



مركز علاج وتأهيل ضحايا التعذيب  
Treatment & Rehabilitation Center for Victims of Torture

# TRC ANNUAL REPORT

# J 2022



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Treatment & Rehabilitation Center for Victims of Torture (TRC)

# TRC Annual Report

## 2022





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### Introduction

The following is the annual report for the various projects activities conducted during the year of 2022. The report highlights the progress, achievements, and challenges faced during the year. The Treatment and Rehabilitation Center for Victims of Torture (TRC) is pleased to present its annual report for the year 2022.

### Acknowledgment

We would like to express our deepest gratitude to all the individuals and organizations who have contributed to the success and growth of the Treatment and Rehabilitation Center for Victims of Torture. First and foremost, we extend our heartfelt appreciation to the survivors themselves, whose courage and resilience inspire us every day. We would like to acknowledge the tireless efforts of our dedicated staff members. Your professionalism, compassion, and expertise are the driving forces behind the exceptional care we provide, and we are grateful for the sacrifices you make to support our beneficiaries.

Our thanks also go to the volunteers and donors who generously contribute their time, resources, and expertise to our cause. We would like to express our gratitude to our partner organizations and collaborating institutions for their continued support and collaboration. Together, we have been able to enhance our capacity to provide comprehensive care and work towards the prevention of torture and the promotion of human rights.

Thank you once again for your invaluable contribution.





## Organizational Overview

The Treatment and Rehabilitation Center for Victims of Torture provides comprehensive care and support to individuals who have endured the horrors of torture and violence. Our Center operates with a deep commitment to promote healing, restoration, and empowerment for survivors of torture. We offer a multidisciplinary approach that combines medical, psychological, and social services to address the complex physical and emotional needs of our beneficiaries. Our team of experienced professionals, including doctors, psychologists, and social workers, work tirelessly to provide personalized and treatments that facilitate recovery and help victims regain control over their lives. We prioritize the principles of dignity, respect, and confidentiality in all our interactions, creating a safe and nurturing environment for survivors to rebuild their strength and resilience.



## About Treatment and Rehabilitation Center for Victims of Torture

The Treatment and Rehabilitation Center for Victims of Torture (TRC) is a Palestinian non-profit, non-governmental human rights organization and mental health service provider. TRC is an independent and impartial entity advocating for the human rights of victims of torture, organized violence and Gender Based Violence throughout the West Bank.

TRC is a registered Palestinian NGO under license number RA-235/SC at the Palestinian Ministry of Interior (MoI), as well as with the Ministry of Health (License R/6/212). TRC is a member of the International Rehabilitation Council for Torture Victims (IRCT) which is the world's largest membership-based civil society organization specialized in the field of torture. It is also the only Palestinian NGO permitted by the government to provide psychotherapy in Palestinian correction and rehabilitation centers. TRC recently signed a cooperation agreement with ICHR to conduct a routine Monitoring visit to Palestinian Detention Centers.

TRC specializes in providing psychosocial services to survivors of torture. Since its founding, the Center has gradually expanded its work, and in addition to the individual, group and family therapy, which the Center provides.

The Center was founded in 1997 by Dr. Mahmud Sehwal, a Palestinian Psychiatrist and human rights activist. It operated on a voluntary basis until it was instituted in 1999. The Center is governed by a Board of Directors and supported by a Board of International Advisors. Day-to-day management is run by the General Director, Dr. Khader Rasras, who is a Senior Clinical Psychologist.



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## Organizational Structure

The organizational structure of the Treatment and Rehabilitation Center for Victims of Torture (TRC) is designed to ensure efficient and effective operations in delivering comprehensive care and support to survivors of torture. At the helm of the organization is the Executive Director, who provides strategic leadership, oversees daily operations, and serves as the liaison between the Board of Directors and the staff. The Executive Director is supported by a dedicated team of professionals, including: Medical Doctors, Psychologists, Social Workers, Financial and Administrative Staff. Together, they work collaboratively to deliver integrated services that address the physical, psychological, and social needs of survivors. The organizational structure also includes specialized departments such as Medical Services, Psychological Support, Research and Database Department, Advocacy and Outreach, Finance and Administration Department. This division allows for focused expertise in each area while ensuring seamless coordination and communication among the departments. The hierarchical structure is complemented by a participatory and inclusive work culture that encourages open dialogue, teamwork, and continuous learning.



## Board of Directors

The Board of Directors of the Treatment and Rehabilitation Center for Victims of Torture comprises a diverse group of individuals who bring a wealth of experience, expertise, and passion to the organization. Committed to upholding the values and mission of our Center, the Board plays a vital role in providing strategic direction, governance, and oversight. Led by our esteemed Chairperson, the Board consists of professionals from various fields, including human rights advocacy, medicine, psychology, law, and finance. Each member brings a unique perspective and skill set, contributing to the comprehensive approach we adopt in addressing the complex needs of survivors of torture.

