

Informational Booklet

Rehabilitation Center for Victims of Torture “”EMPATHY”



Tbilisi

2004

EMPATHY - Psycho – Rehabilitation Centre for Victims of Torture, Violence and Pronounced Stress Impact

What is the RCT/EMPATHY, Georgia

Psycho – Rehabilitation Centre for Victims of Torture, Violence and Pronounced Stress Impact – EMPATHY is a non-governmental, non – profit, professional, independent organization that provides medical and psycho – social support to victims of torture and their family members. It performs a significant role in field of torture prevention and it’s persecution in Georgia. In case of necessity, the Center conducts independent medical expertise conclusions.

Center EMPATHY has been founded and operates in Georgia.

The Center is accredited with International Rehabilitation Council for Victims of Torture (IRCT), is an active participant of European Network of Rehabilitation centers.

The Centre has partnership relations with International Rehabilitation Council for Victims of Torture; in particular “EMPATHY” is main partner organization of “Istanbul Protocol Implementation Project” in Georgia.



Presentation of Dr. Mariam Jishkariani, RCT/EMPATHY, Georgia, Presentation XII World Congress of Psychiatry, Yokohama, 2002

The Centre has partnership relations with “Penal Reform International”.

The Center collaborates with World Psychiatric Association (WPA), particularly with research section – “Torture Psychological Consequences and Persecution”. Center’s President is an International Expert, member of the mentioned above Section of WPA.

The Centre Empathy also closely cooperates with other international, governmental and non-governmental organizations, civil society representatives and mass - media.

The Center Empathy is the first medical organization that pierced in the penitentiary system since 1999 and successfully operates in this field till nowadays. This activity is unique to any other countries of FSU and East Europe; main activities include Identification, Treatment and Rehabilitation of victims of torture inside the penitentiary system facilities. We also provide assistance to victims of torture in Gali region and Pankisi Gorge; the Centre provides medical and psychological documenting and reporting of torture in accordance with International Standards.

Our Mission:

Our mission is to provide medical and psycho – social support for persons – victims of torture as per UN Convention “Against Torture and other



Cruel, Inhuman or Degrading Treatment or Punishment” article I; Refugees, Asylum-Seekers - Victims of Torture; Prisoners, Former Prisoners; State Repressive Victims, etc. We provide support for their family members too.

Main Goal – torture persecution and assistance and rehabilitation of the victims of torture is being carried out through resolving the following tasks:

1. Detection and identification of the Victims of Torture;
2. Professional documenting of the facts of torture, as per international standards;
3. Medical and psycho – social rehabilitation and legal support for Victims of Torture;
4. Torture prevention – elaboration of special reports and recommendations, public awareness anti-torture campaigns and all necessary legal acts;
5. Issue of Conclusions regarding Clients’ Health Condition if required, conducting independent medical expertise;
6. Protection of rights of health care professionals and doctors operating in the high risk settings – Penal System, forensic medical expertise, military conflict zones; other medical personnel (these make “High Risk Group” taking into account certain oppression from governmental and law-enforcement institutions)
7. Training-educational program, that includes professional skills-based training on identification, documenting, diagnosis, expertise, treatment and rehabilitation of torture victims; in



EMPATHY’s visit in Central Prison Hospital

- prisons – international standards of health care and international medical ethics; also torture prevention and persecution.
8. Research program: main field – torture consequences and treatment-rehabilitation;
 9. Penal Reform – especially Mental Health System reform in prisons; establishment of psycho-social rehabilitation system for prisoners and former prisoners.
 10. Forensic Medical Expertise Reform, especially Psychiatric Expertise Reform, with implementation of international standard of torture documenting;
 11. Lobbying of amendments to legislation according to international instruments and standards of protection against torture.

