

# Center for the Victims of Torture

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

<https://www.cvt.org/what-we-do/survivor-stories/claude%E2%80%99s-story>

## Campaign and Advocacy

**Something changes whatever the counseling does it changes you.**

Before I came to CVT my life was full of difficult challenges. I had problems but it was hard to know what to do or where to go. I had many challenges from my homeland of Burundi in my mind. Before CVT I felt very bad. I met people who came to CVT who told me about the service.

I had so many problems I joined CVT.

Before CVT I was not able to control my problems; I felt my body was weak. Now I know what to do. If I have a problem, now I do exercises it helps. Sometimes if I just do it, it helps.

I had to start all over again. I did both physiotherapy and counseling. I started to feel happy in my heart. As an example, before CVT, my body was not awake. I was not feeling well because of my past experiences in my life. Now if I find my body is not comfortable, I decide to go to the hospital.

When I joined CVT, I felt I was in my family. The problem I had was made smaller. With CVT, everything becomes more free.

My life today is somehow better. Im in a comfortable place. Im relieved. Something changes whatever the counseling does it changes you. CVT, they gave me happiness.

CVT changes people who have difficult challenges. They give people the chance to address the problems they had. For me, I addressed how I was feeling when I came here.

CVT develops the person it changed me from the first stage to the second stage. Now I want to tell others so you can provide this service to people. When I meet people with problems in the community, I uplift them and then I just give some advice to join CVT in order to change their problems.

Briefly let me say: Dont leave us.

*\*Name has been changed for security and confidentiality.*



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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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