

TRAUMA TREATMENT INTERNATIONAL



ANNUAL REPORT 2022

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A SUCCESSFUL YEAR OF GROWTH AND PARTNERSHIP

2022 was an exciting year for Trauma Treatment International, writes CEO Quen Geuter, pictured above.

We saw the growth of the board with three new trustees settling into their roles, we secured an increase in funding, and we now work with 18 organisations across the UK.

We are proud of our ability to deliver significant impact with a small team and a tight budget.

We are especially grateful to all the generous people who supported our All Rise Crowdfunder campaign. This was our first significant fundraising drive, and it has enabled us to provide one-to-one trauma treatment to Afghan women lawyers, judges and human rights defenders.

We are also providing training to the organisations that work with these women as they settle into life in their new home countries.

We are very proud of our partnership with the International Bar Association, Association of Women Judges. Methoria and Garden Court

Chambers with whom we are working on this important project. See page 22 for more.

We extend our sincere thanks to our donors who have made it possible for us to provide trauma treatment, training and support to our beneficiaries and partners this year.

Our gratitude to MSN Family Trust, Matrix Foundation, Karl Johan Persson and Beatrice Bondy, Allen Lane Foundation, The Fore, British Airways, London Catalyst, National Lottery and the Postcode Society Trust for their support and flexibility in hard times.

As a small but growing and ambitious organisation, it is a privilege to work alongside a committed and dedicated team.

The expertise held within our associate pool is second to none, while our remote core team has worked so hard to bring about significant growth as we reach out to more organisations in the UK and beyond.

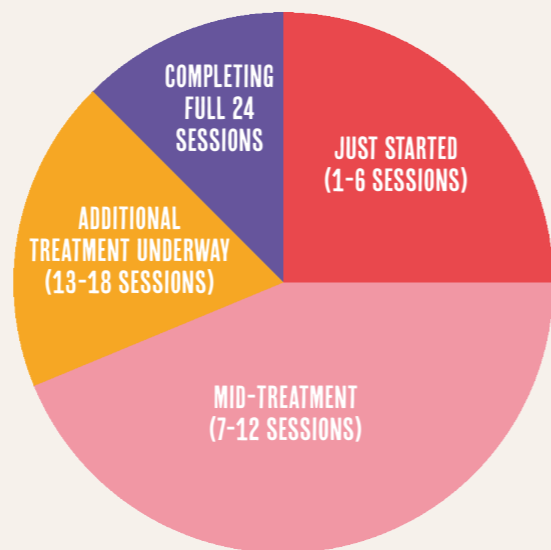
It is with gratitude for all their hard work, and the commitment of the trustees who put so much effort and care into leading the organisation, that we bring 2022 to a close.

IN 2022, WE WORKED WITH 30 ORGANISATIONS AND SUPPORTED 177 INDIVIDUALS

TREATMENT

OUR **TRAUMA CLINIC** WAS LAUNCHED IN JANUARY 2022.

TO DATE, THERE HAVE BEEN **129** SESSIONS WITH **19** FORMER HOSTAGES AND VICTIMS OF TORTURE OR STATE PERSECUTION. THESE INDIVIDUALS WERE REFERRED TO US BY **5** PARTNER ORGANISATIONS.



100% OF THOSE ASSESSED AS HAVING PTSD HAVE ACCESS TO **24** THERAPY SESSIONS.

OUR CROWDFUNDER CAMPAIGN
ALL RISE
RAISED **£60,000** TO SUPPORT DISPLACED AFGHAN WOMEN HUMAN RIGHTS DEFENDERS. SO FAR, WE HAVE PROVIDED **13** THERAPY SESSIONS TO **4** WOMEN FROM **3** REFERRAL PARTNERS.

EDUCATION

£21,000 RAISED TO SUPPORT HOSTS OF UKRAINIAN REFUGEES TO BE TRAUMA-INFORMED. **4** REFUGEE HOST TRAINING SESSIONS DELIVERED TO **5** ORGANISATIONS. **TOP TIPS** GUIDELINES AND VIDEO PRODUCED AND DISCUSSED ON **SKY NEWS**.