Our Main Principles and Values:

1. Strict adherence to international medical ethics standards:
 - Patient's free will in accepting medical treatment, diagnosis, other type of service;
 - Absolute confidentiality;
 - Anonymity –by the patient's will;
 - Absolute impartiality and adherence to professional ethics;
 - Fighting against torture events and violation of human rights – active protest against such occurrences;
2. UN Convention against torture and it's optional protocol regarding Monitoring of the detention facilities and other close institutions and establishing of the national torture preventing mechanizmes;
3. European Convention against Torture
4. Universal Declaration of Human Rights (article 5)
5. Principles of International Humanitarian law;
6. UN Minimal Standards of Imprisonment
7. Recommendations of the Council of Europe and World Health Organization
8. CPT recommendations
9. UN principles of Medical Ethics: Role of health Personal Particularly physicians, in the Protection of Prisoners and Detainees against Torture, and other Cruel, Inhuman or Degrading Treatment or Punishment.
10. Hamburg Declaration of Medical Ethics regarding protection of health care professionals operating in “high risk zones”.

11. Principles of Istanbul Protocol regarding legal, medical and psychological documentation of torture;
12. Other relevant international documents.

Our History

Rehabilitation Centre for Victims of Torture “Empathy” was founded in 1996. It is one of the first non-profit, NGO-s in Georgia. Since 1996 Centre has successfully implemented number of projects that have received positive international feedback.

The founders of the Center are professional doctor-psychiatrists and other society representatives, who’s System of Values was based on Principles of Democracy even in terms of “Soviet Union”.

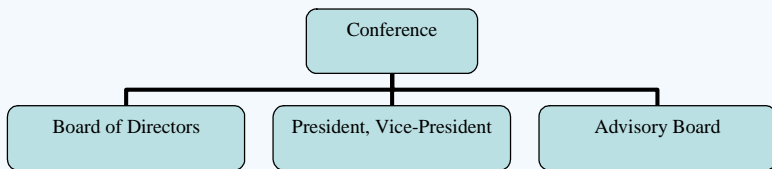
Major achievements (results) of the Centre was published in several international and local scientific journals and presented on important international and local forums; Among them on X, XI XII World Congresses of Psychiatry (Madrid 1996, Hamburg 1999, Yokohama 2002 where the Centre’s President was elected as the member of World Psychiatrists’ Association, research section “Physiological Consequences of Torture and Persecution”) also on the VIII European Conference on Traumatic Stress. The president of EMPATHY was Chairman of the session: Lessons Learned: a look at the effects of interventions with war and torture victims.

The comprehensive psycho-social rehabilitation program and conception for prisoners and former prisoners has been elaborated by the Centre EMPATHY in 1998; the program has been gradually accomplished and presently, with cooperation of the Ministry of Justice, psycho-social rehabilitation Centre has been set up in Tbilisi Women’s Colony – first civilian structure in Penal System of Georgia.

In 2002 the conceptual program “Nationalwide System of Rehabilitation of Victims of Torture in Georgia” was elaborated by the Centre EMPATHY with partnership of PRI, that is being carried out.

It must also be pointed out that the Centre “Empathy” is the first torture victims’ rehabilitation center in Caucasus region. This is also the first centre in FSU that has penetrated the penitentiary system and included military conflict zones into its operation. Within the scope of PRI – ICRC trainings, It has elaborated and conducted training on medical ethics, UN international standards, EC Recommendations, Mental Health in Prison, diagnosis and rehabilitation of victims of torture, for prisons’ health care professionals. Since 2000 it has been included in the Torture Victims’ Rehabilitation Centres and Programmes Worldwide, and in 2002 has been accredited with IRCT.

Structure of the Centre:



RCT/EMPATHY, Georgia; President, Medical Director
WPA Section “Torture psychological consequences and persecution” member;
PRI member

Administration: Medical Director of the Center, Administrative Director, Financial Manager

Centre's Documentation

For diagnostics and study of torture consequences the center follows the acts and rules determined by International standards; in particular: Istanbul Protocol, 10th revision of International Classification of Diseases (ICD – 10), and other international guidelines.

On the basis of the above-said international standards the center has elaborated several questionnaires:

- Refugees' Mental Health Studying Medical Card
- Prisoners' Mental Health Studying Medical Card
- Torture Monitoring Programme
- Medical and Psycho-Social Monitoring and Rehabilitation Programme for Victims of Torture

In case if patient requires anonymity, the center has a special coded system.

