Mission Statement

SURVIVORS of Torture, International exists to:
- be a healing resource for survivors of torture and their families;
- raise awareness among the general public and educate the professional communities about torture; and
- be an instrument to end torture.

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Director's Reflections
Kathi Anderson, Executive Director

SURVIVORS' community of providers continues to grow. Therapists, physicians, dentists and other healthcare providers are more and more choosing to work with our clients.

Why you may ask? Certainly, the need for services continues and yes, it is an “easy” way to do international humanitarian work without leaving the comforts of San Diego. Also, what we hear from the providers is how fulfilling it is for them to work with their clients.

Roger Fetterly, pharmacist and owner of Allen Pharmacy, tells how he and his staff so thoroughly enjoy serving our clients. They find them remarkably gracious and he says to see their improvement over a short period of time is truly gratifying.

Dr. Maryann Dean, psychiatrist, also talks about the rapid improvement she sees in our clients. She talks about the inner strengths that they tap into as well as their resourcefulness. Both providers are impressed by how the clients are transforming before their eyes.

I see how the providers are also being transformed. Their initial focus on the horrific nature of torture has been replaced by becoming aware of and marveling at the resiliency of the human spirit. The providers are learning from our clients as our clients are learning from all of us. What a pleasure it is for me to be a part of our community of healing and transformation.

Save the Date: SURVIVORS' 10th Anniversary Celebration

On Sunday, February 25, 2007, SURVIVORS will celebrate its 10th birthday with the Annual Celebration of Hope and Healing event.

Some of you may have attended this year’s event at the University of San Diego, which featured chocolate, wine, and a powerful play about a young woman from Rwanda. Next year’s event will also have gourmet chocolate and wine, but the celebration will be bigger and better than ever.

Stay tuned for more information about the event. Full details will be posted on our website, published in our newsletter and sent to our e-mailing list. To be added to our listserv, please send your address to jiollett@notorture.org.
Words from the Chair
Jeanette Barrack, PTR

This is the last newsletter of the year and it is our end-of-the-year appeal. The question is: Why should you give? That is a very good question so I thought I would share with you why I give to SURVIVORS.

I am fortunate to have worked with SURVIVORS for several years, and I have seen it grow and develop into an organization we can all be proud of. Kathi Anderson, the executive director, has insight, knowledge and the understanding required to build a quality organization. She is a remarkable leader. The staff and our community partners are entrusted with unbelievable stories of torture and survival on a daily basis. They have the expertise and patience to start the healing process, build trust, address the psychological and physical pains of torture and go about helping survivors of torture to rebuild their lives and become productive members of our society.

I give because I know that SURVIVORS is a good steward of my donations and that the board and staff take very seriously the mission statement:

- To be a healing resource for survivors of torture and their families;
- To raise awareness among the general public and educate the professional communities about torture;
- To be an instrument to end torture.

They have the expertise and passion to work with our clients and make a difference in their lives. The medical, dental, psychiatric, psychological, legal and social services we provide exist because of the donations from our private donors and from our grants. We are celebrating our 10th anniversary in February, and to date we have served more than 650 clients from more than 50 countries, regions and territories. Please continue to help our clients heal by donating to SURVIVORS. We look forward to the time when torture no longer exists and we won’t need to ask for donations.

Please refer to our website www.notorture.org for our clients’ stories of success.

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SURVIVORS’ Board Says Hello and Good-bye

Alisa Shorago recently joined SURVIVORS board of directors. Alisa is an attorney representing indigent clients in serious felony appeals. In addition to her law practice, she teaches college-level paralegal and criminal justice classes and is a volunteer for an animal rescue group.

Her interest in human rights stems from the late 1980s when she volunteered as an intern with Representative Tom Lantos (D-CA), co-founder of the Congressional Human Rights Caucus. She also served as the co-chairperson of the Amnesty International chapter at the University of California Hastings College of Law. SURVIVORS is pleased that Alisa has chosen to dedicate her time and contribute her legal expertise to the board of directors.

Also at this time, SURVIVORS’ board bids a fond farewell. Ginger Hallberg resigned this year after serving on the board for five years. She said that it was a difficult decision to make, but that she needed to devote more time to family responsibilities.