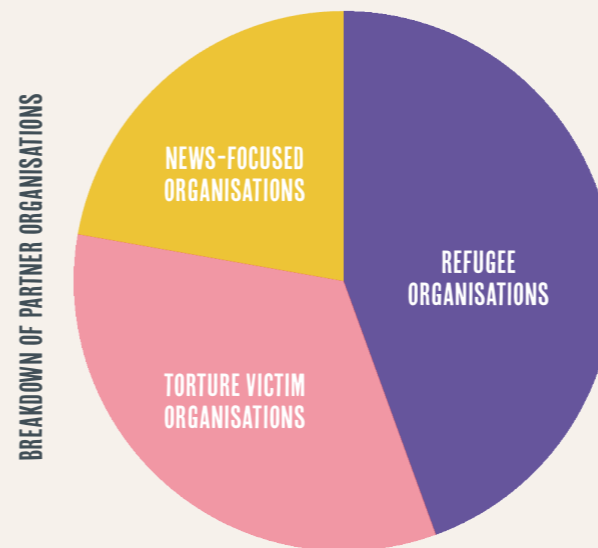


ADVOCACY

QUANTITATIVE RESEARCH CONDUCTED WITH **50** ORGANISATIONS FOR HOSTING RESEARCH PROJECT, ALONGSIDE QUALITATIVE INTERVIEWS WITH **10** ORGANISATIONS AND **4** HOSTS.



MITIGATION & PREVENTION



9 PARTNER ORGANISATIONS TRAINED TO IMPROVE STAFF WELL-BEING AND REDUCE STRESS AND BURNOUT.

14 REFUGEE ORGANISATIONS TRAINED TO BECOME TRAUMA-INFORMED AND PROMOTE TRAUMA MANAGEMENT IN THE WORKPLACE.

RESOURCE HUB LAUNCHED AUGUST 2022.

UPSKILLING

8 ASSOCIATE PSYCHOLOGISTS. **13** TRAINED IN TTI TRAUMA PRACTICE.

12 MENTAL HEALTH WORKERS TRAINED IN NARRATIVE EXPOSURE THERAPY, SUPPORTING TRAFFICKED WOMEN AND FORMER SLAVES IN WAR-TORN AND FRAGILE STATES.

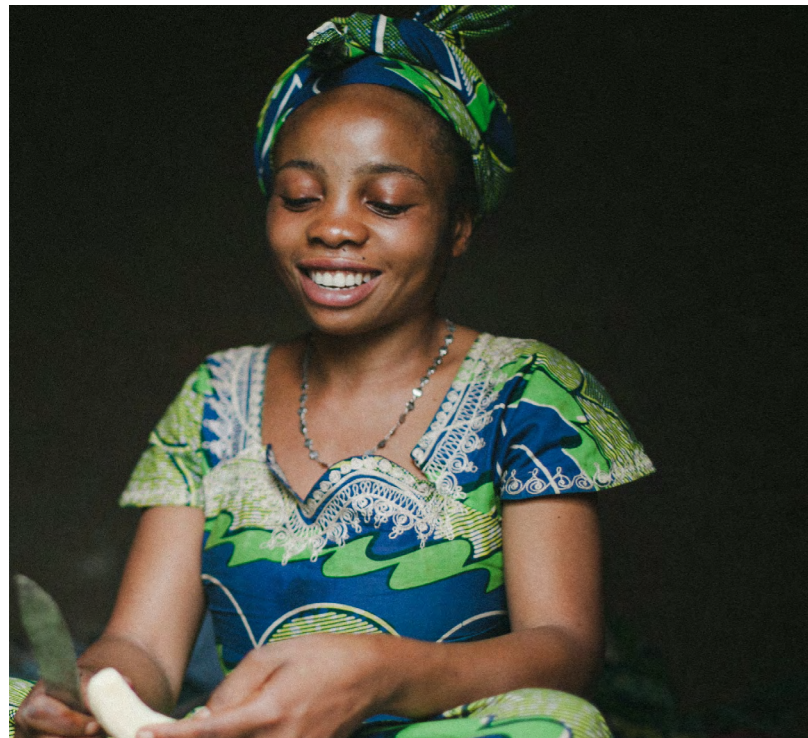
“THE BEST THING ABOUT BEING A TTI ASSOCIATE IS THE WARM, FRIENDLY TEAM, AND THE FACT THAT IT ALIGNS WITH MY VALUES.”

DR JILL DOMONEY



HOW WE ARE **TEAMING UP** TO TACKLE TRAUMA CAUSED BY COLLECTIVE VIOLENCE

Clinical associate psychologists, trustees and our core team came together in the autumn to solidify the strategic priorities for Trauma Treatment International going forward. We agreed upon our vision, our mission and our new TEAM UP strategy which will help us achieve our goals:



OUR VISION:
EVERYBODY SUFFERING FROM THE TRAUMA OF COLLECTIVE VIOLENCE RECEIVES THE SUPPORT AND TREATMENT THEY NEED TO RECOVER.

