



The
CENTER for
VICTIMS of
TORTURE

with



Harvard
Program
in Refugee
Trauma

ORR - SOT ANNUAL COMMUNITY OF PRACTICE SYMPOSIUM

**“LEADERSHIP BY EXAMPLE:
RE-ENERGIZING YOURSELF TO
BETTER SERVE YOUR COMMUNITY”**

Thursday, September 15th, 2022

10:00am to 6:00pm ET; 9:00am to 5:00pm CT; 7:00am to 3:00pm PT



© Joe Bartholomew, 2007, “Perspectives, Three”

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Thursday, September 15th, 2022

Convened by The Center for Victims of Torture and The Harvard Program
in Refugee Trauma; Supported by The Office of Refugee Resettlement.

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© Nitin Chandra - Bar-headed Goose - *Anser indicus*
One of the highest fliers in the world, they have been recorded at heights over 7,000m.

About Community of Practice Groups

A Community of Practice (CoP) is a group of persons who share a common interest and a desire to learn from and contribute to the community with their variety of experiences. These persons are intentionally committed to learning new skills, information, and knowledge within a model of dialogue and discussion.

- CoP groups have a shared empathic horizon that aims to achieve support among groups members who share new ideas, policies, and plans in a professional environment.
- The ultimate aim is to foster greater goodness, beauty, and justice in the workplace, and the world.
- For our purposes, the CoP groups will be focused on mutual learning through case-based discussions. Specifically, this model is based upon *co-constructed learning* - **everyone has something to share; and everyone has something to teach.**
- The group process relies on the group members willingness to reflect and exchange ideas. This process has been demonstrated that new ideas and strategies emerge, as close relationships develop among participants.

CoP Symposium Schedule*

10:00AM – 10:15AM	Welcome and Greetings by Dr. Richard F. Mollica, Tim Kelly, Huy Pham, and Eugene F. Augusterfer
10:15AM – 11:30AM	<i>Lecture 1 - Exemplary Leadership: Lessons Learned from History and Contemporary Times</i> By Dr. Sanjiv Chopra
11:30AM – 11:55AM	Q+A 1 - Discussion on Leadership
11:55AM – 12:20PM	Break
12:20PM – 1:35PM	<i>Lecture 2 - Reimaginings: Storytelling and Poetry for Navigating Loss and Hope</i> By Ms. Merna Hecht
1:35PM – 2:00PM	Q+A 2 - Discussion on Storytelling and Poetry
2:00PM – 2:45PM	Lunch Break
2:45PM – 4:15PM	Break-out Room Discussion - Theme: <i>How to re-energize your SOT program(s)</i> ; Led by CoP Group Discussion Facilitators
4:15PM – 5:45PM	Group Discussion: Report Key Points from Break-out Rooms - Led by Dr. Richard F. Mollica and Eugene F. Augusterfer
5:45PM – 5:50PM	Evaluation – Live Polling
5:50PM – 6:00PM	Concluding Remarks

*Times are listed in Eastern Time.

Symposium Presenters



Sanjiv Chopra, M.D., MACP, FRCP (London)

Sanjiv Chopra, MD, is Professor of Medicine and served as Faculty Dean for Continuing Medical Education at Harvard Medical School for 12 years. He serves as a Marshall Wolf Distinguished Clinician Educator Brigham and Women's Hospital.

Dr. Chopra has more than 170 publications and ten books to his credit. He is Editor-in-Chief of the Hepatology Section of UpToDate, the most widely used electronic textbook in the world subscribed to by more than 1.5 million physicians in 195 countries.

He is a sought-after inspirational speaker across the United States and abroad, addressing diverse audiences on topics related to medicine, leadership, happiness, and living with purpose.

He has received numerous rewards, including:

In 2003, The *American Gastroenterological Association Distinguished Educator Award* was bestowed upon him.

In 2009, he was elected as a *Master of the American College of Physicians*, a singular honor bestowed to only a select few individuals for being "citizen physicians, educational innovators, scientific thinkers and humanists who inspire those around him or her and sets the standards for quality in medicine."

In 2021, he was bestowed *Fellowship to the Royal College of Physicians*.

Dr. Chopra will be presenting on: "*Exemplary Leadership: Lessons Learned from History and Contemporary Times*".

