit, which will leave San Diego in July of 2013, will be the newly expanded version. SURVIVORS is honored and excited to be a co-creator of this ground-breaking endeavor that will raise awareness and provide education about torture and its consequences to tens of thousands of people as it travels to other museums across our country.

San Diego Museum of Man  
1350 El Prado, Balboa Park  
San Diego, CA 92101  
(619) 239-2001

Open daily: 10 am to 4:30 pm •

## Training Colleagues About Youth Torture Survivors

SURVIVORS' senior mental health clinician, Trish Hilliard, recently presented SURVIVORS' work with youth torture survivors at the 2012 National Capacity Building Project Institute: Child and Family-Focused Torture Treatment Services. The conference, held in North Carolina, provided an overview of the field of child trauma, emerging trends, and best practices for treatment of youth and families. It was attended by representatives from agencies nationwide that provide torture treatment.

Hilliard presented the work that SURVIVORS is currently doing with youth ages 2-18, in partnership with local school districts. "It was an honor to learn from other colleagues and to share vital information on the unique needs of our younger clients and the importance of working in conjunction with school personnel to provide our clients with the specialized care they need. There is very little research conducted on youth torture survivors," said Hilliard. •

## SURVIVORS' Board Member Wins Prestigious Inge Genefke Award

Dr. Jim Jaranson, SURVIVORS' board member, was recently awarded the prestigious human rights Inge Genefke award. This award is given every other year to a person for her/his outstanding work in the global fight against torture. Named for Dr. Inge Genefke, a Danish physician and trailblazer in the torture treatment field, the award cannot be applied for, but is given by the decision of the Anti Torture Support Foundation's board. This year's recipients were both Drs. Jim Jaranson and Jose Quiroga of the Program for Victims of Torture in Los Angeles.

Jaranson, a board-certified physician in psychiatry and general *Genefke Award, continued on page 3*

### Mission Statement

#### Survivors of Torture, International:

- Facilitates the healing of torture survivors and their families;
- Educates professionals and the public about torture and its consequences;
- Advocates for the abolition of torture.

## Helping Survivors Heal Fundraising Luncheon

On Tuesday, September 12, 2012, SURVIVORS will host a one-hour, inspiring fundraising luncheon to raise unrestricted operating funds to continue SURVIVORS' healing services for torture survivors.

Please contact Suzanne at 619-278-2421 or survivors@notorture.org if you would like to be involved or to attend. •

## June Is Torture Awareness Month

By Jeanette Barrack, board chairperson, and Kathi Anderson, executive director

As a mission-driven organization, SURVIVORS seeks to educate the public and professionals about torture and its consequences.

Today we are asking you to help us. June is Torture Awareness Month, and the United Nations has proclaimed June 26th as the International Day of Support of Torture Survivors. As a result there will be more stories in the media about torture than at other times of the year. How can you participate in this month of torture awareness?

- Ask your member of Congress to vote to reauthorize the Torture Victims Relief Act which provides essential funds to torture treatment centers. If your representative has cosponsored the bill (HR 2404), be sure to thank him or her.
- Ask your friends to contact their legislators about TVRA.
- Learn more about the services and programs at SURVIVORS by attending one of our Journey to

Healing tours. Learn about the reality of torture and be inspired by the stories of those who work for a more humane future. And invite a friend to come with you.

- Plan to see the "Instruments of Torture" exhibit at the Museum of Man (see article on page 1).
- Request a speaker from SURVIVORS to talk at your book club, faith community, alumni association, or other group. Contact our office to schedule this.
- Strive to create a more welcoming community for survivors of torture.
- Visit our website at [www.notorture.org](http://www.notorture.org)
- Donate in June in honor of a torture survivor.