The Board's primary responsibility is to ensure the organization's accountability, transparency, and ethical practices. They work closely with the Executive Director and senior management, providing guidance and support in strategic decision-making, policy formulation, and resource allocation.





## TRC Mandate

The mandate of the Treatment and Rehabilitation Center for Victims of Torture (TRC) is to provide comprehensive care, support, and rehabilitation to individuals who have experienced torture and deployment of holistic interventions that do no harm. The TRC is guided by the following core principles:

**Healing and Rehabilitation:** TRC is dedicated to promoting the psychological, and social healing of survivors of torture. Through a multidisciplinary approach, including medical, psychological, and social services, the center aims to address the complex needs of survivors and support their recovery and well-being.

**Empowerment and Dignity:** TRC recognizes the inherent dignity and worth of every survivor of torture. The center is committed to fostering an environment that respects survivors' rights, choices, and autonomy. By empowering survivors with knowledge, skills, and support.

**Justice and Human Rights:** Upholding the principles of justice and human rights lies at the core of the TRC's mandate. The center advocates for the prevention of torture, accountability for perpetrators, and access to justice for survivors. It works towards raising awareness about the impact of torture and the importance of safeguarding human rights, both locally and globally.

**Collaboration and Partnerships:** TRC recognizes the value of collaboration and partnerships in achieving its mandate. The center actively seeks to engage with governmental and non-governmental organizations, human rights institutions, healthcare providers, legal advisors, and other stakeholders to enhance its capacity, expand its reach, and promote a coordinated response to the needs of survivors.

**Research and Advocacy:** TRC actively contributes to research, knowledge exchange, and advocacy efforts related to the prevention of torture and the rehabilitation of survivors. By advocating for policy reforms, the center aims to influence systemic changes and ensure the rights and well-being of survivors are safeguarded.

In summary, TRC's mandate encompasses providing holistic care and rehabilitation, empowering survivors, advocating for justice and human rights, fostering collaborations, and engaging in research and advocacy to address the needs of victims of torture and contribute to the prevention of torture, as per the internationally adopted and ratified Convention against Torture<sup>1</sup>, the Universal Declaration for Human Rights (UDHR)<sup>2</sup> and the 4<sup>th</sup> Geneva Convention<sup>3</sup>.



<sup>1</sup> Article 2.1 – 2.2 each state party shall take effective legislative, administrative judicial or other measure to prevent acts of torture in any territory under its jurisdiction. No exception circumstances whatsoever, whether a state of war or a threat of war, internal political instability or any other public emergency, may be invoked as a justification of torture.

<sup>2</sup> Article 5 – No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

<sup>3</sup> 4<sup>th</sup> Geneva Convention Article 146 – Accused persons shall benefit by safeguards of proper trial and defense.





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### TRC's Vision

TRC will remain an independent and impartial entity advocating for the human rights of victims of torture and organized violence throughout the West Bank and East Jerusalem. TRC's vision is to provide a sanctuary of healing, empowerment for the victims of torture and for Palestine to be free of torture. We envision a space where survivors can find solace and support as they embark on their journey towards physical and emotional recovery. Our aim is to restore dignity and restore hope, empowering survivors to reclaim their lives and reintegrate into society as resilient individuals who can advocate for change and contribute to a world free from torture.



### TRC's Mission and Core Value

TRC's mission is to contribute significantly to the eradication of torture, organized violence, and other human rights violations regardless the identity of perpetrators. TRC also advocates to eradicate the culture of impunity prevalent, which is so rife throughout Palestine and works to support and empower survivors of torture, promote their rights to rehabilitation and healing, and advocate for their rights and dignity. Our mission at TRC is to provide compassion and support to survivors, fostering their healing, resilience, and empowerment.

Our core values guide our every action, ensuring that we uphold the principles of dignity, integrity, and justice. We are committed to treating each individual with respect, empathy, and cultural sensitivity, recognizing the unique needs and experiences of survivors. We strive for excellence in our services, continuously seeking to improve our programs through innovation, research, and collaboration.



### Goals and Objectives

TRC supports and empowers the victims to reintegrate into Palestinian society, in addition to providing them with the knowledge and skills to identify and address psychological symptoms, through the provision of specialized psychological support services such as: debriefing activities; Psychodrama, Art Therapy, Eye Therapy, to strengthen their coping mechanisms. Therefore supporting the victims, and ensuring that they have access to a comprehensive package of intervention aimed at supporting their full recovery. This will be done by increasing awareness of positive parenting, psychological first aid, crisis intervention, identification of symptoms of trauma and appropriate responses and referral pathways, and stress management and debriefing for the affected women and children.