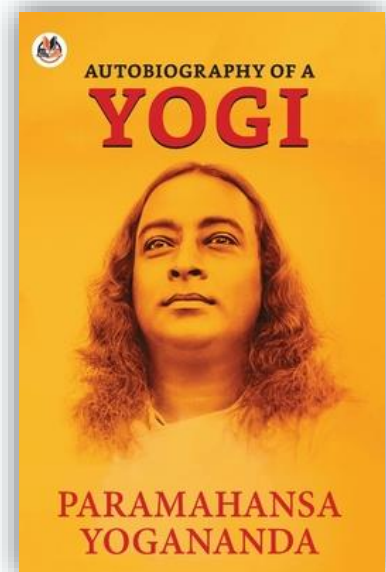
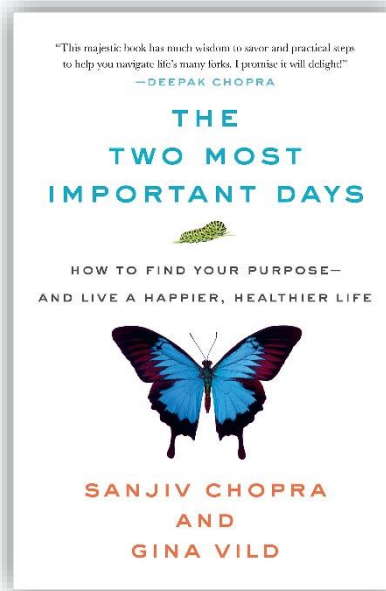
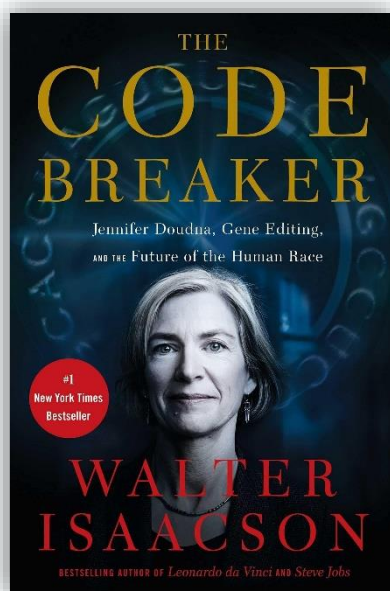
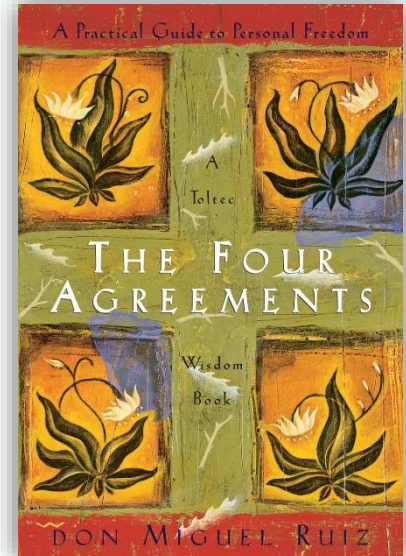
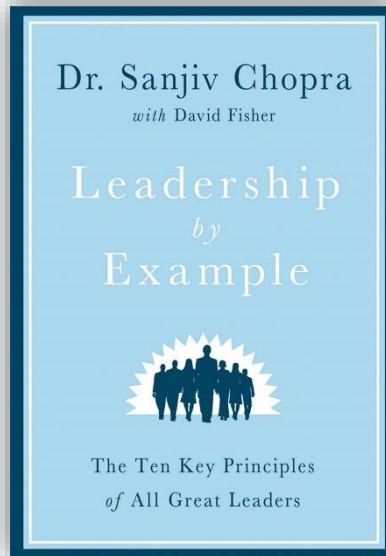
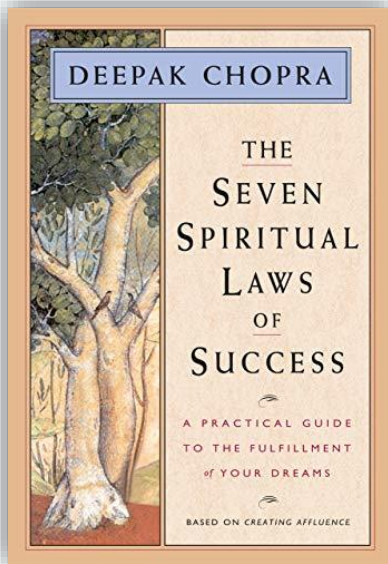
Dr. Chopra has written ten books including:

