

The National Capacity Building Project HealTorture.org Resources

Below is a selection of training resources for staff at survivors of torture treatment programs and refugee-serving agencies who are new to working with torture survivors, developed by the National Capacity Building Project at the Center for Victims of Torture. All resources and materials are available on HealTorture.org.

Psychological Services

Group Work with Survivors of Torture: Engaging Communities

In the first session of this two-part webinar, our experts discuss the best practices in providing group work with survivors of torture in both an organization-based and community-based setting. In the second session we look how these interventions take place in real world setting; including the challenges and pitfalls.

- Group Work with Survivors of Torture: Engaging Communities
- Group Work with Survivors of Torture: Engaging Communities e-Consultation

Group Treatment with Survivors of Torture

This 3-part series features three torture rehabilitation programs that are conducting group treatment, within Judith Herman's three-staged framework - as written about in her book, Trauma and Recovery. Links to each of the sessions is below:

- Group Treatment with Survivors of Torture 1 The Orientation Group: PSOT's Approach to Welcoming and Further Resourcing
- Includes link for the "Bellevue/NYU Program for Survivors of Torture Orientation Group 4-Week Group Therapy Manual for Clinicians" This manual contains a brief FAQ on interpreters.
- Group Treatment with Survivors of Torture 2 Stage Two Remembrance and Mourning
- <u>Group Treatment with Survivors of Torture 3 Reconnecting Survivor Communities at the International</u> Institute of Connecticut

Social Services

Case Management 101 video series:

- <u>Client Boundaries</u>: This video defines boundaries and their role in the professional setting, identifies
 five categories of boundaries, recognizes common boundary violations, and establishes best practices
 to use in setting and maintaining boundaries.
- Writing Case Notes: This video includes what case notes are and why good case notes are important, what makes a good case note, provides a structure for writing good case notes, and introduces the concept of the mental status observation.

Strengthening Case Management webinar series:

- The Value of the Therapeutic Dimension: While this webinar does not advocate that case managers become therapists, it suggests they adapt psychoanalytic theory to their jobs in order to promote "empathetic connections" and "safe spaces" in their relationships with clients. As such, this webinar is intended for case managers and their coworkers.
- Containment with Clients: This webinar is intended for case managers who work with clients that are unable to control their emotions during stressful situations.
- Case Management and the Suicidal Client: This webinar is designed for case managers who work with clients who have attempted suicide or expressed suicidal ideation. Case managers should also be prepared to identify risk factors, protective factors, and become familiar with basic suicide intervention skills.
- Introducing Narrative Concepts: Using narrative concepts, case managers can use therapeutic questioning to help clients recognize and reflect on their current problems and to empower clients to reexamine and reframe their lives.

Assessment

Enhancing Empathy by Measuring Torture Symptoms with Survivors

This webinar focuses on the range of screening tools available to clinicians working with survivors of torture and how they can be used to improve clinical practice, improve evaluation practice, and enhance the capacity for empathy in their work. A list of screening tools is included in the Resources section on the webinar page.

Holistic Care Planning

This eLearning module is part of the Fundamentals of Providing Services to Torture Survivors online course available on HealTorture.org. You must sign in as either a member of HealTorture.org or as an eLearning subscriber to access this module.

<u>Survivors of Torture Integrated Care Continuum (SOT-ICC)</u>

The Survivors of Torture Integrated Care Continuum instrument (SOT-ICC) is a self-assessment of integrated care practices and systems designed for programs delivering services to torture survivors.

Evaluation

Planning, Evaluation, Monitoring and Research eLearning Series

This five-lesson series, developed by CVT's Partners in Trauma Healing (PATH) project in collaboration with the National Capacity Building Project (NCB), explains Planning, Monitoring, Evaluation, and Research (PMER), giving participants a shared understanding of the basics of PMER. You must sign in as either a member of HealTorture.org or as an eLearning subscriber to access this series.

Self-care

Healthy Organizations: Beyond Individual Self-Care

Burnout, secondary trauma, vicarious trauma, and compassion fatigue may be intimately familiar to clinicians, but they can also intersect in ways that seriously impact organizations. Torture affects us all. How do you stay healthy while doing this work? What organizational mechanisms and policies should be in place to promote wellness? What tools are available to measure organizational health?

Working With Survivors of Torture - The Mind-Body Connection

Many clients seen by programs that work with survivors of torture experience chronic pain, anxiety, and other symptoms long after their traumatic experience. This two-part mini-course focuses on the role of the mindbody connection in the treatment of survivors of torture in both individual and group settings.

- Working With Survivors of Torture The Mind-Body Connection
- Working With Survivors of Torture The Mind-Body Connection: eConsultation

Legal

Who Is a Torture Survivor: Understanding the Legal Definitions of Torture

This webinar concentrates on the legal frameworks of the U.S. and U.N. definitions of torture, as well as the refugee definition. It includes examples to illustrate cases that rise to the level of torture and cases that do not.

Psychological Issues and Techniques in Navigating the Asylum Process

This measured impact webinar is designed to help mental health service providers understand the important role they can play in the successful adjudication of the asylum process for traumatized migrant population and how to navigate the complex issues that can arise in providing these services.

Boundaries in the Electronic Age

This webinar examines ethical and professional practice issues related to the evolution in methods of communication in our electronic age.

Fundamentals of Providing Services to Torture Survivors eLearning

Fundamentals of Providing Services to Torture Survivors eLearning

This self-directed online learning course provides a basic foundation in the knowledge and skills required to provide effective services to torture survivors. The lessons are directed toward staff members who are recently hired or new to working with torture survivors and are currently providing direct services to torture survivors. You must sign in as either a member of HealTorture.org or as an eLearning subscriber to access this series.

To find out how to become an eLearning subscriber, or a member of HealTorture.org, you can click here.