While serving on the board, Ginger saw SURVIVORS transform as the staff increased and client services expanded. She said that despite the growth, SURVIVORS continued to be a very caring and helpful provider of services for individuals and their families.

“it is unbelievable to me that human beings can treat one another so badly,” Ginger said. “Serving on the board gave me an opportunity to have a small part in helping a program that assists those who have been tortured.”
SURVIVORS Provides Medical Evaluations for Asylum-Seeking Clients

One of the ways SURVIVORS assists our clients with their applications for asylum in the United States is by documenting the physical consequences of torture and preparing written affidavits for presentation to the immigration court as part of their cases. SURVIVORS has provided this important service for most of the past six years through a subcontract. Now, SURVIVORS is incorporating this program into our overall direct services to clients.

The success of this program depends on volunteer physicians who give their time and professional expertise to this task. They evaluate damage suffered from torture, including illnesses, injuries and physical signs such as scars or broken bones. They also provide a professional opinion as to the consistency between the physical evidence they identify and the torture the clients report having suffered.

“A humbling experience”

Dr. George Longstreth is our longest-serving and most experienced volunteer physician. He has been evaluating our clients and writing medical affidavits since 2001. Dr. Longstreth is a specialist in internal medicine and gastroenterology who practices at Kaiser Permanente, has dozens of professional publications and presentations to his credit, and is a clinical professor of medicine at UCSD.

Regarding his service to torture survivors, Dr. Longstreth says, “It’s a humbling experience to interview these clients because of the tremendous hardships they have survived. Here, we see the actual human consequences of the stories which sometimes seem impersonal in the news. It’s satisfying to help them to be able to stay where they are safe and can rebuild their lives.”

“Makes my practice of medicine worthwhile”

Dr. Denise Parnell started with SURVIVORS in August 2006 and did two evaluations within her first month. She specializes in internal medicine and is on staff at Family Health Centers of San Diego. She was previously co-director of the Women’s Center at the University of California, San Diego, and worked as a private practitioner in Hawaii.

“I enjoy working with SURVIVORS because it’s one way I can reach out here in my own country to help others who have not had it so easy from all around the world,” Dr. Parnell says, “When I worked in infectious diseases in Bangkok, Thailand, I acquired a tremendous amount of knowledge and I discovered a love and passion for the Thai people and their interesting culture. Working with others who really need my help makes my practice of medicine worthwhile.”

The medical evaluation program is coordinated by Molly Meehan under the supervision of Dr. David Gangsei. SURVIVORS is actively recruiting new volunteers for this program and welcomes inquiries from interested physicians. We provide orientation, training and ongoing consultation to all participating doctors.

Those interested are encouraged to contact Molly at (619) 278-2411 or mmeehan@notorture.org.

Thanks . . . for letting us know about duplicate mailings and incorrect addresses. You’re helping conserve our resources.
Counseling Interns Serve Survivors

SURVIVORS' counseling internship program bids farewell to Dawn Story who recently completed her internship. Dawn graduated last May from the University of San Diego with a master's degree in pastoral care and counseling. Dawn graciously gave us a full year of volunteer service. Our sincere thanks to Dawn for her competence, caring and generous spirit.

The counseling internship program benefits clients through increased professional contacts while also benefiting interns through unique learning opportunities and supervision.

We are proud to introduce our two new volunteer interns:

Andrew Askin joined SURVIVORS in 2004 as an interpreter. He holds a B.A. in psychology, French, and Spanish from Miami University of Ohio. As an interpreter, Andrew helped with intake interviews and counseling sessions, as well as in the volunteer translation of documents that were essential to asylum cases. Andrew is currently pursuing a master's degree in counseling at San Diego State University. He will provide support to many asylum seeking clients through home visits and contacts with detainees.

Also joining us this year is Julie Freeman. Julie received her M.S. in counseling from San Diego State University in 2005; she also holds an M.A. in sociology. She worked extensively with trauma and grief recovery as a marriage and family therapy intern before coming to SURVIVORS. Julie is a certified yoga teacher and Mindfulness Based Stress Management facilitator. She is interested in exploring treatments to healing trauma by combining therapeutic practice with music, movement, meditation, and mindfulness. Julie will help support our psychiatry program, see individual clients, and apply her group therapy skills in various ways. A perpetual student, Julie is currently relearning Spanish and learning to play the Native American and East Indian flute.