The main methods of diagnostic are:

- Clinical/structured interview method
- If necessary – various para-clinical-instrumental / laboratory investigation methods
- Psychological surveys and tests (subjective and objective):
 - PTSD (Watson et all, 1991);
 - Civilian Mississippi Questionnaire
 - Harvard Trauma Questionnaire (Mollica et all, 1992).
 - Bass – Durk Aggression Inventory
 - Hamilton Depression Rate Scale
 - Beck Depression Inventory
 - MMPI
 - Shikhan and Taylor Anxiety Scales
 - If necessary, other instruments (including neuropsychological tests)

For Children and adolescents:

- PTSD (Slight et al; 1991)
- “Hand test”
- “Lusher test”

The center is registered and licensed at the Ministry of Health, labor and Social Welfare of Georgia.

The Centre has special treatment - rehabilitation standards.

The results of treatment and rehabilitation are evaluated by recurring dynamic clinical/structured examination, by recurring instrumental/lab researches, by re-testing. The Centre has also elaborated “Client’s Feedback Questionnaire” and Centre Report form. The documentation also includes different Medical Forms prepared by the Centre and their utilization.

Treatment and Rehabilitation

Treatment and rehabilitation, as well as the diagnostics are being accomplished by multi-disciplinary team of specialists.

The Centre service includes short-term rehabilitation (crisis intervention and support), and long-term rehabilitation programme:

1. Medical-treatment measures

- Consulting of different doctor-specialists
- Instrumental and laboratory Investigation
- Clinical Diagnostics
- In cases of necessity, client guided to other specialized medical institutions for further examination and more specific treatment.

2. Rehabilitation

- Medical – pharmacological treatment
- Massage, Manual Therap



EMPATHY's meeting with refugees from Chechnya in Tbilisi, 26 June, 2003

- Psychotherapy (individual, group, family, couples)
- Psychological consulting and conflict resolution
- Facilitation activities
- Art therapy
- Social therapy and environmental support, complex management of the case
- Legal support

Different psychotherapy methods of trauma coping used for short-term crisis intervention: NLP, “Testimony”, “Eye Movement” etc. Social therapy method focused on revealing and solving of current problems, psychological consultations, mediation/facilitation activities, behavior-cognitive therapy etc.

The trauma-focused psycho-analysis, analytical psychotherapy, psycho-synthesis; existential analysis methods are used for long-term psychotherapy.

Professional Staff: Founder - President of the Centre, Medical Director, Doctor Psychiatrist – psychotherapist, international expert/member of World Psychiatric Association (WPA), research section – “Torture Psychological Consequences and Persecution”; member of “Penal Reform International”, Administrative Director (manager), founder board member of the Centre, Doctor Psychiatrist, different profile doctors: 4 Case Managers - 2 Psychiatrists, 1 Forensic – Expert Psychiatrist, 1 therapist; 1 Psychologist - Psychotherapist, 1 Psychologist, 1 Social

Worker, 1 Art therapist, 1 nurse, 1 lawyer, 1 Data Base Secretary (full time), Neurologist, Child Psychotherapist, 2 Social Workers – Part Time. Consultants: Traumatologist, Narcologist, Psychiatrist, Health Care Manager, others if necessary.

Financial Support:

The Centre was funded by: Netherlands Kingdom Embassy in Moscow, UNV, PRI, OSCE/ODIHR, IRCT/Oak; 2003 – 2004 - 2005 the projects are funded by: UNVFVT; EU; IRCT/Oak; OPEN SOCIETY INSTITUTE.:

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EMPATHY - Psycho – Rehabilitation Centre for Victims of Torture, Violence and Pronounced Stress Impact (RCT/EMPATHY, Georgia)

Project Title: Torture Persecution and Support for Victims of Torture in Prisons' System and in Military Conflict Zones in Georgia

Funded by the

EUROPEAN UNION;

OPEN SOCIETY INSTITUTE

This Project Presents: Developing and Strengthening Centre EMPATHY's Previous Activities (years 2003 – 2004,) that was financed by