OUR MISSION:
TO HEAL THE TRAUMA OF PEOPLE AFFECTED BY TORTURE, TRAFFICKING AND SLAVERY, PERSECUTION AND WAR, WHEREVER THEY ARE IN THE WORLD.



STRATEGIC PRIORITIES **2023 TO 2028**



TREAT
 Improve access to evidence-based trauma treatment for victims of collective violence, wherever they are in the world



EDUCATE
 Increase knowledge of trauma in homes, communities and workplaces. Support those exposed to trauma to safely voice their lived experience to access justice and inform service design



ADVOCATE
 Elevate the trauma agenda and advocate for evidence-based trauma treatment and trauma-informed structural change



MITIGATE
 Support organisations working in trauma-exposed contexts to understand and manage the risk of trauma, promote staff wellbeing and deliver trauma-informed services.



UP-SKILL
 Promote the diversity and skills of mental health practitioners, wherever they are in the world. Support capacity building with communities in high-trauma contexts to treat trauma, where state or other provision is lacking

TRAUMA CLINIC HELPS FORMER HOSTAGES AND VICTIMS OF TORTURE AND TERRORISM



Trauma Treatment International now has its own clinic to provide psychological treatment to victims of extremely threatening and horrific events, such as torture, terrorism and hostage situations.

The trauma clinic, which is run both online via video link and face-to-face at a dedicated practice in London's Vauxhall, has treated 22 clients since it opened in February 2022.

Many of these are former hostages, prisoners of war and victims of torture.

Leading the clinic is Dr Sarah Whittaker (pictured above), who said: "All of our treatment is provided by specialist clinical psychologists who have extensive experience in treating victims of trauma.

"We only offer psychological treatments that have been proven to be effective by high quality research – this is called evidence-based practice."

She added: "Being able to hold sessions in our virtual clinic means that we can see clients from anywhere in the world. This broadens our reach, and allows us to offer first-class support to people who might not otherwise have access to treatment."

Sarah explained that people who have experienced extreme trauma often have multiple needs, such as problems arising from legal, social or financial matters.

"Our preference is to treat victims who are being supported by organisations which are addressing these needs," she said.

"This allows us to focus on providing psychological treatment as part of a holistic approach to their recovery."

In addition, the clinic welcomes referrals in support of strategic litigation cases whose aim is to end human rights abuses, and promote accountability for those who perpetrate them.

Sarah said: "Our therapy enables victims to better participate in legal procedures, and provide what would be considered a more reliable witness testimony in the legal context."

She added: "The rate of referrals to the clinic has been increasing, so we are looking to increase capacity."

"This means that we need funding both to operate at our current levels, as well as recruit another psychologist."

Our partner organisations can make referrals to the clinic by filling in a short form [here](#).



IN THE WORDS OF A HOSTAGE SURVIVOR...

Martin Lautwein was abducted by the Syrian military regime and held in solitary confinement for 48 days in 2018.

Having gone through unimaginable horrors during his detainment, Martin found himself struggling with his mental health once back home in Germany.

After several unsuccessful attempts at seeking therapy, he was seen by Dr Sarah Whittaker, who has international experience in Iraq, Sri Lanka and Sudan.

He said: "It makes it much easier to speak to a person who is actually familiar with humanitarian aid and working in the middle east.

"The most important point for me is that I don't feel like a "once in a decade" case with Sarah.

"It really makes a difference to speak to a therapist and have the feeling that she is not only experienced with trauma in general, but also with the specific things that I have experienced."



“These are women who risked their lives every day to progress the fundamental rights of women to study and work, and ensure that a fair rule of law existed.

“They were effectively influencing a culture, but what took years to champion was lost in a matter of days. In some ways, this loss is the most traumatic experience that they need to work through.”

Our Trauma Clinic manager Dr Sarah Whitaker is reflecting on the mental suffering of former Afghan women lawyers and judges, who were forced to flee their home country in 2021 in fear of Taliban retribution.

Through two concerted Crowdfunder campaigns, All Rise and All Rise Again, TTI has raised more than £60,000 to provide trauma treatment to these incredible women, and help them forge new fulfilling lives in the UK and elsewhere. This total included a £15,000 donation from CFC Underwriting.

Sarah explained: “The psychological support we’re offering is both about healing from the trauma of being targeted by the Taliban and having to leave Afghanistan, and perhaps the less-recognised trauma of the losses associated with their exodus.

