

**TRAUMA TREATMENT
INTERNATIONAL**

IMPACT REPORT 2022



OUR LONG-TERM GOALS

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

Clinical associate psychologists, trustees and our core team came together in October 2022 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

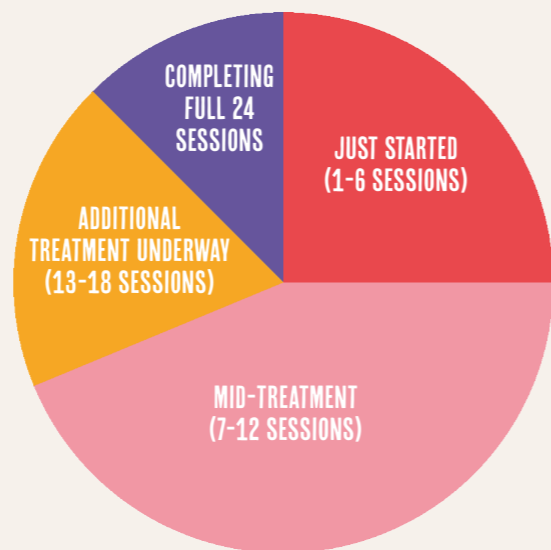
Promote the diversity and skills of mental health practitioners, wherever they are in the world. Support capacity building with communities in high-trauma contexts to treat trauma, where state or other provision is lacking

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**.

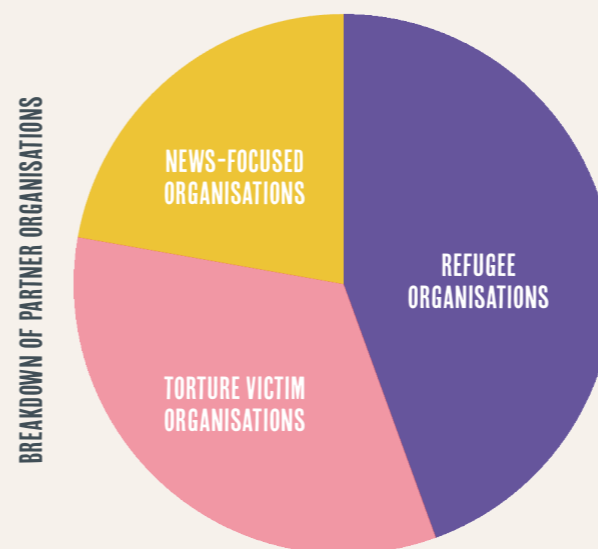


ADVOCACY

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



WHAT OUR CLIENTS SAY

The Guardian
Newspaper of the year

'I have to control the flashbacks': Anoosheh Ashoori on life after being freed from an Iranian jail



‘I know the invisible shrapnel that hits family members’ ... Anoosheh Ashoori with his daughter Elira, wife Sherry and their dogs Chickpea and Romeo.
Photograph: Sarah Lee/The Guardian

“I was taken hostage by the Islamic regime of Iran on 13 August 2017. After four years and seven months, I was released alongside Nazanin Zaghari Ratcliffe, and I was returned to the UK after the £400 million UK debt to Iran was paid.

“Hostage International introduced me to TTI because I was unable to recover from the effects of the trauma I had endured while I was held captive.

“I have had a number of sessions with my therapist, and as a result, I am now better capable of dealing with my anxiety and flashback problems.

“Her efficient and highly professional treatment of my condition started to show results from the very beginning.

“This improvement has not only helped me to tackle my problems more effectively, it has also indirectly had a positive impact on the lives of my family members.

“They shared an equivalent (if not greater) amount of pain and suffering during the time that I was held.

“Now that I am back home, they have to deal with the after-effects of my captivity, which is not an easy task.

“Therefore, we all find ourselves much indebted to my therapist. Without her valuable help, we would be struggling to get through our daily lives.”

ANOOSHEH ASHOORI



“I endured a harrowing eight months as a captive in Libya.

“Prior to meeting my TTI therapist, I was engulfed in a depressive state, plagued by frequent nightmares and struggling with emotional instability.

“I was in profound anguish and had nearly lost all hope, even contemplating suicide.

“The transformative impact of my therapist’s intervention is so profound, I struggle to encapsulate it in words.

“After years of hardship, I finally connected with a therapist who genuinely grasped the depth of my suffering.

“Her therapeutic skills are only surpassed by

her extraordinary capacity for empathy.

“She led me to confront my most traumatic memories and conquer my fears.

“She has assisted me in processing the pain and beginning the process of releasing the grip of my past.

“I am blessed with a two-year-old son and a devoted wife. Thanks to my therapist, I have regained the confidence to be the father and husband they rightfully deserve.

“I will remain eternally grateful for this invaluable assistance.”

TUGRUL KAPUBAGLI

WHO WE WORK WITH

THANK YOU TO OUR SUPPORTERS

