

Freedom from Torture West Midlands

MAKING A REFERRAL TO FREEDOM FROM TORTURE FOR PSYCHOLOGICAL THERAPY

Freedom from Torture (FFT - formerly the Medical Foundation for the Care of Victims of Torture) is a human rights organization. We provide rehabilitation services to torture survivors experiencing high levels of psychological distress, within a human rights framework: we provide therapeutic services, advocate for improvements in survivors' social conditions, assist survivors to integrate into society and seek protection for survivors of torture from overseas through our Medico-legal report service. We also campaign for an end to torture globally.

As a charity with limited resources, we need to prioritise our services to ensure we assist those survivors of torture most in need of our assistance. We kindly request that on making a referral to Freedom from Torture West Midlands, you do not close a client's case within your own organisation on the basis that it will we will be able to accept it, as each individual case will undergo a thorough assessment process before it can be accepted or declined.

This document explains the process we use to decide whether to accept someone who has been referred to us.

When someone is referred to us for psychological therapy, we ask ourselves the following questions when deciding whether to assess them or not:

1. Has the person been tortured or subjected to organised violence, within the meaning of the Freedom from Torture remit?

The Freedom from Torture remit is described below:

"The clients of Freedom from Torture are survivors of torture and organised violence and the families of those survivors. By "torture and organised violence" we mean both severe physical and severe mental suffering deliberately inflicted on a person in the custody or under the control of such organised bodies as police and security forces and other agencies of governments, military and paramilitary units, and organised non-state actors.

The forms of harm we include as torture include rape and sexual abuse perpetrated by these bodies and actors. In our work, torture includes those abuses described above experienced as a prisoner of war or at the hands of superiors in the victim's own military unit and also the exposure of child soldiers to gross violence. It does not include the violence suffered by adult military personnel in a combat situation."

2. Is the person experiencing psychological distress as a result of torture or organised violence?

3. Does the person's psychological distress affect their ability to function socially or their relationships?
4. Does the person present a risk to themselves or other people?
5. Is there a risk that the person's psychological health could deteriorate?
6. Is the person experiencing difficulties in the asylum process?
7. Does the person experience difficulties in adjusting to life in the UK as a result of being tortured or subjected to organised violence?
8. Does the person have a social support network in the UK?
9. Have the person's relationships with significant others been affected by their experiences of torture or organised violence?
10. Is the person currently accessing external services which are able to meet any or all of their needs?
11. Are there any services the person could potentially access in the future?

For each of these questions, we consider the degree of difficulty, risk or distress experienced by the person concerned.

When completing the referral form, please give us as much information as possible, especially with regard to the above questions. If a form is received in an incomplete state or provides an insufficient level of detail then we may need to contact the referrer to request more information before we are able to proceed in assessing the case.

Adults, children, young people and families affected by torture can be referred to the West Midlands centre by using the referral form.

We also offer consultation, training and clinical supervision to other professionals working with survivors of torture and you may like to consider accessing one of these forms of support as an alternative to making a direct referral.

If you would like to discuss a referral with us or have any questions about our referral process, please contact us:

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