“Our individual support creates a space where they can work through their trauma. For cultural reasons, they may not feel able to access social or emotional support from their peers, which is why the treatment we’re providing is so important.”

She added: “Those with recognisable symptoms of post-traumatic stress disorder will only recover with an evidence-based treatment that we provide.”

The Afghan women come to us through a number of referral partners. These include Catriona Jarvis, a retired UK judge who most recently worked in the Upper Tribunal of the Immigration and Asylum Chamber.

Catriona has been mentoring former Afghan judge Moska (not her real name) for the last year, having answered calls from the International Association of Women Judges (IAWJ) and the UK Association of Women Judges (UKAWJ).

Catriona (pictured above right) said: “Following the request of the IAWJ, the UKAWJ created a group of UK judges to support Afghan women judges while they were still in Afghanistan. It was incredibly frightening for them at that time, and difficult for us to support them as we would have wished from such a distance.

“They hadn’t been used to being in the street on their own; they were used to going to work in armoured cars with bodyguards.

“But when the Taliban took control, many police and other officials ‘downed tools,’ their bodyguards were at risk and there was no one to protect them. There was chaos and panic – the streets were full of people and vehicles, and bullets were being fired. Moska was forced to leave Afghanistan without her

family, leaving her feeling bereft and guilty for ‘leaving them behind’. She’s now been here for over a year and I’ve been supporting her very closely. Her family are at last somewhere safe and we’re trying to arrange for her to visit them.”

Unsurprisingly, the trauma Moska went through left her in need of psychological treatment from TTI.

“She was struggling physically, not being able to sleep or eat, and not being able to think clearly,” said Catriona, who was a judge for 21 years. “She found it hard to complete even simple tasks. She’d say: ‘But I was a judge!’”

“She feels like she has to start from scratch, all over again, to try to discover who she is now and whether she might ever become a judge again.

“I know what I went through to become a judge, so I understand at least something of how she feels, although I can never ‘walk in her shoes.’”

Cultural differences between the UK and Afghanistan have also proved problematic for Moska. “Doing something that we might take for granted feels huge to her; something as simple as going for a coffee, or going to the cinema,” Catriona explained.

“She’d never have done anything like that on her own in Afghanistan. In fact, she had never been to the cinema or theatre alone.

“She’d either have had bodyguards with her when travelling to and from work, or have gone with family to a shopping mall.

“Other Afghans at hotel placements in the UK have also cast doubt on her honour, on what sort of woman she is, being here on her own without any husband or father. Even here, being on her own exposes her to danger.”

Moska has now finished the first round of trauma treatment sessions at our clinic and Catriona says she can see the difference in her mentee: “She has made some friends, and has had English lessons with a Muslim woman; this has been very helpful and comforting to her.

“She is so bright and dedicated, and I know she will find a way to be a judge again. It is an unacceptable loss to the judiciary as a whole that these brave women should not be able to take up their judicial roles again in the future.”

She added: “The treatment Moska has received from Trauma Treatment International has been invaluable. It’s wonderful to know that it’s there.”



Since April, we have delivered 17 one-to-one treatment sessions

HOW TTI HELPED ZARA RECOVER FROM TRAUMA



One of the first beneficiaries of TTI's trauma clinic was former Muslim Zara Kay (pictured above). Zara is the founder of our partner organisation Faithless Hijabi, which was set up in 2018 to help those who have been victimised for leaving Islam.

Tanzanian-born Zara explained that her own break with her former faith came after she expressed support for the same-sex marriage of a family friend on social media.

Her post, criticising the homophobic response to the marriage within her community, led to an avalanche of abuse, including threats of rape and even death. Some of the hateful messages came from people she had known her whole life.

She said: "I'd never gone through so much anxiety; I was in complete shock. Never in my life would I have thought that Muslims would react in this way."

"My parents had never believed in violence and my perception had been built on what they had taught me; I thought they were a faithful representation of Islam."

"From that moment, I couldn't look back. I read more about the religion assigned to me at birth, and found that my secular humanist values didn't align with Islam."

Zara continued to speak out and started on her journey towards becoming an activist. As time went on, other ex-Muslims contacted her to share their own experiences of the abuse, violence and intimidation they'd experienced, while she found corners of the internet where people would discuss their often harrowing stories.

She said: "There was an ex-Muslim sub-Reddit forum and there were so many stories of depression, anxiety, suicide. So I decided to set up Faithless Hijabi as a storytelling place; somewhere people could talk about leaving Islam and honour-based violence."