As always, we value and honor your interest and support as we work together to serve our clients and educate the wider community about torture and its consequences. •

*Survivors of Torture, International's*

### Board of Directors

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## About Us

### Survivors of Torture, International

Survivors of Torture, International was incorporated in February 1997 in response to a need in our community to bring assistance to the segment of the population that struggles with the wounds of politically motivated torture. It is estimated that at least 11,000 survivors of torture live in San Diego County and 500,000 live in the United States. Torture survivors may be left with lifelong physical and mental health problems if not treated by trained professionals.

Since 1997, SURVIVORS has engaged a caring network of professionals — board members, interpreters, therapists, physicians, dentists — and all of you in the community who give support and encouragement in many ways. Your support enables us to help torture survivors rebuild their lives. Treatment helps survivors heal, reconnect with their families, go back to school, and find employment.

**Eighty-nine cents of every dollar raised goes directly to SURVIVORS' programs.**

Our Federal Tax ID Number is 33-0743869. Learn more at [www.notorture.org](http://www.notorture.org). •

## Contact Information

### Survivors of Torture, International

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**Alexey Kirillov** / *Finance Manager* / P: 619.278.2406 / [akirillov@notorture.org](mailto:akirillov@notorture.org)

**Ramsey Salem**, MPH / *Medical Services Coordinator* / P: 619.278.2412 / [rsalem@notorture.org](mailto:rsalem@notorture.org)

*Genevke Award, cont. from page 1*

preventative medicine, as well as decreed in public health, has made great contributions to the field of rehabilitating torture survivors. He co-chaired the Section on the Psychological Consequences of Torture and Persecution of the World Psychiatric Association, represented the United States on the International Rehabilitation Council for Torture Victims, and served on the board of directors of three torture treatment centers, including SURVIVORS.

Jaranson was principal investigator of an NIMH-funded epidemiology project surveying torture and violence in the Somali and Oromo populations in Minnesota, where he was also director of medical services at the Center for Victims of Torture in Minneapolis for 12 years.

Jaranson has written and lectured on many aspects of the care of torture survivors and has worked in cross-cultural mental health settings since medical school. He is first editor of the book, *Caring for Victims of Torture*, published by American Psychiatric Press in 1998.

"I was very surprised and honored to get this award. It has previously been given to recipients in developing countries where torture is prevalent: Turkey, Peru, Zimbabwe, and the Philippines. It has never been given to North Americans before," said Jaranson. This fall he will attend a ceremony in Europe to accept the award. •

## Healing Club at Sea

Clients of all ages, interns, and a staff member recently enjoyed an outing to Sunset Cliffs in San Diego. Taking advantage of the low tide, the group hiked down to the tide pools to explore and see creatures that live in the ocean. It was the first such trip for one of our client families, even though they have been in San Diego for over a year.

"We really enjoyed our hike so much. Our children are still talking about a big ocean, birds, swimming people, small insects, apples, and so on." The family says that they will be sure to attend all future hiking trips, and they requested copies of all the pictures from the trip, as they had no pictures together as a family. •

*SURVIVORS' Healing Club explores Sunset Cliffs in San Diego*

## ~Giving and Healing~

One of the most enduring ways in which psychological distress frequently impacts us is by limiting our capacity to help others. Our own traumas and struggles may leave us feeling empty and drained. We find that we have no energy to give to anyone. Yet, if we can somehow nudge ourselves to turn our senses outward and "look" at others, we may find that others may be in greater need and that human distress is a common condition.

Opening the door for someone in the grocery store, extending a helping hand to your neighbor, volunteering for a good cause or making another person laugh are all ways of giving something to others. By doing so, you can build on positive energy and mitigate some of the negative energy around us and inside of us. Helping another person on a small scale, if done with self-awareness, can often connect us to our own resourcefulness and revitalize aspects of ourselves that we may have discounted or forgotten. Being a support to someone else in need can take our mind off our own pain, even if temporarily, and it can help connect us with another human being. Find a simple way to help others, which in turn can help your own healing. •

## The Healing Corner

### A Young Woman Rebuilds Her Life

Mina\* is a young woman who faced danger in her home country of Iraq. She graduated from the university in Iraq and married a year later. Her husband worked as a subcontractor with an American military reconstruction team to rebuild schools and roads in Iraq. After Mina was married, her parents left Iraq to find a safer life in Egypt. Then Mina's husband was kidnapped in Falluja by insurgents and murdered due to his work with American troops.

