

## Introduction

*"Sharing the traumatic experience with others is a precondition for the restoration of a meaningful world."*<sup>1</sup>

The use of torture is a pervasive and pressing problem around the world. Amnesty International<sup>2</sup> reported that at least 112 countries are estimated to utilize forms of torture against their citizenry. A recent meta-analysis by the Center for Victims of Torture<sup>3</sup> suggests that there may be as many as 1.5 million torture survivors currently living in the United States. The consequences of torture extend well beyond the reach of the individual survivor and have a deeply polluting effect on society as a whole. As Mpaunde and colleagues<sup>4</sup> said when referring to torture and violence in South Africa, "Actions, both violent and intimidating, are intended to create a polarized and dysfunctional society. Violence and conflict affect the way people relate to each other, the way organizations function, and their relationships. Families fragment and support structures become less effective, or even become sources of stress and violence" (p.188).

In addition to mental health symptoms such as Post Traumatic Stress Disorder, anxiety, and depression,<sup>5-11</sup> as well as migration and resettlement issues, such as acculturation, under- or unemployment, and unstable housing, among other issues, torture survivors describe a number of social and interpersonal problems. This often includes a sense of social dislocation, loss of trust in others, and grief resulting from the loss of meaningful roles and connection to community.<sup>1, 5, 6, 11-17</sup> Group treatment has been described as a promising approach for reducing trauma-related symptoms and uniquely suited to address and foster positive

changes in social and interpersonal well-being.<sup>1, 5, 6, 9, 10, 18, 19</sup>

The main purpose of this article, therefore, is to examine the literature on group therapy models for torture survivors. As will be discussed in greater depth, the literature on group treatment for torture survivors is limited at this time, with a predominance of pieces on clinical practice. This review is therefore primarily intended for practitioners who are working with torture survivors in exile or in resettlement. As part of our analysis, we consider key practice issues in the literature including the rationale for group treatment and approaches to and outcomes associated with group-based interventions. Although few in number and arguably limited in extent, we also review the empirical studies that exist on group treatment with attention to methodological approaches, measurement tools utilized, and key findings. For researchers and practitioners alike, this article provides a picture of the current state of the research literature on group treatment for survivors of torture, including the fact that there are very few, methodologically-rigorous studies at this time and even fewer that utilize an experimental design. In this way, the review also highlights opportunities that exist to strengthen the research in this area.

The genesis of this literature review comes from the work of the two U.S.-based national technical assistance providers: the National Capacity Building Project at the Center for Victims of Torture – working with all torture survivor rehabilitation programs – and the National Partnership for Community Training of Gulf Coast Jewish Family and Community Services – working with refugee-service organizations on mental health actions.

This review is organized into seven main sections. Initially, we provide an overview of

# Repatriation As A Part Of Reconstructive Process In Torture Survivors Interpersonal And Intrapersonal Process

**Chandi Fernando, Michel Ferrari**



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**Repatriation as a Part of Reconstructive Process in Torture Survivors** International Rehabilitation Council for Torture Victims, Sweden. Styrelsen för internationellt utvecklingssamarbete, 2003 *Handbook of Resilience in Children of War* Chandi Fernando, Michel Ferrari, 2013-04-23 Their frightened angry faces are grim reminders of the reach of war They are millions of children orphaned displaced forced to flee or to fight And just as they have myriad possibilities for trauma their lives also hold great potential for recovery The Handbook of Resilience in Children of War explores these critical phenomena at the theoretical research and treatment levels beginning with the psychosocial effects of exposure to war Narratives of young people's lives in war zones as diverse as Afghanistan Sri Lanka Columbia and Sudan reveal the complexities of their experiences and the meanings they attach to them providing valuable keys to their rehabilitation Other chapters identify strengths and limitations of current interventions and of constructs of resilience as applied to youth affected by war Throughout this cutting edge volume the emphasis is on improving the field through more relevant research and accurate evidence based interventions in such areas as An ecological resilience approach to promoting mental health in children of war Child soldiers and the myth of the ticking time bomb The Child Friendly Spaces postwar intervention program The role of education for war zone immigrant and refugee students Political violence identity and adjustment in children The Handbook of Resilience in Children of War is essential reading for researchers scientist practitioners and graduate students in diverse fields including clinical child school and developmental psychology child and adolescent psychiatry social work counseling education and allied medical and public health disciplines **Hrvatska bibliografija**, 2003

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