Since then, the Australian-registered organisation has grown to include four other board members and a volunteer. The team works with people around the world from abusive backgrounds, guiding them to the organisations in their countries that can support them.

Most recently, the association has grown to include a mental health programme, following the suicide of an ex-Muslim in Sweden.

"A friend donated £500 to Faithless Hijabi when he heard about the suicide, because he wanted to help but didn't know how," explained Zara.

"That gave birth to the idea that we could help people get therapy, and I arranged for a clinic to provide subsidised sessions. It's a real achievement when you can see a transformation in someone, and that they're on the road to being happier."

Of her own therapy with Dr Sarah Whittaker, Zara says: "Sarah has helped me a lot with what has happened; she has made me realise that none of it has been my fault. It's because I dare to stand up and challenge the norms. She's made me think about what I'm willing to compromise for the greater good."

She added: "I am trying to accept that I am not defined by what has happened to me. I have to contextualise it and not lose hope."

HOSTAGE INTERNATIONAL PARTNERSHIP HAS BEEN "WAITING TO HAPPEN"



Former hostages began receiving bespoke psychological treatment in 2022 thanks to a partnership with **Hostage International**, funded by the MSN Family Trust.

With TTI providing the psychological support, the Hostage International team have continued to offer essential emotional guidance and assist individuals with practical and administrative tasks.

As our trauma clinic lead Dr Sarah Whittaker explains, this holistic approach is having a hugely beneficial effect on the former hostages. She said: "In therapy, we encourage clients to try and make sense of the past, but it's hard for them to do this when their day-to-day life is in chaos."

"Our clients from Hostage International recover much more quickly when their current stressors are being resolved at the same time – especially if those stressors were caused by the hostage situation."

She added: "This has been a partnership waiting to happen. The DNA of both charities is so similar and there's something wonderful about two organisations coming together, driven by the desire to help people."

Hostage International Chief Executive Lara Symons (pictured above) said: "There is real synergy between our two organisations, and this partnership has allowed us to reach further in supporting former hostages as they journey through their life after captivity."

"Despite the trauma that most former hostages will have experienced, we see many individuals moving forward to lead happy and constructive lives and we are delighted that this partnership between Hostage International and TTI has enabled us to support people to an even greater extent."

Sarah added: "We're so grateful to the MSN Family Trust for funding this project which offers a much quicker and greater consistency of service for those who need it."

She explained that former hostages can remain in a state of high alert even after they have returned to a so-called "normal" life.

"It's a unique kind of trauma, as hostage situations are so rare," she said. "They'll replay their ordeal over and over in their heads and experience it as though it were still happening now."

"So, it is very difficult for individuals to establish a sense that it is over and they are safe. We help people tell their story and put words to their experience in a particular way that helps them to understand and recognise that they are safe now."

She added: "Some may blame themselves for what happened to them, or for what they did or didn't do during their capture."

"Silence is a breeding ground for shame, which is another reason why talking about what happened in therapy is so important."

NEW RESOURCE HUB LAUNCHED THANKS TO NATIONAL LOTTERY FUNDING



We are delighted to be able to offer a new **online resource hub** for organisations whose staff may be at risk of vicarious trauma through their work.

Funded through a grant from the National Lottery, the hub features a wealth of information to support workforces.

This includes a survey to ascertain whether an organisation is at risk of trauma exposure, and a **video** outlining the treatment we can offer our partners.

The hub also includes informative articles on trauma and burnout, a glossary of useful terms like collective violence and PTSD, and reports of our previous projects in the field.

Meanwhile, visitors to the hub can register for upcoming training sessions, find out how they can support staff wellbeing, and make enquiries into becoming a referral partner.

Our thanks go to Stephen Palacino of Page 1 Branding, who also worked his magic on the redesign of our website as a whole.



REFUGEE HOSTS ACCESS TRAUMA-INFORMED TRAINING FROM OUR EXPERT PSYCHOLOGISTS

Catalysed by the war in Ukraine, we have been holding training sessions for UK hosts who have welcomed refugees into their homes.

The sessions focus on how to spot and respond to signs of trauma, and ways in which the host can manage the ever-evolving relationship with their guest to ensure a successful stay.

Training lead Dr Sarah Whittaker said: "Participants especially value the question and answer section of the sessions, where they can ask questions specific to their own hosting experience.

"This often refers to how they can help their guests cope with the trauma they have experienced in Ukraine."

As well as the training sessions, interested parties can refer to a Top Tips document, which can be found on our website **here**, or a short animated **video** which also outlines the advice from our psychologists.