Mina, now alone without any assistance, began to receive threatening phone calls. To escape the threats, she changed her residence more than four times, including to neighboring Jordan where she worked hard just to survive. But later she was not permitted to continue working there due to residency issues. "I was totally frustrated and alone, can't do anything," she said. "I had only the mercy of God." She

could not join her family in Egypt as, at that time, the Egyptian authorities were not allowing any more Iraqis to enter the country. She returned to Iraq to work and survive, fearing that she would never see her family again.

In Egypt, her extended family had applied through the United Nations for refugee status in the United States. Their application was finally approved. After her father arrived in the United States, he worked with many organizations that help newcomers and refugees to resettle. He also worked with Catholic Charities and Survivors of Torture, International to approach Representative Duncan Hunter's office to help with his family reunification, after four long years of separation. Ultimately, Mina was accepted into the United States as a refugee and was approved to come to the United States on the same day as her birthday. "I am born again to life on this day," she said. "I am telling my story to show the people, whenever there is hope, there is chance to have new life."

Mina and her family continue to receive services from SURVIVORS for help with medical needs and to make their way in this new country. "I appreciate all the good efforts of different people to bring the smile again to me and my family." •

*\*Name changed to protect client's privacy*



## Client Demographics

**39** new clients were served  
Jan 1, 2012 - April 30, 2012

### Geographic Origins

Africa	14
Asia	4
Eastern Europe	0
Latin America	3
Middle East	18

Ages	Gender	
0-20	12	Males 26
21-30	15	Females 13
31-40	5	
41-50	2	
51-60	5	
61 +	0	

## SURVIVORS' Medical Evaluation Room Gets a Make-Over

*Medical Evaluation Room before and after*



SURVIVORS was recently granted funding by the San Diego County Employees Charitable Organization (CECO) to make some much-needed

## SURVIVORS Welcomes New Board Member Patrick Maigler



Pat Maigler joined the SURVIVORS' board of directors in December, 2011, and is currently a senior implementation consultant for a software development company. In addition, he has worked in a broad range of industries, managing projects, systems, and teams.

He earned his BA in mechanical engineering from Rice University

and an MBA from San Diego State University. Pat seeks to improve processes, systems and communication by collecting and analyzing data. He has analyzed and organized diverse and vast data sets in order to drive improved performance in areas including clinical outcomes, investment portfolios, call center efficiency, marketing promotions, and network transmission.

"Survivors of Torture, International gives its clients what they need and fills a void that no other organization serves. I am honored to have the opportunity to collaborate with the talented, knowledgeable and inspiring board, staff and clients. I hope that I can help SURVIVORS to grow and serve as an international model for healing and helping survivors of torture and their families," said Maigler. •

## SURVIVORS Says Farewell

SURVIVORS' medical case coordinator, Ramsey Salem, will be leaving SURVIVORS at the end of June to pursue a career in medicine. After working at SURVIVORS for five years and assisting hundreds of clients with their medical needs, Ramsey will be attending medical school. "I am very excited to begin this phase of my career," he said. "I am grateful to SURVIVORS and all of our wonderful clients, volunteer physicians, and other providers. Our clients are amazing people from all over the world, and it has been a privilege to help them in their heal-

ing. I am also grateful to the physicians who volunteered their time to help our clients. I have gained valuable insights into providing medical services to this often overlooked population. I look forward to bringing my knowledge to the medical field and to making a large impact on patients, including those who may be torture survivors."

SURVIVORS is in the process of hiring a new medical case manager. We wish Ramsey the best of luck and look forward to working with him in the future—as one of our pro bono physicians! •

improvements to our medical evaluation room. This room is used by our pro bono physicians to exam our clients' physical scars and injuries resulting from torture. A medical affidavit is then created to be used in their asylum case.