- Leadership by Example: The Ten Key Principles of all Great Leaders (With David Fisher).
- The Big Five Simple Things You Can Do to Live a Longer, Healthier Life (With David Fisher).
- Doctor Chopra Says: Medical Facts and Myths Everyone Should Know (Co-authored with Allan Lotvin).
- Live Better, Live Longer: The New Studies That Reveal What's Really Good --- and Bad --- for Your Health (Co-authored with Allan Lotvin and David Fisher).
- Brotherhood: Dharma, Destiny, and the American Dream (Co-authored with Deepak Chopra).
- How to Find Your Purpose - and Live a Happier, Healthier Life (With Gina Vild).

His three most recent published books:

- Coffee the Magical Elixir: Facts That Will Astound and Perk You Up.
- Conquer Your Diabetes: Prevention. Control. Remission. (Co-authored with Martin Abrahamson).
- Ignite the Fire Within: Master Your Speaking and Writing. (Co-authored with Rick Najera).

Dr. Chopra's Recommended Reading List: (In no particular order)





Merna Ann Hecht, MA

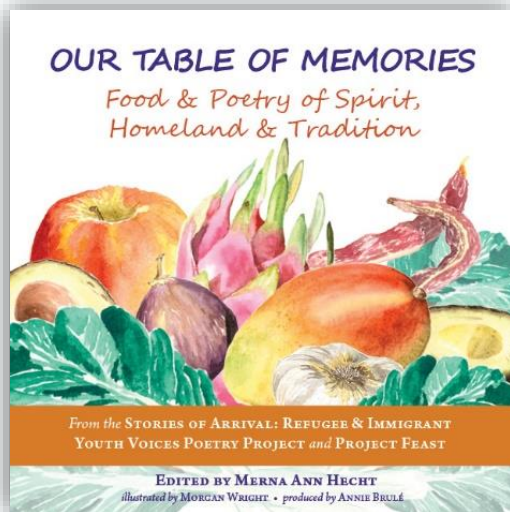
Merna Hecht is a teaching artist, nationally known storyteller, published poet, and essayist. She founded and co-directs the *Stories of Arrival: Refugee and Immigrant Youth Voices Poetry Project* at one of the most linguistically diverse high schools in the country. The project brings refugee and immigrant stories to wide community visibility. For over twenty-five years, she has worked with youth experiencing grief and

trauma. She has undertaken volunteer work in Greece and Germany with refugee women and children who were navigating multiple losses. In her early career, she traveled to rural Idaho schools with her puppet theater and puppetry continues in several current projects. Her past work includes expressive arts projects at BRIDGES: A Center for Grieving Children in Tacoma; the Fred Hutchinson Cancer Research Center School in Seattle; youth detention centers, in-patient youth psychiatric settings and work with homeless youth. She holds certificates of completion from the NYC Creative Center Hospital Artist in Residence Program and the Harvard Program in Refugee Trauma.

Merna will be presenting on: “*Reimaginings: Storytelling and Poetry for Navigating Loss and Hope*”, featuring Mariyam Faizi and Muna Adid.

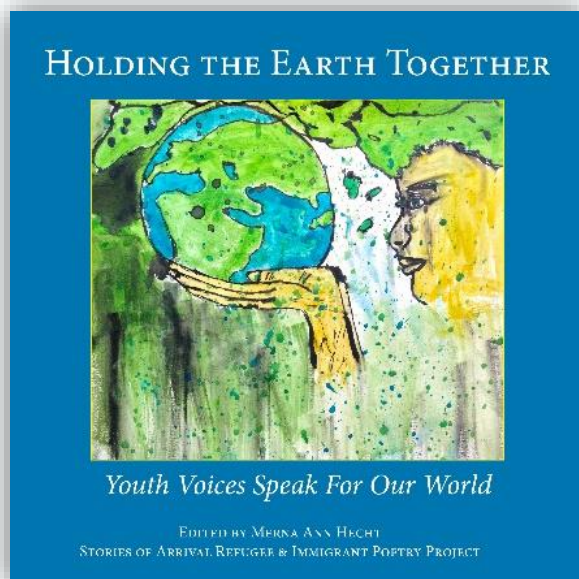


Merna's Published Books: (In no particular order)