We'd like to thank Aber Aid and Migration Yorkshire for promoting our sessions to the hosts in their networks.

OUR TOP TIPS IN BRIEF:

- Learn how to spot the signs of trauma
- Try to meet your guests' practical needs
- Make life as predictable as possible
- Help your guests foster social relationships
- Help them be who they were in their home country
- Listen more than you talk
- Don't expect gratitude
- Look after your own mental health





Our training for refugee hosts, as outlined on page 15, was borne in part from a research project we undertook in response to the rapid increase in hosting under the Homes for Ukraine scheme.

Our findings showed that refugees and asylum seekers in the UK could find themselves traumatised even further due to a lack of mental health training for their hosts and the support agencies caring for them.

News of this important research led to a Sky TV interview with our CEO Quen Geuter and co-founder Dr Brock Chisholm (*above*).

Over two months, we undertook quantitative online research with 50 organisations, along with qualitative interviews with 10 organisations and four hosts. In addition, hosts were invited to complete an online survey about their experiences.

Lead consultant on the project, Tiffany Watts (*pictured right*), said: “Our research showed that, when refugee hosting is done well, it is effective in helping to tackle trauma.

“It helps address the basic human need to belong, feel safe and feel valued, and gives refugees and asylum seekers a sense of dignity which is important in supporting the healing process.

“However, we learned that hosting services across the UK vary widely, with limited Government recognition and investment in trauma-informed support, and no collective best practice standard.

“Councils, non-governmental organisations and the education sector are scrambling to catch up with Government promises around Homes for Ukraine. This has led to a fragmented approach and postcode lottery support systems.”

She added: “Many hosts responded to Government calls for housing through the Homes for Ukraine scheme, unaware of the high level of need to provide practical support. We found that, in some cases, hosting has broken down and hosts are burning out as they effectively act as untrained case workers.

“One host told us: ‘I feel like I’m out in the abyss and can’t get the Government to deliver on their promises.’”

Our research also found that Homes for Ukraine hosts were unsure how to access mental health advice or services for their refugee guests, while they were also uncertain which ones they could trust.

Tiffany said: “There is a plethora of online

packs and advice, but they vary in quality and are not always expert reviewed. In addition, hosts are often told to call the council or the GP if their guests exhibit signs of trauma.

“The strain this could put on an already overwhelmed NHS is huge, with long waiting lists potentially compounding trauma.”

Our CEO Quen added: “Trauma is something we can all learn about; we don’t have to be clinically trained in order to help someone feel better. At TTI, we aim to create trauma-informed communities where people learn simple techniques for recognising trauma, supporting positive mental health and preventing further traumatisation.”

TTI’s research also shows that staff of hosting organisations, who have tried to support Homes for Ukraine in addition to their own schemes, are experiencing high levels of stress and burnout.

Many of these organisations are small, relying on large cohorts of volunteers and stretched staff teams to carry out home visits or respond to calls from hosts.

One organisation reported a turnover of staff every six months. Ultimately, the research shows that there is very limited self-care support within the workplace to prevent vicarious trauma.

We have compiled a five-point series of recommendations based on the research project. These will mitigate against the risks of trauma for refugees, their hosts and support agency staff and volunteers:

1. Develop universal standards for trauma-informed training and information for refugees and their hosts. This should include tips on how to help before professional intervention is required in order to prevent the escalation of trauma and lessen the impact on the NHS.
2. Formulate high quality trauma training for volunteers and employees of support agencies. This should be standardised and evidence-based, and offered alongside peer-to-peer facilitated learning.

3. Help organisations to lessen their risk of trauma exposure through evidence-based resilience testing. Add trauma-informed approaches to HR policies, along with staff self-care supervision and access to mental health support.

4. Bring together hosting schemes and organisations across the country to agree and sign up to a charter of trauma-informed good practice. Through this, key issues can be identified, solutions can be found, and delivery can become consistent with clear signposting for hosts and guests.

5. Share learning internationally to ensure that trauma-informed hosting becomes the norm wherever it is being set up in the world. This should be promoted and resourced, supported by major agencies.

Quen added: “We are now working with hosting schemes to develop a coordinated approach and define the next steps for 2023.

“Ultimately, we want to reduce trauma for both hosts and guests, prevent compounded or vicarious trauma, reduce pressure on the UK health system, and build the resilience of hosting schemes.”



HELPING REDRESS STAFF AVOID BURNOUT AND SECONDARY TRAUMA



An important part of TTI's work is providing evidence-based psychological support to organisations whose staff are at risk of secondary trauma and burnout.