This CECO grant allowed us to purchase a used evaluation table, medical monitoring equipment, a camera to document scars and

injuries, chairs, a stool, lamp, privacy screen, and filing cabinet. The response from our clients and pro bono physicians has been very positive. "We are thrilled to provide an examination room at the standard that our pro bono physicians and our clients deserve," said Kathi Anderson, SURVIVORS' executive director. •

## Action Update: Your Help Is Still Needed to Ensure the Reauthorization of the Torture Victims Relief Act

The Torture Victims Relief Act (TVRA) provides urgently needed funds for torture rehabilitation programs in the United States and abroad to help torture survivors heal from their trauma and rebuild their lives with dignity and respect.

In February, SURVIVORS and other members of the National Consortium of Torture Treatment Programs visited members of Congress to advocate for the passage of the TVRA. The bill has made progress in the past several months, gaining five additional co-sponsors as of this printing. SURVIVORS would like to recognize and thank assembly member Rep. Christopher "Chris" Smith [R-NJ4] for sponsoring the TVRA. In addition, many thanks go to the 12 assembly members who have co-sponsored the TVRA. Please join us in advocating for continued support of this important work by contacting

your representative to reauthorize the TVRA.

If your assembly member is cosponsoring the TVRA, please thank him or her for supporting this important legislation. If your legislator has yet to cosponsor it, please write or call him or her.

Text for a sample letter urging him or her to cosponsor H.R. 2404 is available online at [www.notorture.org/get\\_involved.php#advocate](http://www.notorture.org/get_involved.php#advocate).

If you call, introduce yourself and tell the office that you are from the representative's district. State that you would like your representative to cosponsor H.R. 2404, the Torture Victims Relief Reauthorization Act of 2011, which authorizes funds for torture rehabilitation programs in the United States and abroad.

Need the contact information for your federal representatives? Check with the League of Women Voters by visiting [www.lwv.org](http://www.lwv.org).

### Current Co-Sponsors of the Torture Victims Relief Act (TVRA)

- Sponsor: Rep. Christopher "Chris" Smith [R-NJ4] (introduced Jun 28, 2011)
- Rep. James "Jim" McGovern [D-MA3] (joined Jun 28, 2011)
- Rep. Keith Ellison [D-MN5] (joined Jul 29, 2011)
- Rep. Jesse Jackson [D-IL2] (joined Jul 29, 2011)
- Rep. Betty McCollum [D-MN4] (joined Aug 12, 2011)
- Rep. Luis Gutiérrez [D-IL4] (joined Sep 15, 2011)
- Rep. Tammy Baldwin [D-WI2] (joined Dec 19, 2011)
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- Rep. Janice "Jan" Schakowsky [D-IL9] (joined Apr 16, 2012)
- Rep. Gus Bilirakis [R-FL9] (joined April 27, 2012)



Members of the National Consortium of Torture Treatment Programs convened for the national conference and met with legislators on behalf of torture survivors in Washington, D.C., in February.

## Book Review: *Calm, Clear, and Loving* by Mitchell D. Ginsberg —Former SURVIVORS' Therapist

Soft and gentle in its tone and tenacious in its endeavor, *Calm, Clear and Loving: Soothing the Distressed Mind, Healing the Wounded Heart* is a winding journey through many of the mind's experiences and life's struggles as understood within the psycho-spiritual framework. The book is relevant for clinicians, healers and anyone who is interested in placing human distress (especially as suffered in abuse or trauma) on the continuum of health and self-actualization.

Utilizing an interdisciplinary lens and clearly an experiential knowledge of principles of consciousness studies, Dr. Ginsberg expresses an understanding of the mind or "vibrant consciousness" in its many ebbs and flows. Through that understanding he has offered practical applications for healing. Readers may find that the mere range of topics and explications of those topics through essays, narratives and poetry can be sometimes overwhelming. Yet, one cannot argue that one needs to keep coming back to this book since it reveals something more every time it is revisited.

