

# Center for the Victims of Torture

## Torture, Former Combatants, Political Prisoners, Terror Suspects, & Terrorists

<https://www.cvt.org/what-we-do/research>

### Policy Issue Resources

CVT conducts rigorous evaluation and monitoring to ensure the work we do is effective. Measuring the progress of survivors is embedded into the therapeutic process of every [CVT healing initiative](#). We have [research tools available](#) to assist with assessments and developing culturally relevant indicators.

We also work with [other torture survivor rehabilitation centers](#) to help them develop their own tools for measuring the impact of rehabilitation services on the well-being of torture survivors.

#### Research and Healing

The wounds of torture run deep into a victims psyche, body and spirit. Even the most resilient survivor can find the healing journey slow. When clinical assessments are embedded into the therapeutic process, the therapist and the survivor are able to assess progress holistically. Rather than focusing on one symptom or set of issues, therapy can address the survivors physical *and* mental health, their social well-being and their ability to function on a daily basis.

Over the years, we have developed clinical [assessment](#) tools to gather information that allows us to evaluate the progress of individual survivors (tools meaning the ways we collect information from torture survivors).

Because we work with survivors from every region of the world, our researchers are skilled at adapting the assessment tools so the questions asked make sense in the language and culture of each client. Frequently that means adapting or developing assessments locally. We are partners with local community members and survivors, bringing our clinical and research skills together with them in a way that is open and collaborative. Several research tools developed by CVT researchers are available for download [here](#).

Over time, we will use the information gathered to understand how effective current treatment methods are, and understand better the impact of torture on individuals, families and communities.

#### Recent Publications

Read the [latest research authored and co-authored by CVT researchers here](#). Our staff provided both editorial and author contributions to [Continuous Traumatic Stress in Peace and Conflict: Journal of Peace Psychology](#). The issue recognizes that many people and communities live with the threat of ongoing violence, particularly torture survivors who often strive to recover their emotional health while remaining vulnerable to further victimization.

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We **heal victims** of torture through unique services and professional care worldwide.

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We **strengthen partners** who heal torture survivors and work to prevent torture.

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We **advocate** for the protection & care of torture survivors and an end to torture.

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