In 2022, we worked with staff at **REDRESS**, a non-governmental organisation which pursues legal claims on behalf of torture survivors around the world.

The team we supported were working with the International Accountability Platform for Belarus, collecting evidence of torture-related crimes leading up to the country's 2020 elections.

The REDRESS staff were exposed to graphic witness testimonies, videos, photographs and medical reports for a number of months as part of their research.

The project's legal advisor, who we cannot name for security reasons, said: "We thought it was important for them to have psychosocial support to prevent secondary trauma as they were dealing with such a large amount of traumatic evidence.

"We were also keen to ensure that this would not lead to burnout for them.

"They found it very useful. One colleague who left the project asked for the treatment to carry on, which of course we agreed to, and colleagues working on other projects have also expressed interest in having access to the treatment."

TTI co-founder and clinical psychologist Dr Brock Chisholm explained why it is so important for REDRESS to protect the wellbeing of its workforce.

He said: "Staff pursue their organisational aims relentlessly. Because they are driven by their own personal values, which accord with REDRESS' charitable objectives, they are at greater risk of burnout and vicarious trauma.

"This is especially the case if there is a personal connection to aspects of their work and/or there is a history of traumatic events.

"Our treatment helps to ameliorate the psychological impact of the work by processing and understanding the traumatic material that they have witnessed."

Of course, it's not only staff members working on frontline evidence who can benefit from the expert help of our psychologists.

The legal advisor herself, who works in a management capacity overseeing the workloads of the REDRESS team, says she found herself close to burnout before starting sessions with TTI.

She said: "Being able to speak about my situation to Brock was very helpful for me, and provided me with coping mechanisms.

"For example, he has helped me to slow down when I need to without feeling guilty about it.

"I also make sure I take deep breaths in stressful situations to calm my system down and get out of panic mode, while I use white noise to help me sleep."

PSYCHOLOGICAL SUPPORT FOR BELLINGCAT INVESTIGATORS



We are proud to be working with staff of investigative journalism site **Bellingcat**, helping them deal with their exposure to violent content.

The collective, which has 20 full-time staff and more than 30 contributors around the world, launched in 2014 to probe a variety of subjects using open source and social media investigation.

These have included the poisoning of MI6 double agent Sergei Skripal and his daughter Yulia in Salisbury, the death of Venezuelan rebel leader Óscar Alberto Pérez, and the attempted murder of Russian politician Alexei Navalny.

The team has also gathered evidence of war crimes in Ukraine during the conflict.

Bellingcat's investigative

work can include dealing with traumatic material like images of injury, death or sexual assault. Staff can also find themselves the subject of distressing online harassment and abuse.

Left unchecked, this exposure can lead to conditions like burnout, post-traumatic stress disorder, depression and generalised anxiety.

As part of the partnership with Bellingcat, our psychologists are leading initial check-ins with 20 staff members to assess their mental wellbeing, and offer advice on coping with workplace stressors.

Staff can then request two further sessions if they feel they need follow-up support, while the clinical team will help anyone showing

signs of PTSD or needing additional treatment.

Bellingcat senior investigator Nick Waters said: "We have never been a single monolithic body, but rather a network of those passionate about holding perpetrators to account.

"Ultimately, we have reached where we are because of the passionate and driven people who look at a story and work out how to get to the bottom of it.

"Bellingcat knows that to keep producing the stories that we're known for, we need to appropriately support those who investigate them.

"As such, we're proud to work with Trauma Treatment International on this important subject."

PSYCHOLOGICAL SUPPORT FOR THE SOUTH-EAST SECURED

Organisations which work with traumatised individuals received bespoke support from Trauma Treatment International in 2022 following a grant from Postcode Society Trust.

The funding of £18,000 went towards a multi-person internal team to cover the south-east of England. This is a region in which there is a substantial number of organisations working with victims of extreme violence such as torture, trafficking, slavery and war.

The staff of these organisations are themselves at risk of vicarious trauma as a result of their work, with many exhibiting signs of anxiety, depression and burnout.

These issues were only exacerbated by the Covid-19 pandemic, with a rising demand for their services and the added pressures of remote working.

TTI CEO Quen Geuter said: “The project enabled us to carry out partnership mapping and improve our processes for delivering trauma training, policy support, organisational assessments and one-to-one therapy/ supervision.

“We worked directly with four organisations, benefiting around 40 staff and 400 individuals indirectly. Trauma assessment calls were carried out with a further five organisations

“Thanks to this project, we were able to build systems and skills, test approaches, and build networks. As a result, we are now able to effectively support trauma-exposed organisations around the whole country.”