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### TRC Code of Conduct

The code of conduct for dealing with victims of torture and violence is a crucial set of guidelines that should be followed by all professionals and organizations working with such individuals. The code is based on international human rights standards and provide clear guidance on the ethical and legal obligations of those working with victims of torture. It emphasizes the need for informed consent and respect for the autonomy of the victim, as well as the importance of providing access to medical and psychological care.

TRC ensures beneficiary confidentiality according to the strict guidelines of the World Psychiatric Association, and International Union of Psychological Science, of which TRC is an active member. TRC also ensures high standards of safeguarding, and implementation of holistic interventions that incorporate the principle of ‘Do No Harm’.

The code of conduct also addresses the issue of re-victimization, which occurs when individuals are subjected to further harm or discrimination as a result of seeking assistance. Professionals working with victims of torture should be aware of the risks of re-victimization and should take steps to prevent it. This includes providing information on the victim's rights and options, as well as advocating for their protection and access to justice.

During the identification and documentation of cases, TRC ensure beneficiary confidentiality according to the strict guidelines of the World Psychiatric Association, and International Union of Psychological Science, of which TRC is an active member.

### Why Victims of Torture?

Torture is considered an offense to human dignity and integrity and has a huge negative impact on the victims, their families and the society as a whole. In 1991 and 2014 Israel and the Palestinian Authority adopted and ratified the United Nations Convention against Torture (UNCAT) respectively. However, both authorities continue to commit human rights violations, including torture, with full impunity; especially that violations occur when a law, policy or practice deliberately contravenes or ignores obligations held by the State concerned or when the State fails to achieve a required standard of conduct or result. Additional violations occur when a State withdraws or removes existing human rights protections. All human rights, civil, cultural, economic, political and social impose three distinct types of obligations on governments: obligations to respect protect and fulfill. The failure of a government to perform any of these obligations constitutes a violation of human rights.





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The consequences of torture are tremendous. After discharge, victims of torture often exhibit symptoms of post-traumatic stress disorder, social phobia, and other debilitating side-effects of the violence and intimidation perpetrated against them. As a result, they are at high risk of carrying out acts of domestic violence against their children or spouses. The cycle of violence could even manifest in other forms that have far-reaching and devastating effects that could lead to damaging the social fabric in the long run.

We work with victims of torture because we believe that every human being deserves to be treated with dignity, respect, and compassion. Unfortunately, torture is still used as a means of extracting information, punishing dissent, or suppressing opposition in many parts of the world. Survivors of torture often suffer physical and psychological trauma that can last a lifetime, and they often face stigma, discrimination, and even further human rights abuses. By working with victims of torture, we aim to address this humanitarian crisis, support survivors in their healing and rehabilitation, and hold perpetrators of torture accountable for their actions. We also believe that by advocating for the rights of survivors of torture, we are contributing to a more just and peaceful world where human rights are respected, and everyone can live free from fear and oppression.

The Center is at the forefront of advocating for policy reforms and raising awareness across all sectors of Palestinian society on the rights of persons to be free from torture, violence and ill-treatment through grassroots campaigns, national conferences and awareness raising workshops. The Center acts as a public oversight that shares its experience across a number of platforms and provides capacity building to governmental institutions, local and international NGOs, and universities. TRC regularly provides training in human rights, including gender-based violence, to Palestinian institutions, including to the Palestinian Security Forces.

### What do we do?

TRC operates with a deep commitment to promote healing, restoration, and empowerment for survivors of Torture. We provide a comprehensive range of services aimed at addressing the psychological, and social needs of survivors. Our dedicated team, work collaboratively to deliver personalized care and support. We offer specialized psychological services encompass trauma-focused therapy, counseling, and psychosocial support, helping survivors navigate their emotional healing process. Additionally, we advocate for the rights of survivors, and facilitate their integration into society through vocational training and reintegration programs. Our holistic approach ensures that survivors receive the necessary support to rebuild their lives and find hope and empowerment in their journey of recovery. TRC has a wide range of areas of intervention to support survivors of torture and their families as the following:

### Medical Care

One key area of intervention is medical care, which involves providing survivors with specialized medical treatment to address the physical injuries and health problems caused by torture.