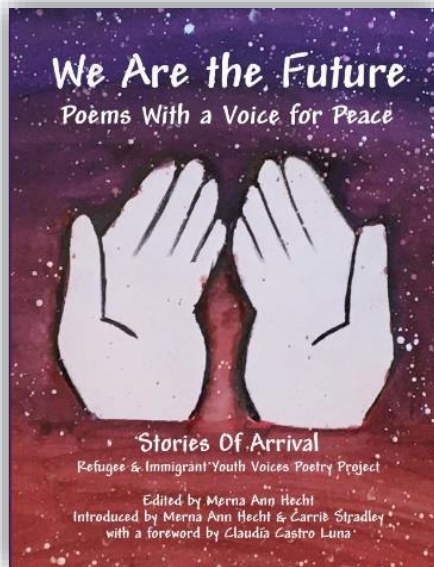
Hecht, Merna Ann, editor. *Our Table of Memories: Food & Poetry of Spirit, Homeland and Tradition*. Seattle, WA: Chatwin Books, 2015.

An anthology of poetry by refugee and immigrant youth in collaboration with Project Feast, an organization that supports refugee women in opening their own restaurants and catering companies in celebration of the food from their homelands. Recipes by the Project Feast cooks, and the young poets are included along with photos and biographies of each poet and Project Feast chef. With original watercolors by a twenty-year-old local artist.



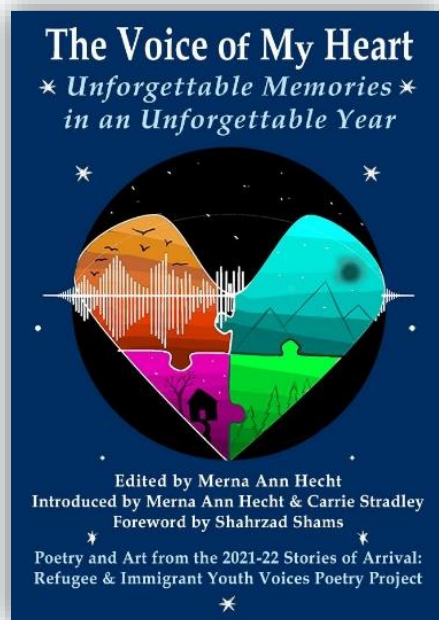
Hecht, Merna Ann, editor. *Holding the Earth Together: Youth Voices Speak for Our World*. Seattle, WA: Chatwin Books, 2018.

The poetry and original art in this anthology are centered on the broad theme of how we might best care for the earth and each other. In collaboration with the International Refugee Committee's New Roots Program the refugee and immigrant youth in this project worked with the elders in the IRC's Namaste garden where they placed some of their poems. Includes photos from the garden and portraits and biographies of each poet.



Hecht, Merna Ann, editor. *We Are the Future: Poems with a Voice for Peace*. Seattle, WA: Chin Music Press, 2021.

As in each collection, these anthologies are introduced by Merna, and project co-director, Multilanguage Learner teacher Carrie Stradley. The foreword is written by Claudia Castro Luna, the first immigrant and woman of color to serve as the WA State Poet Laureate. This large size, vividly colored book of original broadsides speaks for how refugee and immigrant youth dream of a better world. Photos of each young poet are included with their artistic self-portraits, many of which tell of the violent conflicts in their homelands.



Hecht, Merna Ann, editor. *The Voice of My Heart: Unforgettable Memories in an Unforgettable Year*. Seattle, WA: Chin Music Press, 2022

This most recent collection of poetry and original art has a foreword written by Shahrzad Shams, an immigrant from Iran and professor of Near Eastern Languages at the University of WA. With compelling and deeply honest poems about war, climate change, and the pandemic the poetry and art call on all who read this book to honor the struggles and the courage of refugee and immigrant youth who long for a more humane, equitable and sustainable world. Photos and biographies of each poet are included.