At its very best, the book offers hope about the healing power of the mind even in its darkest moments. For some of us that alone might be a reason to keep it at one's bedside. That, and also because Dr. Ginsberg has written this book not only with a sharp brilliance but also a loving soul.

In a day and age where medical researchers are examining ways of being able to permanently delete traumatic memories from the brain, such books are a much needed reminder for us to pause and reconsider the dangers of meddling with human consciousness and underestimating its transformative powers.

## Organizations That Financially Support SURVIVORS



*Alliance Healthcare Foundation*  
*American Immigration Lawyers Association, San Diego Chapter*  
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*Price Family Charitable Fund*  
*Qualcomm Matching Gift Program*  
*San Diego County Employees Charitable Organization (CECO)*  
*The Center for Victims of Torture*  
*The Kroger Company (Ralphs)*  
*The William H. Donner Foundation*

*Thrivent Financial for Lutherans Foundation*  
*United Nations Voluntary Fund for Victims of Torture*  
*U.S. Department of Health and Human Services, Office of Refugee Resettlement*  
*Weingart Foundation*

We are grateful for your generous support. These lists cover support received **January 1 - April 30, 2012**. We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized. (Please contact us at 619-278-2400 with corrections.) •

*Thank you to all of our community supporters who donate their time, skills, and goods*

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SURVIVORS is now accepting donations. Use the enclosed envelope, visit our website at [www.notorture.org](http://www.notorture.org), or contact us at 619-278-2400 to make a financial donation or to donate your time, services, or goods. Thank you for your support!

### Organizations

<i>DLA Piper</i>	<i>Single Marine Program, Marine Corps Recruit Depot, San Diego</i>	<i>Sigma Theta Psi Sorority</i>
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### Thank You to DLA Piper

Survivors of Torture, International is proud to partner with DLA Piper for pro bono legal assistance with transactional actions. DLA Piper is a global law firm with 4,200 lawyers located in 31 countries and with 77 offices throughout the Americas, Asia Pacific, Europe and the Middle East. DLA Piper's approach to pro bono is consistent with the firm's vision to be "truly local, truly global."

"I was thrilled to be approached by DLA Piper in San Diego for a partnership to assist us with our legal needs," said Kathi Anderson, SURVIVORS' executive director. "We are grateful for the legal expertise that DLA Piper can offer us in any contractual agreements or other related legal assistance that we may need." •

### SURVIVORS Accredited by BBB

SURVIVORS is proud to have met the 20 standards of charity accountability by the BBB. According to the BBB website ([www.bbb.org](http://www.bbb.org)), the BBB Wise Giving Alliance Standards for Charity Accountability were developed "to assist donors in making sound giving decisions and to foster public confidence in charitable organizations." "As part of our commitment to our supporters to be transparent, we are proud to be accredited by the BBB," said Kathi Anderson, executive director of SURVIVORS. •

## Healing Society Members

Members of the Healing Society make generous five-year pledges

### Advocate Level (\$1,000 - 4,999 per year)

*Kathi Anderson & Jesse Rivera*

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*Thank you to all of our  
financial supporters!*

Because of you, survivors are rebuilding their lives. We are grateful. **These lists cover the period of January 1 - April 30, 2012.** We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized. (Please contact us at 619-278-2400 with corrections.)•

## Thank You to SDSU ISCOR Interns



*Left to right: Erin Little, Professor Allen Greb, and Francis Valiente pause at Topkapi Palace in Istanbul as part of a study abroad program in Turkey.*

SURVIVORS would like to thank Francis Valiente and Erin Little for completing internships at SURVIVORS as part of the International Security and Conflict Resolution (ISCOR) program at San Diego State University (SDSU). Each intern must complete a 150-hour internship as part of his studies. "ISCOR is a unique interdisciplinary major at SDSU that requires students to view and critically analyze global issues from many different perspectives. Real world experience is key to this process. SURVIVORS is a particularly good internship experience for our students because it brings home to them in a very dramatic fashion the universal problem of persecution of individuals across the globe. Students work to help empower torture survivors to reclaim their lives," said Professor Allen Greb, director of ISCOR.