UNVFVT

Oak/IRCT

Project Summary

This project aims at fighting against torture and impunity and rehabilitation of torture victims in Georgia through:

- (a) Development and implementation of a model for a nationwide system of torture prosecution and rehabilitation of victims of torture in- and outside the detention facilities in Georgia including the high risk settings – pre-trial detention centres and military conflict zones;
- (b) Development and implementation of a multi-faceted educational program, that includes professional skills-based training on international medical ethics, torture monitoring, identification and rehabilitation of torture victims, UN minimal standards for health care in prisons, awareness raising on international instruments for protection of torture victims among for prisons' health care and prisoners right protection

personal, as well as for the health care professionals operating in the high risk settings in military conflict zones;

(c) Support on capacity building of the EMPATHY partner organization Crisis Centre/Women’s Association of Nabakevi and Darcheli (Georgian/Abkhazian), working in the military conflict zone in Gali region, increase of educational level of local specialists and strengthen their activities on torture persecution and support for the torture and inhuman abuse victims;

(d) Support and strengthen the ethnic minorities and Chechen refugees’ involvement on the torture prosecution field in Georgia.

Target groups are torture victims, especially inside the penitentiary, including the pre – trial detention facilities, former prisoners – torture victims, IDPs – torture Victims, refugees – from Chechnya and their family members “. The duration of the action will be 12 months.



“EMPATHY” Staff

Main Objectives:

The following objectives focus around three themes : (1) the establishment of a model for nationwide, torture persecution and rehabilitation system in Georgia; (2) the civilianization and increased transparency of all penitentiary system facilities, including pre-trial detention centres and police lock-ups, for the reduction and eventual elimination of torture practices ; (3) Institution-building of the partner organization’s – Women Association of Nabakevi and Darcheli (Abkhazia/Georgia) Crisis Intervention Centre in Gali Region, increase the Chechen Women refugees level of involvement in the

torture prevention activities and prevention of Terrorism through the strengthening of the newly established Chechen Women's Committee Against Torture in Georgia. (4) Increase the educational level of the Law enforcement structures health care specialists, Health Care specialists in Gali region and Chechen Refugees themselves on torture prevention and consequences of torture and on rehabilitation skills too, through special Training – Educational Programme especially for health care specialists working in “Risk Zones” – in Prisons' System, in Military Conflict Zones etc.

- Developing non-governmental Day Centre for medical, psychological and social rehabilitation for victims of torture and their families.
- Operate an emergency care program, including a professional, multi-disciplinary mobile group that will travel to targeted, high risk settings outside the program office, (including to conflict-zone areas – Gali and Pankisi regions), pre-trial detention centres (Tbilisi, Kutaisi, Zugdidi), adolescents rehabilitation centre, prison colonies (especially for women and Central Prison Hospital), to provide short-term emergency care identification and treatment to victims of torture and their families. The emergency care program will also investigate the possibility of setting up a toll-free telephone hotline that would allow callers free, anonymous advice and consultation for victims of torture.
- Set up the civilian rehabilitation centres inside the prison/colonies for immediate identification and treatment of torture victims (system of prevention and rehabilitation for torture victims in penal system in Georgia).
- Increase the education level of civil society about torture in Georgia and provide networking opportunities for supporters against torture, including NGOs, the Georgian Government, and civil society that follow the UN Convention Against Torture and other Cruel, Inhuman or Degrading Treatment or Punishment. This network would provide all parties the opportunity to meet regularly to discuss any issues relating to victims of torture, such as lobbying against torture in Georgia, improving the relationship between the government and NGOs through this common goal, and other such similar activities.

Support in strengthening of the Chechen Women's newly established Committee Against Torture too.

- Strengthen and increase the activities of the Project Beneficiary "Psycho-Rehabilitation Center for Victims of Torture Empathy", through the increasing it's work in new direction in Georgia – operating in the military conflict zone, to promote the partner organization – Crisis Intervention Centre in Gali Region and to increase the educational level of the Chechen refugees on human rights issue and their involvement in fight against Torture and Terrorism.