Introducing the Refugee Youth featured in *Reimaginings: Storytelling and Poetry for Navigating Loss and Hope*



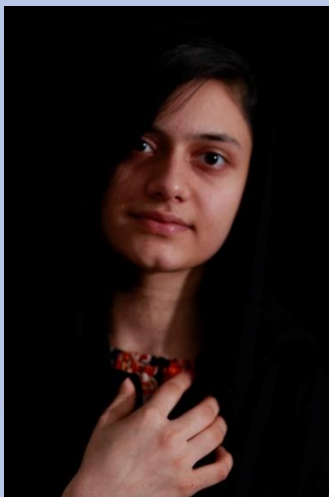
Mariyam

Love
Is not only romance
It's about caring for
another person more
than yourself

Some people dream
of success while other
people get up every
morning and make it
happen.

I was born in Afghanistan
I went to school for 7
years, I was so tired
of school because the
teachers were not good
they bullied students all
the time.

I hope for my country
where there is war and
killing people every day
that they stop fighting
with the government and
that the killing stops.



A partnership project with support from the Institute of Poetic Medicine, Jack Straw Cultural Center, the Tulsa School District, the Sallberg Foundation and generous individual donors. Powered by Shurpika. Photo by David Lynch.

Mariyam Faizi is 19 years old. She is from Afghanistan and arrived in the U.S. in 2017. She graduated from High School in 2022 and is about to begin her studies at Bellevue Community College. She will never give up on her country or on writing about it. She continues to believe that peace will come, and women will be free. For Mariyam, it is all about women and their rights, always!

♥ Breaking heart ♥



Muna

Losing a grandmother and an uncle at the same time is very hard.

I am a child that is heartbroken, that can't see people who have their grandmother and they are not saying, "thank god we have our grandmother?"

And I am also in pain that my country is going through a difficult time. Somalia is my blood.



My breaking heart, losing my loving father I can't take it when father's day comes.

Killing an innocent father, why are they killing him in front of his children?

Why are they giving innocent children a hard time in this life?



A partnership project with support from the Institute of Poetic Medicine, Jack Straw Cultural Center, the Tukwila School District, the Satterberg Foundation and generous individual donors. Powered by Shurpika. Photo by David Lynch.

Muna Aidid is 18 years old. She arrived in the U.S. from Somalia in 2018. This past June she both graduated from high school and earned her AA degree in Human Services. She will begin further studies at the University of WA this fall. Muna hopes for the time when there will be justice for her people in Somalia and that her country will be safe and reunited.

CoP Group Discussion Facilitators



**Karen Fondacaro, Ph.D. –
GROUP A**

Clinical Professor Emerita/Director

Karen Fondacaro is Professor Emerita in the Department of Psychological Science at the University of Vermont. Over the past 35 years, Dr. Fondacaro's clinical work and research has focused on the mental health of survivors of sexual assault, domestic violence, and political conflict. In 2007, Dr. Fondacaro established Connecting Cultures, a clinical science program designed for the needs of refugees and asylum seekers. In 2009, she co-founded NESTT (New England Survivors of Torture and Trauma). These programs collaborate with numerous community organizations and provide refugees from over 30 countries of origin with psychological, legal, and physical therapy services, and medical referrals. Dr. Fondacaro has been the Principal Investigator on federal grants (e.g., NIH-SBIR, Agency of Human Services-ORR). She conducts numerous national and international presentations, a Tedx talk, and has published peer-reviewed scholarly articles on refugee well-being. In 2020, Dr. Fondacaro and the Connecting Cultures/NESTT programs received the Regional Kellogg Foundation Community Engagement Scholarship Award.



**Hawthorne E. Smith, Ph.D. –
GROUP B**

*Director, Bellevue Program for
Survivors of Torture; Associate Clinical
Professor, NYU School of Medicine*

Dr. Smith is a licensed psychologist and the Director of the Bellevue Program for Survivors of Torture. He is an Associate Clinical Professor at the NYU School of Medicine and serves as the President of the National

Consortium for Torture Treatment Programs. Dr. Smith received his doctorate in Counseling Psychology (with distinction) from Teachers College; Columbia University. He earned a Bachelor of Science in Foreign Service from Georgetown University's School of Foreign Service, an advanced certificate in African Studies from Cheikh Anta Diop University, as well as, a Masters in International Affairs from the Columbia University School of International and Public Affairs.