TRAINING SESSIONS INCREASE OUR CLINICAL CAPACITY

Grant funding in 2022 enabled a TTI team to come together online for the first in a series of training sessions aimed at raising our clinical capacity.

A grant for the year-long training programme came from the **Matrix Causes Fund**, the giving arm of the London barristers' chambers.

The introductory session was led by TTI co-founder and consultant clinical psychologist Dr Brock Chisholm, with team members including trustees and associate clinical psychologists in attendance.

Our CEO Quen Geuter explained: “We currently have eight associate clinical psychologists on our roster but we plan to grow this to 15 by the end of 2023.

“With the funding from Matrix Chambers, our new associates will be specifically trained in TTI's approach to delivering high quality, evidence-based psychological treatment to the survivors of collective violence such as torture, trafficking, slavery and war.”

She added: “Traumatic events account for half of all mental health problems worldwide and survivors of collective violence are at particular risk.

“Victims can suffer flashbacks of traumatic experiences, triggering intense feelings of fear, helplessness, horror or shame. Covid-19 and the various lockdowns have amplified these mental health challenges over the last three years, increasing levels of PTSD, depression and suicide amongst traumatised communities.

“We receive numerous urgent requests from both government and non-governmental organisations for psychological therapy



for traumatised individuals. Thanks to the training sessions, we will be able to provide high quality, consistent and timely trauma treatment to more individuals in need.”

The planned training will be delivered through a combination of self-led workbooks and face-to-face sessions, covering a range of modules covering TTI's methodology.

These will include an Introduction to Treating Trauma Caused by Organised Violence, How to Recognise and Treat Workforce Vicarious Trauma, How to Carry Out a TTI Organisation Assessment, and Safeguarding and Confidentiality.

Clinical psychologists who pass the training will become a member of the TTI Associate bank, with continued supervision from the charity to ensure consistency of delivery.

Quen said: “We are extremely grateful to Matrix Chambers for their generous grant for this training. Ultimately, it will help us treat even more survivors of collective violence, giving them the tools they need to lead happy and fulfilled lives in spite of the trauma they have suffered.”

OUR ASSOCIATE POOL

The work of Trauma Treatment International is strengthened by our pool of associates (*pictured below*), all of whom are either clinical or counselling psychologists.

Each member of our associate pool has extensive experience of working with the psychological impact of trauma across different contexts, while they all practice evidence-based therapy.

They are supervised by TTI's senior clinical

psychologists, and are encouraged to advance their skillset through our continuous professional development programme.

Our associates can be located anywhere in the world, but are linked through a shared understanding of our core beliefs and passion for evidence-based trauma treatment.

You can find out more about our associates by reading their biographies on the team page of our [website](#).



DR JONATHAN BHAGIAR



DR ANNA CHURCHER CLARKE



DR ANNIS COHEN



DR JILL DOMONEY



DR HEATHER DYSON



DR CARA GIBSON



DR MANVEER KAUR



DR ASHLEY MILLER

OUR TEAM AND TRUSTEES



QUEN GEUTER
CEO



DR BROCK CHISHOLM
CO-FOUNDER &
STRATEGIC ADVISOR



DR KATY ROBJANT
CO-FOUNDER &
STRATEGIC ADVISOR



DR SARAH WHITTAKER
TRAUMA CLINIC
MANAGER



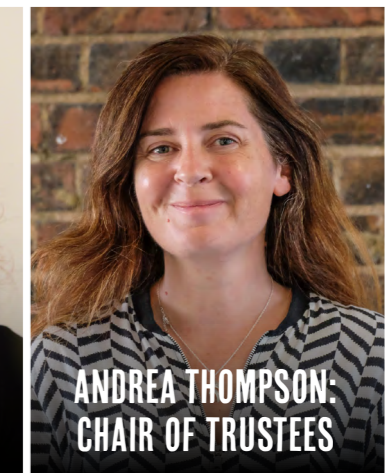
CLAIRE OWEN
COMMUNICATIONS
CONSULTANT



RHEA TZALLAS
PROJECTS &
PARTNERSHIPS



TIFFANY WATTS
STRATEGIC ADVISOR



ANDREA THOMPSON:
CHAIR OF TRUSTEES



STEPHEN WHITE:
TREASURER



ALPHONSINE KABAGABO
TRUSTEE



JENN KESER
TRUSTEE



ROB LEWIS
TRUSTEE

WHO WE WORK WITH

THANK YOU TO OUR SUPPORTERS

