

“When I first came to the Center I felt that my family and I were drowning at sea. The Center has been like a ship that carried us to the beach where we could restart a new life.”

*Beneficiary of the TRTC*

## Who We Are

The Wchan Organization for Victims of Human Rights Violations is a Kurdish-Iraqi independent, non-governmental, and non-profit human rights organization that works to oppose all human rights abuses related to torture, genocide, war, and gender-based violence.

The Trauma Rehabilitation and Training Center (TRTC) is the main program of the Wchan Organization and works to rehabilitate survivors of such human rights abuses through the provision of services, such as case management, psychiatric, and psychological assistance.



## What is Torture?

Torture and ill-treatment, is the intentional infliction of severe mental or physical pain or suffering by or with the consent of state authorities for a specific purpose. During armed conflict, other actors may also inflict torture.

Torture is often used to punish, obtain information or a confession, to take revenge on a person or persons, or to create terror and fear within a population, as described by IRCT.

Torture and ill-treatment, in all its many forms, very often have long-lasting physical and particularly psychological consequences for victims, these often include anxiety, depression, and PTSD.

Torture is a crime under both national and international law.

## Trauma Rehabilitation and Training Center

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## Trauma Rehabilitation and Training Center A Place of Rest and Start a New Life



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## How TRTC's services can be accessed:

- Through direct contact such as former or ongoing clients
- Through individual professionals such as Psychiatrists, Community Mental Health Workers, Psychologists and Social Workers
- Through Ministry of Health, Ministry of Labor and Social Affairs, Ministry of Martyrs and Anfal Affairs, local and international NGOs, Prisoner Associations, Women's Unions, and Women's Shelters



## Services of the TRTC

### Direct Services

#### Mental Health

- o Individual, family and group psychotherapy
- o Psychiatric services through assessment and medication *if* needed

#### Medical Care

Primary care and medical treatment by medical professionals trained to work with survivors of torture and other trauma and specialized services through referral.

#### Case Management

Based on individual needs, the center provides referrals for clients in order to access community resources including public benefits, employment food, transportation and legal services.

#### Training

TRTC's qualified staff regularly run training courses in collaboration with Ministry of Health as well as schools and universities for psychiatrists, physicians, nurses, medical staff, psychologists, and social workers. TRTC also trains new staff and students on psychosocial skills in order to work effectively with survivors of torture and other trauma.

## Rebuilding Trust, Restoring Hope

TRTC opened its doors in 2008 to help survivors of torture or other severe human rights abuses overcome the trauma they experienced. This includes war trauma, such as those who survived the Anfal genocide as well as other war trauma. TRTC also works with survivors of gender-based violence including domestic violence and survivors of self-immolation.

Survivors often suffer from complex symptoms secondary to their trauma, including anxiety, sleep problems, distrust, sadness, flashbacks, memory problems, intrusive thoughts related to the traumatic event, as well as physical ailments.

#### Client-focused, Community-based

Survivors work with staff and volunteers to identify their needs so that they can begin to overcome the obstacles to healing. TRTC provides a safe and supportive environment where the survivor can break the cycle of fear and isolation, and reconnect with a caring community.

#### Cross-cultural and Multi-disciplinary

TRTC customizes services to work with people from different ethnic and religious communities throughout Iraq. The center offers a comprehensive array of services to help survivors rebuild their lives.