We are very excited about the opportunity to work with these two dedicated counseling interns.

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Bring Joy to Survivors this Holiday Season

Brighten the smiles of our clients this holiday season by donating a gift card to SURVIVORS. Gift cards are perfect presents because our clients with families have the freedom to either buy toys for their children or pay for other family needs, such as shoes, clothes, food and school supplies.

If you would like to help a family this year, please donate a gift card from Target, Payless Shoes, Sears, Von's, Albertsons or a similar store.

If you have any questions, please contact Beatriz Ledezma at (619) 278-2402 or bledezma@notorture.org.

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Top 10 Reasons to Support SURVIVORS

1. We're unique. We're the only torture treatment center in San Diego. Without us, no one would be here to provide this specialized rehabilitation services we provide.

2. We're smart with money. More than 90% of all funds go directly to client services.

3. We work well with others. We collaborate with other community organizations to avoid duplicating services.

4. We're local. We help your neighbors in communities all over San Diego County, from El Cajon and San Ysidro to Escondido.

5. We train others. SURVIVORS is a certified continuing education provider and we offer courses for clinical social workers and marriage and family therapists. This year, we also provided technical assistance to torture treatment programs in Mexico.

6. We're relevant. Unfortunately, the use of torture is widespread in at least 70 countries.

7. We're publicly supported. Senators Dianne Feinstein and Barbara Boxer, Governor Arnold Schwarzenegger and many local government representatives have stated support for our organization.

8. We're effective. Clients come to us for a variety of needs—from dental care and eye glasses to emergency food supply and counseling—and our program provides them.

9. We're flexible. We adapt our services to the needs of our clients.

10. We need your help. SURVIVORS can only continue to provide vital assistance to clients with help from caring members of the community like you.
Berlin Hosts Gathering of Rehabilitation Experts

For the first time in the history of the International Rehabilitation Council for Torture Victims (IRCT), representatives from all accredited torture treatment centers have been extended invitations to meet together. December 7-10, the IRCT will hold a general assembly and international symposium in Berlin, Germany. The theme is “Providing Reparation and Treatment, Preventing Impunity.”

During the week, participants will discuss the achievements and challenges of torture rehabilitation and prevention. About 130 centers around the world have been invited to send members, including 16 centers in the United States.

Kathi Anderson, SURVIVORS’ executive director, will attend both the symposium and the general assembly.

David Gangsei, SURVIVORS’ clinical director, and Ana Deutsch, clinical director of the Program for Torture Victims in Los Angeles, will give a presentation titled “Psychological Evaluation of Torture Survivors for Asylum as a Therapeutic Process.”

See the abstract for this presentation in the box below:

ABSTRACT

Torture survivors are often reluctant to tell their stories. They typically make every effort to forget this painful, traumatic experience. Often they do not share with family, friends or healthcare professionals the fact that they have been beaten, raped or subjected to electrical shocks and other tortures. Talking means retrieving memories, triggering the feelings and emotions that accompanied the torture itself. Furthermore, refugee torture survivors feel that people won’t understand or believe their experiences.

However, survivors who escape their country may need to reveal their torture experience as they apply for asylum in the host country. When they prepare for the asylum process, it may well be the first time that they talk about the torture. Mental health professionals are often called upon to evaluate survivors and prepare affidavits for the asylum process, documenting the effects of torture. This creates a unique and privileged opportunity to help survivors to address the devastating consequences of torture.

Exploring key concepts and clinical techniques, with case examples and discussion, this workshop explores how the psychological assessment for asylum proceedings may be transformed into a healing process for the survivor. This includes helping the survivor understand the necessity of telling the story, establishing the validity of the story, illuminating the often poorly perceived link between current emotional suffering and past torture, facilitating the development of cognitive and emotional control, empowering testimony, and healing the wounds of mistrust, humiliation, marginalization and fear. Participants will be encouraged to share their own successes and challenges.

Healing Club Visits Birch Aquarium

The ocean is not only an immense world but one that offers beauty and peace. On July 18, 2006, a group of clients accompanied by staff from Survivors of Torture, International visited the Birch Aquarium at Scripps Institute of Oceanography in La Jolla. The trip was one of the monthly Healing Club activities that SURVIVORS offers.