**Shanika Rucker, LCSW –
GROUP C**

*Survivor Services Clinical Program
Manager*

Shanika holds her Bachelor's in psychology from the University of Bridgeport, CT and Master's in Social Work from Fordham University, NY. Currently, she is the Clinical Program Manager of Survivor Services at Connecticut

Institute for Refugees & Immigrants (CIRI), has a part-time private practice where she provides arts-based psychotherapy, and is engaged in several local community organizations. At CIRI, she supervises the program staff who provide social and legal services to non-domestic torture survivors. In addition, she offers clinical support to agency staff, coordinates the agency's Mental Health Network, and conducts statewide presentations to raise awareness on the only torture survivor program in CT.



George Miller, MSW – GROUP D

Senior Project Coordinator

George (they/she) is the Sr Project Coordinator for the Evaluation Alliance for Human Rights (EAHR) at the International Rescue Committee (IRC) where they oversee a constellation of volunteer-based evaluation networks. Throughout their career, George has worked extensively with immigrants and torture survivors and is particularly passionate about the

intersection of immigration law, disability rights, and mental health. George also really likes goats. George earned a BA in Francophone Studies and Global Development from Seattle Pacific University and a Master's in Social Work from the University of Washington. George is also certified in TESOL and holds a post-graduate certificate in Global Mental Health from Harvard University (HPRT).



**Elizabeth Rutten-Turner, MSW –
GROUP E**

*Licensed Clinical Social Worker
(LCSW)*

Elizabeth Rutten-Turner, LCSW, is a social worker/counselor at Saint Alphonsus Center for Global Health and Healing in Boise, Idaho. She provides individual and family healing opportunities for survivors of war trauma and torture in an integrated medical setting that includes primary

care providers, midwives, cultural liaisons, and social workers. Prior to becoming a social worker, Beth earned her BS in Education from Minnesota State University, Mankato. She worked professionally with families affected by the immigration/refugee resettlement systems in various settings, public education, community centers, resettlement agencies, and nonprofits in Minnesota, Nebraska, and Georgia.

The CoP Symposium Team



Tim Kelly, MA, MSW

Program Specialist for the Office of Refugee Resettlement, Administration for Children and Families

Tim manages the Services for Survivors of Torture grant program and oversees refugee mental health initiatives. He has provided direct services and managed programs for refugees and immigrants since 1992 and served on the board of directors for refugee-serving organizations. Tim is a licensed clinical social worker with an MA in theology and an MSW in social work.



Huy Pham, MPH

National Capacity Building Project Manager, Center for Victims of Torture (CVT)

Huy Pham oversees the National Capacity Building Project at The Center for Victims of Torture. The project provides technical assistance services and resources to direct services survivors of torture programs and other ORR-funded organizations that are delivering integrated, sustainable care for survivors across the United States. Prior to CVT, he has worked for a number of international non-governmental organizations, including Save the Children International, The Advocates for Human Rights, and American Refugee Committee. From 2007-2013, Mr. Pham was the country director of the Save the Children International in Vietnam. At Save the Children, he led policy advocacy and managed programs focusing on health systems, nutrition, education, and protection for children. Mr. Pham has also worked for the ARC for more than a

decade, with management oversight for humanitarian and development programs, climactic disaster response and relief/recovery operations in numerous countries, including Sudan, Iraq, Kosovo, Liberia, Pakistan, Rwanda, Sri Lanka, South Sudan; and in the past 5 years, he led program responses in Myanmar, the Liberia Ebola Crisis, and the Philippines Typhoon Disaster. From 1997 to 1999, Mr. Pham directed the Children's Human Rights program at the Advocates for Human Rights where he led a Ford Foundation funded project to document and advocate for child survival as a children's fundamental human right in three countries – Uganda, Mexico and the United States. Mr. Pham served with the US Peace Corps in the Republic of Liberia in the mid-1980s. He received his MPH from the University of Minnesota and BS from the University of Wisconsin. Mr. Pham is a Vietnam War refugee and resettled in the US in 1975.



Richard F. Mollica, MD, MAR

Director of the Harvard Program in Refugee Trauma (HPRT) at Massachusetts General Hospital; Professor of Psychiatry at Harvard Medical School

Since 1981, Dr. Mollica and HPRT have pioneered the medical and mental health care of survivors of mass violence and torture in the U.S. and abroad. Under his direction, the HPRT conducts clinical, training, policy, and research activities for populations affected by mass violence around the world. He is currently active in clinical work, research, and the development of a Global Health curriculum, focusing on trauma and recovery. The Global Mental Health: Trauma and Recovery certificate program is the first of its kind in global mental health and post-conflict/disaster care. Dr. Mollica has published over 160 scientific manuscripts, published his first book called *Healing Invisible Wounds: Paths to Hope and Recovery in a Violent World* (2006), and his most recent published book is *A Manifesto: Healing a Violent World* (2018).