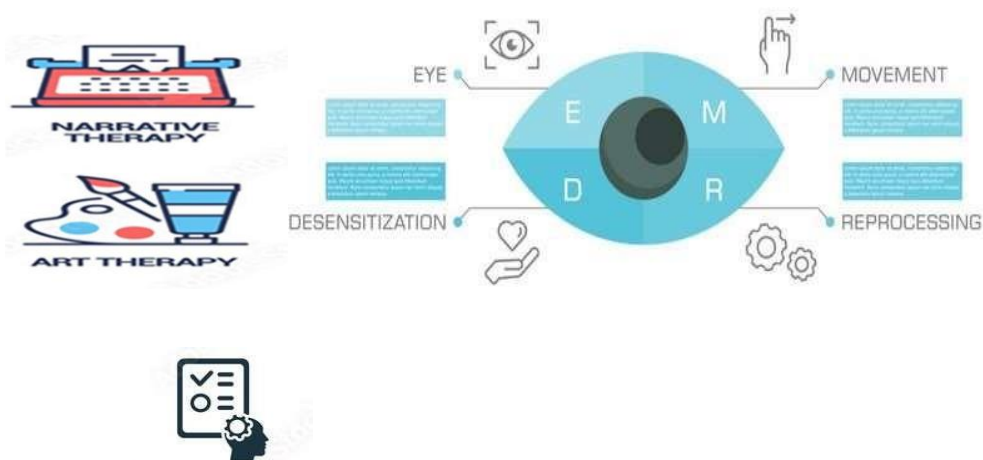
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### Specialized Psycho-Social Services

The Center also provides psycho-social support, including counselling, therapy, and support groups, to help survivors overcome the psychological trauma and emotional pain caused by torture.



TRC empowers the survivors for their reintegration into the Palestinian society, in addition to providing them with the knowledge and skills to identify and address psychological symptoms, through receiving a specialized psychological support such as: debriefing activities; Psychodrama, Art Therapy, Eye Therapy, narrative therapy to strengthen their coping mechanisms.



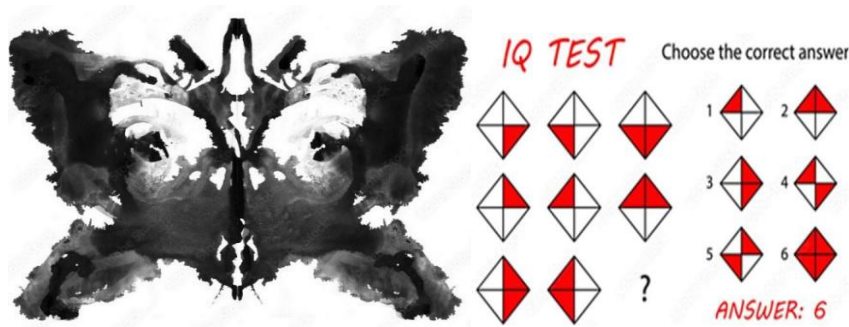
### Psychological Testing

PSYCHOLOGICAL TEST

TRC also provides Psychological testing which is an essential tool for assessing the mental health and well-being of victims of torture. Individuals who have experienced torture often suffer from a range of physical and psychological symptoms, including anxiety, depression, post-traumatic stress disorder (PTSD), and other trauma-related disorders. Psychological testing can help identify these symptoms, assess the severity of the trauma, and guide treatment options for the victim. Additionally, psychological testing can provide valuable evidence in legal proceedings, as it can help establish the extent and impact of the torture experienced by the victim. Overall, psychological testing is crucial for ensuring that victims of torture receive the appropriate care and support they need to recover from the traumatic experiences they have endured.



TRC provides the following Psychological testing: IQ primary evaluation, personality, self-esteem scales and scales for well-being and psychological levels of distress. Neurodevelopmental Disorders including learning difficulties, slow learner's early identification.



### Psychological Mobile Clinic

TRC also recognizes the importance of reaching remote areas, therefore; the center extends its services through home visits and psychological mobile clinic, offering essential support to individuals who may not have easy access to mental health resources. Psychological mobile clinics can play a crucial role in providing much-needed support to these individuals. These clinics are typically staffed by mental health professionals who are specially trained to work with trauma survivors. They can provide a range of services, including counselling, psychotherapy, and art therapy. By bringing these services directly to the community, psychological mobile clinics can help reduce barriers and ensure that victims of torture have access to the resources they need to heal, particularly in remote areas.

In addition to providing direct services to individuals, psychological mobile clinics can also help raise awareness about the needs of torture survivors. By engaging with community members and leaders, these clinics can help break down stigmas around mental health and trauma, and build more supportive and inclusive communities. This can have a ripple effect, creating a more welcoming environment for survivors and reducing the risk of further violence and trauma. By providing both direct services and community education, psychological mobile clinics can make a significant difference in the lives of torture survivors and their communities.





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### Hotline Service

Hotline can play a crucial role in providing psychological support to individuals in need. TRC offers a confidential and anonymous way for individuals to reach out for help, which can be especially important for those who may feel hesitant or ashamed to seek support through other means. Hotlines can provide immediate emotional support, crisis intervention, and referrals to appropriate resources or services. Hotline service can act as an essential solution to those in need, often operating 24/7 by trained professionals who can provide a safe and confidential space for individuals to talk about their issues. Hotlines can help reduce stigma around mental health and encourage individuals to seek the help they need to improve their well-being.