For some of our clients this was their first time in an aquarium. Being face to face with some of the inhabitants of the deep ocean was a surprising and peaceful experience for them. The journey to healing has many paths, including becoming familiar with their new home community in San Diego. It can be even more beneficial for them when they couple acculturation with beauty and education.

We thank Birch Aquarium for its generous support of SURVIVORS.

Join the Healing Trust

The Healing Trust is a group of visionary people committed to the healing of torture survivors in San Diego. They make a commitment to contribute regularly to SURVIVORS, giving us the assurance of a consistent flow of donations. These ongoing contributions create a dependable foundation that allows SURVIVORS to continue to provide torture survivors with the resources to heal, to raise awareness in the general public about this hidden community, and to be an instrument to end torture. Healing Trust members believe in SURVIVORS’ mission and want to offer hope and the means to heal to our clients. You can make your practice and join the Healing Trust.

To join the Healing Trust, return the enclosed contribution envelope indicating the amount of your monthly contribution and your MasterCard or Visa credit card information, or call Alexey Kirillov at (619) 278-2406 to arrange for an electronic transfer that would directly debit contributions from your checking account.

CLIENT DEMOGRAPHICS

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<td>Males 8</td>
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16 new clients were served
July 2006 through September 2006
Thank You to All of Our Community Supporters
July through September 2006

We are grateful to the following individuals and companies for your generous support. Your donations of time and in-kind goods and services help SURVIVORS’ programs run smoothly.

Companies and Organizations
Best City Bagels
Corporation for National & Community Service (AmeriCorps*VISTA)
Deluca’s Pizza
Family Health Center of San Diego
Hecht, Solberg, Robinson, Goldberg, & Bagley, LLP
Manatt, Phelps, Phillips, LLP
Our Savior’s Lutheran Church—San Diego

+ + + + + Individuals + + + + +

Anonymous
Joyce Anderson
Paul Anderson
Andrew Askin
Diana Avalos
Jonathan Chavira
Socorro Chavira
Isabel Cortes
Jill Cotel
Ana Diaz
Dayana Diaz
Penny Dublin
Ginny Dunn
Jessica Enriquez
Julie Freeman
Jeff Gladstein
Susan Horowitz
Nichole Kabril
Liz Kaye
Viktor Kovner
Marina Larmus
George Longstreth
Hana Mandikova
Haide Martinez
Dianne Miller
Erika Montiel
Gustavo Montiel
Brooke A. Moore
Nathalie Morales
Dana Naughton
Michael O’Donnell
Billia Ochoa
Jose Ochoa
Joyce Ochoa
Pat Olafson
Denise Parnell
Susan Pollock
Anitra Priede
Sitara Ramcharan
Zachary Rivera
Andrea Salazar
Luis Salazar
Christi Schumacher
Beth Scott
Gladi Shanklin
Emily Skocyjec
Dawn Stary
Ivon Valenzela
Enrique Villareal
Anne-Marie Wohrle
Bary Wohrle

We apologize for any errors or omissions and extend our gratitude for support that may not have been recognized

Join the Team: Volunteer Opportunities

Because SURVIVORS is a small nonprofit with a big mission, volunteers are essential to our success. There are plenty of opportunities if you are interested in lending your time and talents to SURVIVORS’ mission and becoming part of our community.

Core volunteer programs include:

Volunteer Driving
Volunteer drivers allow SURVIVORS’ clients to keep essential appointments for counseling, medical care and other social services. Most of these appointments occur during weekday work hours.

Friendship Circle/Befriender
Befriender volunteers provide social support to SURVIVORS’ clients. The Friendship Circle empowers clients to live independently in their new communities. The Circle also builds awareness about SURVIVORS and gives community members an opportunity to establish a close connection with our clients and thus address their needs. We ask befrienders to make a commitment of six to eight hours per month for six months.

Volunteer Receptionist
Volunteer receptionists help maintain the efficient working of SURVIVORS’ office by staffing the front desk, answering the phone, greeting clients and helping with clerical tasks. The recommended time commitment is a minimum of four hours per week, between 8:00 a.m. and 5:00 p.m. Monday through Friday.