Eugene F. Augusterfer, LCSW

Deputy Director, Harvard Program in Refugee Trauma (HPRT)

Eugene F. Augusterfer is the Deputy Director and Director of Telemedicine at the Harvard Program in Refugee Trauma and the Harvard Global Mental Health: Trauma and Recovery Program.

Additionally, he has been a mental health subject matter expert at Vanderbilt University's National

Center for Emergency Preparedness, and he has been a lecturer at Georgetown University School of Public Health. He co-founded and co-led the World Bank Mental Health and Psychosocial Working Group. He has been an advisor to the World Economic Forum and the United Nations Development Programme. Additionally, he is a former U.S. Air Force Mental Health Officer.



Fanny Y. Cai

Research Assistant at the Harvard Program in Refugee Trauma

Fanny is a graduate of Tufts University. She received her Bachelor of Science in Clinical Psychology, Class of 2021. In her academic communities, Fanny is devoted to student empowerment, providing peer mentorship, and initiatives for student leadership. In September

2019, Fanny joined the Harvard Program in Refugee Trauma team. She has coordinated and administered multiple HPRT projects and programming, such as the Harvard Global Mental Health: Trauma and Recovery program that switched to an online modality for the first time since its inception, during Spring of 2021. She is currently writing to publish research, organizing an art memorial exhibition, and the GMH Alumni Masterclass in Italy. She intends to focus her post-graduate studies in Global Mental Health and Public Policy.



Elizabeth DiStefano, MBA

Financial/Program Manager at the Harvard Program in Refugee Trauma

Elizabeth has been the Financial/Program Manager for the Harvard Program in Refugee Trauma since 2004. Prior to HPRT, Elizabeth worked at Harvard University since 1989.



Ann Lundberg

Logistics and Communications Coordinator at the Center for Victims of Torture (CVT)

Ann is the Logistics and Communications Coordinator for The Center for Victims of Torture's National Capacity Building Project where she handles logistics for institutes, surveys, the annual NCTTP meeting, and provides general administrative support to the Project. She also coordinates the educational webinars. Ann has been part of the National Capacity Building Project since its inception.



Sara Bracewell

Website Administrator at the Center for Victims of Torture (CVT)

Sara is responsible for digitally curating HealTorture.org and for marketing the website. Sara also facilitates NCB's e-learning, including the Fundamentals of Providing Services to Torture Survivors course. She assists with webinars and administers the Heal_Torture_Talk

listserv. Sara joined CVT in December of 2018. Sara received a certificate in Full-Stack Coding from the University of Minnesota in May. Prior to participating in that program, Sara worked at Ingenuity Marketing Group for over 10 years as the Office Manager/Controller and then as a Client Coordinator, where she was responsible for video editing, website administration, search engine optimization and working cross-departmentally on a variety of projects. Prior to her work at Ingenuity, Sara studied horticulture and worked in landscape design.



Evan Martin

Producer, CSAV Events

In 2010, Evan Martin's original music video was featured at the Hilton GM's conference. The direction of the conference was to focus on Social Media for the DoubleTree brand. The video was later adopted and featured on a training DVD distributed to every Doubletree location worldwide. Other works by Evan Martin have been featured on major platforms such as

ABC TV'S "Chronicle", MTV Europe, Time Magazine, Red Bull and The Learning Channel. Evan was also featured at the 2015 Destination Marketing Conference in Providence RI and the 2017 Hilton Modern Hospitality Showcase in NYC. Evan Martin has produced On-Demand Training courses, Webinars, LIVE Events and Commercials while building strong relationships and growing with major companies, internationally! Thanks to several years of collaboration, Evan Martin has become an intricate part of the CSAV Events team! Under CSAV, Evan has produced several courses for Harvard, The Boston Hospitals, Cipher Health, Lesley University, MD Anderson, and more! The backbone of Evan Martin has been built on the growth and evolution through each relationship.



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KEEP FLYING HIGH!

This brochure is compiled, edited, and designed by Fanny Y. Cai.