### Vocational Training

Vocational training is an integral part of our approach at TRC. We recognize the importance of empowering survivors with practical skills and knowledge that can enhance their chances of successful reintegration into society. Our vocational training programs offer a range of skill development opportunities, tailored to the unique interests and capabilities of each individual. We provide training in various fields such as computer literacy, entrepreneurship, handcrafts, beauty salons and other market-relevant skills. Through hands-on training, mentorship, and guidance, we aim to equip survivors with the tools they need to secure sustainable employment or explore entrepreneurial endeavors. By fostering self-reliance and economic independence, vocational training plays a crucial role in restoring dignity and enabling survivors to rebuild their lives with confidence and hope.



## Capacity Building

Capacity building is a fundamental aspect of our work at TRC. We recognize the importance of empowering individuals and communities to address the issue of torture effectively. Through capacity building initiatives, we aim to enhance the knowledge, skills, and resources of various stakeholders involved in combating torture. We provide training programs, workshops, and educational resources to healthcare professionals, social workers, legal professionals, and human rights advocates, equipping them with the tools necessary to identify, prevent, and respond to cases of torture. By strengthening the capacity of individuals and organizations, we strive to create a network of empowered game changers who can contribute to the eradication of torture and the promotion of human rights at local, national, and international levels.



## Research and Database

Research and database are vital components of our work at the treatment and rehabilitation Center for victims of torture. We recognize the importance of evidence-based practices and ongoing research to improve our services and contribute to the broader understanding of the impacts of torture. Through research, we investigate the physical and psychological consequences of torture, explore effective treatment approaches, and identify the best practices in rehabilitation. Our research findings inform our program development and enhance the quality of care we provide to survivors. The Center also collaborates with academic institutions and other organizations to conduct research relevant to the field of torture rehabilitation. The Research Unit analyses the data collected from the cases to identify trends and patterns related to torture and violence in Palestine. The unit prepares reports that summarize the findings and makes recommendations for interventions to prevent and address cases of torture and violence.



Additionally, we maintain a secure and confidential database that contains anonymized information on survivors, their experiences, and their progress throughout the rehabilitation process. This database helps us track and evaluate the effectiveness of our interventions, monitor trends, and contribute to the body of knowledge on torture and its consequences. We handle this information with the utmost respect for privacy and confidentiality, ensuring it is securely stored and only accessed by authorized personnel.

The database enables TRC to identify types of traumas, symptoms, methods of intervention, number of sessions per case, age, gender, disabilities, location, educational level, alleged perpetrators, medical history, and other variables. During the identification and documentation of cases, TRC will ensure beneficiary





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confidentiality according to the strict guidelines of the World Psychiatric Association, and International Union of Psychological Science, of which TRC is an active member. TRC will also ensure high standards of child safeguarding, and deployment of holistic interventions that do no harm.



### Advocacy

Advocacy is a key component of our work. We are committed to raising awareness about the issue of torture, promoting human rights, and advocating for the rights and needs of survivors. Through advocacy efforts, we work to influence policy and legal frameworks, aiming to prevent torture, ensure accountability for perpetrators, and promote the protection and rehabilitation of survivors. We engage with government entities, international organizations, civil society groups, and the public to advocate for stronger legislation, the ratification of international conventions against torture, and the implementation of effective preventive measures and best practices. We also strive to amplify the voices of survivors, empowering them to share their experiences and advocate for their own rights.



### Volunteers

Volunteers play a crucial role in our work. They contribute their time, skills, and compassion to support our programs and services. Our volunteers come from diverse backgrounds and bring a range of expertise, including medical professionals, psychologists, counsellors, university students, language interpreters, and administrative support. They assist in various activities such as facilitating therapy sessions, conducting workshops and educational programs, assisting with administrative tasks, and organizing events. Our volunteers not only enhance the capacity of our center but also bring a sense of solidarity to our work.





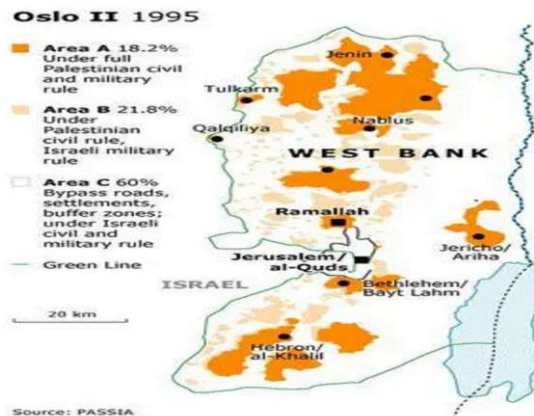
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## Area of Responsibility

The population in Palestine in 2022 was 5.4 million, with 49 % female and 2 % people with disability<sup>4</sup>. With 3.2 million Palestinians residing in the West Bank and 2.2 million in Gaza<sup>5</sup>, the demographic characteristics and vulnerabilities differ significantly between the two regions. The population is projected to reach 6.9 million by 2030 due to a population growth rate that remains high. Palestine is a young society, with 66 % of the population under the age of 30. However, opportunities are limited, with 44 % of youth aged 15-29 years unemployed, and female youth being disproportionately impacted<sup>6</sup>.