Francis and Erin helped SURVIVORS with a wide variety of activities, including representing SURVIVORS at community fairs, completing research for grants, and providing transportation for clients.

"I studied about oppressive regimes at school and the brutality they inflict on the populaces. What we do here at SURVIVORS is very important and changes the lives of those who go through our doors. Contributing to this cause makes me think about pursuing a career that is dedicated towards human rights and international law," said Francis.

"My goals after graduation include backpacking the Middle East or South America. I also plan to pursue graduate school in Istanbul, Turkey, where I studied abroad last summer."

Erin said he especially loved the contact he had with clients. "Whether it was helping with transportation needs or going on a picnic excursion at the beach, the time I've spent with clients doing things many people normally take for granted has been memorable," said Little. "As for future plans, I'm undecided but I do know that I want to take some time to travel. My short list of places to visit is Guatemala, Peru, going back to Guam to see my family and of course revisiting Istanbul. •

## Abdi Comes Back to a Welcoming Place

When Abdi\* first came to SURVIVORS more than six years ago, it was because his lawyer needed a psychological evaluation and a medical affidavit to win his asylum case. He had fled for his life to the United States after a very terrible and dangerous situation in his country in East Africa. "After one year, my case was won, and I found a job." Several years passed and Abdi continued working and tried not to think about the past.

"I thought it was done, but if you are still grieving, you need help," said Abdi. Then, last year, Abdi lost his job. "I had savings to last me several months, but after that I could no longer afford my apartment." Abdi wasn't sure where to turn. Now homeless, he knew things couldn't continue like this. He was taking college classes and somehow his classmates were unaware of his situation.

"I don't know what made me think to come back to SURVIVORS. I wasn't sure if I could still come back after so long." Abdi felt ill at ease when he walked in the door. "The faces I saw were new, and I didn't know where to start." But then a staff member offered him water, asked how he could help, and said he understood what he was going through. "I immediately felt comfortable." The staff helped Abdi find food, clothing, a bus pass and plans for shelter. "I am seeing a therapist as well. It is so helpful to talk to someone who can listen to me. I don't know how I could have continued going to school without SURVIVORS' help and my bus pass. I have a GPA of 3.8," he said with pride. Abdi is looking forward to sleeping at a local shelter and to finishing school. He very much would like to find work in the hospitality industry and is working with employment professionals through SURVIVORS. "I would tell other clients to definitely come back if you need help. Now I feel so much better, more balanced. I am not by myself. I have people who understand, and that helps me cope with what I'm going through." •

*\*Name changed to protect client's privacy*

## SURVIVORS' Wish List

- Tickets to outings or events for clients
- Volunteer drivers to take clients to appointments
- Blank books or journals for our client writing group
- Licensed Mobile Massage Therapist
- Arrangements for speaking engagements at your organization, church, club, etc.
- "Ambassadors" to help us invite people to our Journey to Healing tours
- Specialist dentists (probono)
- Clinicians, especially in East County of San Diego (psychologists, LCSWs and MFTs)
- Owning rather than renting space for our programs & services

Please contact Suzanne if you can help at 619-278-2421 or sbacon@notorture.org.

## The Strength to Survive. The Power to Heal

Upcoming Journey to Healing Tour Dates:

- Wednesday, June 20, 5:30-6:30 p.m.
- Tuesday, July 3, 8:00-9:00 a.m.
- Wednesday, July 18, 5:30-6:30 p.m.
- Tuesday, July 31, 5:30-6:30 p.m.

For more information go to [www.notorture.org/events](http://www.notorture.org/events) or call 619-278-2400.

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