Monitoring, analysis and reporting on the torture situation to international organizations: CPT, OSCE, IRCT, Amnesty International, PRI, Human Rights Watch etc, WHO, WPA, GIP etc.

Main Target Beneficiaries:

Torture Victims and Their Family members: Prisoners, Former Prisoners, State Repressive Victims, Refugees, Asylum Seekers or IDPs and Civilian Population living in Military conflict zone in Abkhazia – Victims of Torture and Inhuman Treatment. (All 450 persons – per year)

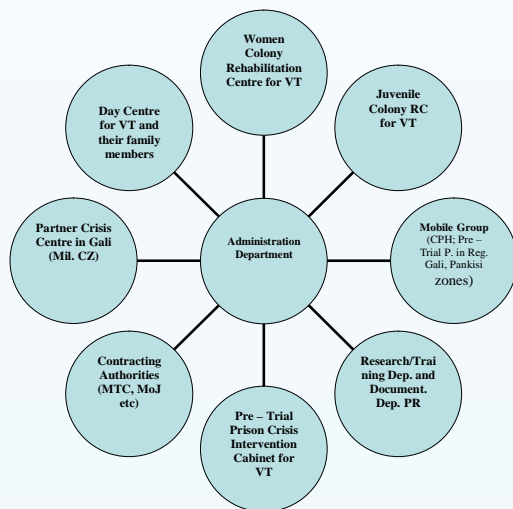


EMPATHY's visit in Pankisi

Project Location:

Georgia: Tbilisi and regions (including prison institutions): Zugdidi, Kutaisi, Pankisi; Military Conflict Zone in Gali (Abkhazia/Georgia)

Organigramme of Centre Activities (2003 – 2005)



Project Staff:

Project Director

Project Manager

Financial Manager

Data Basa Secretary

Driver

Part Time Staff

Neurologist (1/2)

Children Psychiatrist/

Psychologist

Psychotherapist

Art therapist

Nurse

Lawyer

Social Workers (3)

Case Managers (4):

Forensic – Expert Psychiatrist

Psychiatrists (2)

General Doctor

Psychotherapist (1/2)

Consultants:

Women Colony Chief

Doctor

Doctor Traumatologist

Doctor Narcologist

Staff from Partner

Organization:

Gali Crisis Centre –

Director (1/2)

Doctor Gynecologist (1/2)

Psychologist (1/2)

Social Worker (1/2)



EMPATHY's visit in Gori in Youth House

Partner Organization:

The partner organization in this project is the Women Association of Nabakevi and Darcheli, Georgian/Abkhazian (NGO was established in 2000 by the support of the Peace Institute (USA), UNV etc and their newly opened (year 2003) Crisis Intervention Centre in Gali Region.

As a partner organization in the project of the EMPATHY this organization will have following responsibilities:



- To identify of torture victims living in the Gali region (military conflict zone) from both ethnic groups – Georgian or Abkhazian and other ethnicities.
- Medical and psycho – social emergency support
- Identification of needs VT and sending on necessity consultations to the Centre EMPATHY.
- To help and organized training that the Centre EMPATHY experts will provide for local specialists.

- Distributed the training materials among the Abkhazian health care specialists.
- Increase level of involvement of the local specialists on the torture persecution field.
- Increase their knowledge on human rights field and torture rehabilitation field.



Women prisoners' Art-therapy Works
Associated Partner:

Ministry of Justice of Georgia

Other Associated Partners and Contracting Authorities

Ministry of Health, Labor and Social Welfare and it's several
Institutions;

International Organizations:

International Rehabilitation Council for Victims of Torture (IRCT)

Penal Reform International (PRI)

WPA Section “Torture Psychological Consequences and Persecution”

Unique to any other program in the FSU, this program will include monitoring, documenting, reporting and rehabilitation efforts for victims who are still inside the penitentiary system, including the pre – trial detention Centres and Central Prison Hospital, as well as repatriated persons in military area (Gali region). As well as support of the Chechen refugees own organizations to increase human rights knowledge and support of the local NGOs in fund rising and development.

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