The Occupied Palestinian Territories are comprised of the West Bank, including East-Jerusalem and the Gaza strip. The Oslo Accord divided the West Bank into three administrative divisions: A, B, C. Area C formally comprised about 63% of the West Bank. This area comprises around 60% of the West Bank. In contrast to East Jerusalem, Area C of the West Bank was never annexed by Israel, so a different legal framework applies. Palestinians are restricted for any development in area C. The occupied Palestinian territories remain in a deeply chronic crisis and Palestinians live in a situation of vulnerability and structural disadvantage emanating from the ongoing occupation. The situation is further compounded by internal Palestinian political complexities, economic crisis, falling aid inflows and recurrent hostilities. Poverty rates have risen significantly over the past decade, reaching 29.2% in 2020<sup>7</sup>.

TRC serves in the West Bank and East Jerusalem. TRC plays a pivotal role in addressing the long-standing impact of conflict, political instability, and social upheaval on the mental well-being of individuals residing in the West Bank and east Jerusalem. By providing accessible and comprehensive mental health services, the Center ensures that those affected by trauma, violence, and displacement have access to specialized care. TRC not only offers medical care and psychological support but also advocates for human rights and serves as a safe space for individuals to heal, share their experiences, and receive empathetic support. Furthermore, the center contributes to capacity building within the local healthcare system by training and empowering local mental health professionals, thereby fostering sustainable and culturally sensitive approaches to mental health care.



<sup>4</sup> PCBS, Press Release on the Occasion of the International Day of Persons with Disabilities, 2021.

<sup>5</sup> PCBS, Indicators (available at: <https://www.pcbs.gov.ps/site/881/default.aspx>).

<sup>6</sup> PCBS, Palestinian Labour Force Survey: 2021 Annual Report, April 2022, p.110.

<sup>7</sup> UNCT, Common Country Analysis (CCA), August 2022, p.4.



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## Partnerships and Collaborations

### Coalitions and Networking

TRC considers networking an important tool in maximizing the programming and results of any human rights organizations, influencing policy in the direction of respecting and safeguarding human rights, avoiding overlaps/gaps and facilitating information exchange among related organizations. Towards this end, TRC has participated in, and at times leads, 6 coalitions aimed at upholding and defending human rights in the occupied Palestinian territory. Similarly, TRC is a key player in the National Coalition for anti-torture; National Consultation on Treaty Committees Working Group (led by OHCHR, EU, Ministry of Interior), Protection cluster working group; and child protection network. On matters related to legal aid and legal needs of communities at-risk for displacement. Further in this regard, TRC contributes to the case referral system operated.



TRC works with partner organizations to refer children cases for other services such as legal aid, physical rehabilitation, specialized remedial education, recreational or other child protection services. Additionally, TRC works with several partners such as:

### The Palestinian Coalition against Torture

TRC is leading the Palestinian Coalition against Torture, the coalition is composed of various human rights organizations and activists who work together to monitor and document cases of torture and ill-treatment in detention facilities, as well as to provide legal and medical support to victims of torture. The coalition also engages in advocacy and lobbying efforts to pressure the Palestinian authorities to uphold international human rights standards and to hold perpetrators of torture accountable. Through its work, the Palestinian Coalition against Torture seeks to promote a culture of human rights, dignity, and justice in Palestine.

Regarding the legislations; there is an urgent need to set up legal guarantees and bylaws and SOPs in relation to prevention of torture mechanisms. Several cases of torture were recorded and no proper investigation for the perpetrators was conducted, because the no laws implacable, no and bylaws and SOPs in relation to prevention of torture. In the same respect; The legal framework on torture in the domestic and international obligations is in need for legal harmonization. However, the protection constrains in documenting the torture cases, lack of access to Justice, and impunity culture. The failure of a government to perform any of these obligations constitutes a violation of human rights.



The State of Palestine should set accountability mechanisms for law enforcement and call to end impunity culture; especially that there was no compensation or reparation for several cases of ill treatment and torture. States have the obligation to ensure effective torture and ill-treatment prevention, accountability and redress. One of the most important legal obligations arising from violations of international human rights and humanitarian law, particularly in cases of torture and other cruel, inhuman or degrading treatment or punishment is the obligation to ensure accountability for those violations.