(Continued on page 7)
SURVIVORS’ Financial Supporters
July 2006 through September 2006

Healing broken hearts and restoring the spirits of torture survivors in San Diego County is accomplished with the help of our financial supporters. Because of you, the survivors are able to rebuild their lives. We are grateful.

Foundations, Corporations, and Organizations
Change a Life Foundation
Grossmont Healthcare District
Las Patronas
Point Loma Democratic Club
The Minneapolis Foundation
Thrivent Financial for Lutherans—Chapter #30222
United Nations Voluntary Fund for Victims of Torture

++ + + + + + Individual Contributors + + + + + + +

Anonymous
Dee Akers & Bill Smith
Elizabeth Barnhart
Susana A. Beaudieu
Catherine & Eugene Bischoff
Abe Bonowitz
Jeanne Brown
Allyce Bullock
Susan Burnett
Albert & Nati Cohen
George & Ethel Falk
Denise & James Francis
Robert & Judy Gennette
William Gilchrist
Jeff Gladstein
Mariann Grasela
Andrea Guerrero & Beston Barnett
Laura Jean Hageman & Thomas Bond
Ginger & Jim Hallberg
Kaye & John W. Hambleton
Kenneth & Jacquelyn Hanson - in memory of Don Lessin
Marian Hart & Wayne Liebold
Mary Ann Hautman
James Jaranson
Theodore & Marietta Johns
Hong B. Kim
William & Rosella Leasure
Sandy Linn
Devora Lockton
Karen & George Longstreth
Jerome Madoff
F. Marian McGee
Srirat McLennan
Elizabeth Michel & Arnold Markman
Carol Morabito
Loretta Nelms-Reyes
Victor Parra & Noëlle Sickels
Alby Quinlan
William & Martha Radatz
Anita Rufus
Doris Scoville
Arleen & Gordon Shifrin
Alisa Shrago
Ronald Snider
Donald & Noel Snyder
Lilia S. Velasquez
Dolores Welty

Thank you!

SURVIVORS gratefully acknowledges the Department of Health and Human Services, Office of Refugee Resettlement — (Grant # 90ZT0070) — for its generous support.
Points of view are those of the authors and do not necessarily represent the positions of the U.S. Department of Health & Human Services.

We apologize for any errors or omissions and extend our gratitude to donors who may not have been recognized.

(Continued from page 6)

Other Opportunities —

- Newsletter Folding Party: Once every three months, SURVIVORS’ supporters gather to prepare more than 4,000 newsletters to be mailed. There’s always food, fun and socializing.

- Community Events: The details of these events change from year to year, but we always need volunteers to help make phone calls, set up tables, arrange food, etc.

- Internships: SURVIVORS welcomes new interns in the office. The specific nature of each internship depends on the needs of the organization and on the course requirements and interests of the individual students.

Each person who gives his or her time to this work widens our community of healing and helps us accomplish our mission. If you are interested in volunteering in any of these areas, or have ideas about other ways you might fit into our organization, please contact Molly at (619) 278-2411 or mmeehan@notorture.org.
Turn Your Junk into Treasure for SURVIVORS

It seems as though everyone has an old cell phone or empty computer-ink cartridge lying around. By donating these used items to SURVIVORS, you can turn this junk into treasure.

SURVIVORS has joined efforts with a nonprofit organization called Smart Cart that recycles cell phones and ink cartridges and gives its partnering organizations cash for every item.

So act today. Bring your old cell phones and ink cartridges to SURVIVORS office to help us raise money for our client services program.

For more information, please call (619) 278-2400.

SURVIVORS of Torture . . .

............. was incorporated in February 1997 in response to a need in our community to bring assistance to that segment of the population which struggles with the wounds of politically motivated torture.

Since then, SURVIVORS has engaged a caring network of professionals — board members, attorneys, interpreters, therapists, physicians — and all of YOU in the community who give faithful support and encouragement in many ways.

We serve survivors who reside in the greater San Diego and Southern California area, but are prepared to assist the legitimate needs of all survivors of politically motivated torture.

For more information about SURVIVORS, or to participate in our mission — please visit our website: www.notorture.org — or contact us by e-mail at: survivors@notorture.org.