## IRCT Coalition

TRC is a member of the International Rehabilitation Council for Torture Victims (IRCT) which is the world's largest membership-based civil society organization specialized in the field of torture

TRC is an active member since 2000 in IRCT; and part of MENA region. IRCT is a global network of civil society organizations and independent experts who support survivors of torture to heal and rebuild their lives through rehabilitation, including medical, psychological, legal and social support. IRCT produces forensic evidence, publishes academic research, and fights for justice. IRCT is the world's largest membership-based organization specializing in the treatment and documentation of torture. Operating at the intersection of medicine and law, the coalition has 156 member centers in 76 countries across every region of the world, staffed by around 4,000 professionals – doctors, psychologists, lawyers, social workers, physiotherapists, and others.



## The Civil Team in Support of the Transparency of the Public Budget

The Palestinian Civil Team in Support of the Transparency of the Public Budget is coalition that advocates for transparency in the allocation and spending of public funds in Palestine. The team is made up of civil society organizations, activists, and concerned citizens who believe that public funds should be managed in an accountable and transparent manner. The team monitors government spending, scrutinizes budgetary decisions, and advocates for the disclosure of information related to the budget. Through their work, the Palestinian Civil Team in Support of the Transparency of the Public Budget aims to promote good governance, accountability, and citizen participation in the budgeting process.





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### The Palestinian NGO Network (PNGO)

TRC is an active member with the PNGO Network. TRC contributed organizational and programmatic insights for the development of PNGO's performance in terms of: maintaining the unity of its members, enhancing its role in protecting the independence of the NGO sector, ensuring its influence in various national policies and international mobilization in support of the Palestinian cause.

### East Jerusalem Coordination Committee for Child Protection

TRC is a member of the East Jerusalem Coordination Committee for Child Protection established under the supervision of UNICEF in 2018 in response to the need to support children and protect them from violence, harm and neglect. The committee was initially formed of five institutions working in the field of child protection in East Jerusalem to better respond to the needs of the most affected children, and knowledge/experience exchange in order to provide services and an optimal response to the needs of children in the targeted areas. The committee also provides quality services aimed at enhancing the protection and support of child victims of violence in East Jerusalem. Furthermore, after children and their parents/caregivers begin psychosocial treatment at TRC, the psychologists determine whether the beneficiaries are in need of more specialized services such as education, legal assistance, and shelter in which case beneficiaries are referred to other institutions offering the specialized services. Likewise, these other institutions refer beneficiaries they have been working with and who are in need of comprehensive therapy sessions to TRC.



### The Media and Human Rights Civil Coalition for Ensuring the Execution of Court Decisions

The Media and Human Rights Civil Coalition for Ensuring the Execution of Court Decisions is a coalition dedicated to upholding human rights and ensuring that court decisions are carried out. This coalition is comprised of individuals and organizations from various backgrounds who are passionate about justice and equality for all. Through their collective efforts, they work to monitor court decisions, advocate for their implementation, and hold those in power accountable for upholding the rule of law. They are committed to promoting transparency, fairness, and respect for human rights in all aspects of society. The coalition is playing a role as public oversight in light of the proliferation of unexecuted court decisions by the executive branch, mainly involving decisions issued by the Palestinian High Court of Justice. The Coalition is mandated with examining and documenting this phenomenon and exerting legal, journalistic, and public pressure in developing solutions.





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### The Palestinian Coalition against the Death Penalty

TRC is active member is The Palestinian Coalition against the Death Penalty. The work of this Coalition is seasonal and ad hoc. The Palestinian Coalition against the Death Penalty was established with the goal of advocating for the abolition of the death penalty in Palestine. The coalition is made up of various human rights organizations and activists who work together to raise awareness about the negative consequences of the death penalty and to promote alternative forms of justice. The coalition believes that the death penalty is a cruel and inhumane punishment that does not effectively deter crime, and that it is often used to target marginalized communities and political dissidents. Through its advocacy efforts, the Palestinian Coalition against the Death Penalty aims to shift public opinion and policy towards a more just and humane criminal justice system in Palestine.





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## Partners and Donors

TRC recognizes the importance of forging partnerships with like-minded organizations, government agencies, and international bodies to maximize our impact and reach. Through strategic partnerships, we can pool resources, share expertise, and coordinate efforts to address the complex needs of survivors more effectively. Our partners may include healthcare institutions, human rights organizations, legal aid providers, academic institutions, and grassroots advocacy groups. Additionally, donors play a crucial role in supporting our programs and ensuring their sustainability. We rely on the generosity and support of individuals, philanthropic foundations, corporations, and government agencies to fund our activities, expand our services, and reach more survivors.

TRC has a diverse range of donors and partners that support its work. These partners include government agencies; EU, United Nation agencies, International Organizations, Foundations; local organizations, healthcare providers, and legal experts and individuals. TRC also partners with other human rights organizations to advance its advocacy work, working together to raise awareness about the prevalence of torture and advocate for greater accountability for perpetrators.

The Center also works with academic institutions, researchers, and donors to advance knowledge about the effects of torture and the most effective interventions for survivors. These partnerships support the ongoing development and refinement of TRC's services and enable the Center to contribute to broader efforts to prevent and respond to torture. Through its partnerships, TRC is able to leverage the expertise and resources of a range of stakeholders to promote healing and justice for torture survivors.

The Center works closely with its donors to ensure that its work aligns with their values and priorities and that it is accountable for the funds it receives.





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### Advocacy

Advocacy plays a crucial role in the work of the TRC. The Center advocates for the rights and needs of torture survivors and works to promote policies and practices that prevent torture and provide support for survivors. TRC engages in advocacy at local, national, and international levels, collaborating with governments, human rights organizations, and other stakeholders to advance its mission. The Center also provides legal advocacy for its clients, supporting them in seeking justice and reparations for the harm they have suffered. By advocating for the rights of torture survivors, TRC raises awareness of the issue and encourages greater accountability for perpetrators. The Center's advocacy work is critical to its overall mission of promoting healing and preventing torture.



Lobbying Governments



Monitoring Human Rights Violation



Specific Campaigns



Collaboration



Host Fundraisers

### Outreach

TRC has a significant outreach, providing assistance to victims of torture. The Center aims to promote the physical, psychological, and social well-being of torture survivors through a range of services, including medical care, mental health support, capacity building, research and advocacy. TRC works in collaboration with local organizations and healthcare providers to offer culturally sensitive and contextually appropriate care to its clients. The Center also provides training and capacity building to healthcare professionals and community leaders to increase awareness and understanding of the effects of torture and its prevention. Through its outreach efforts, TRC is committed to promoting human rights and ending the use of torture worldwide.





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## Victims of Torture in 2022



PNA inherited a complicated legal system where there were more than one law applied such as: Jordanian law, British Mandate Law, Egyptian administration law, and finally the Israeli laws, in particular the Civil Administration laws. Torture and ill treatment in oPt is one of the controversial issues; since it is not visible but rather an underground problem, especially that there is no official accurate or specific records or statistics in that respect. Moreover, many of them deny the existence of the problem. There is, hence, an evident lack of accurate information and official reports tackling the issue.

The State of Palestine acceded to the International Covenant on Civil and Political Rights on April 1<sup>st</sup> 2014 without reservations.

International human rights law and international humanitarian law have different rules regarding the type of actors that bear responsibilities and can be bound by the law. They also contain specific provisions for the protection of persons and of specific groups of persons who are considered to be more exposed to the risk of violations. Despite their differences, both bodies of law are increasingly understood as imposing obligations on both State and non-State actors, albeit in different conditions and to differing degrees.

TRC has identified trends and patterns of arrest and detention, which are largely determined by the political dynamics. Specifically, the continued arrest of people suspected to belong to opposing parties, freedom of speech cases, so-called electronic crimes, belonging to a Palestinian organization, or to be a suspected threat to Palestinian security and sometimes without clear justifications.

State responsibility: which means that every treaty in force is binding upon the parties to it and must be performed by them in good faith. Thus, States that have ratified United Nations Convention against Torture are bound by their provisions. Moreover, according to the Vienna Convention on the Law of Treaties, States that have signed but not ratified a treaty are bound to act in good faith and not to defeat its object and purpose.

The State of Palestine should set accountability mechanisms for law enforcement and call to end impunity culture; especially that there was no compensation or reparation for several cases of ill treatment and torture. States have the obligation to ensure effective torture and ill-treatment prevention, accountability and redress. One of the most important legal obligations arising from violations of international human rights and humanitarian law, in particular in cases of torture and other cruel, inhuman or degrading treatment or punishment is the obligation to ensure accountability for those violations.

It's crucial to highlight the need for a special Psychological Testing system and mechanisms to identify the cases of Psychological Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment such as: Rorschach Test, and Stanford Test; MMPI; PTSD test, syndrome Check list, Mental state examination.

In the same respect, the need for Effective Compliance system, Referral System; and the need for Standard Operation Producers (SOPS) in relation to Investigation and Documentation of Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment. Violations occur when a law, policy or practice deliberately contravenes or ignores obligations held by the State concerned or when the State fails to achieve a required

standard of conduct or result. Additional violations occur when a State withdraws or removes existing human rights protections.

Finally, the need for The guiding principles and the implementation of The Istanbul Protocol, in particular in unifying the standards and Investigation Techniques. The guiding principles and the implementation of The Istanbul Protocol, in particular in unifying the standards and Investigation Techniques, Documentation Techniques, Capacity Building. The Istanbul Protocol was developed to establish specific United Nations standards on how effective legal and clinical investigations into allegations of torture or ill-treatment should be conducted. While the Istanbul Protocol served to bridge the gap between the treaty-based duties of States to investigate torture and ill-treatment and the lack of normative guidance, particularly on medico-legal investigation and documentation of torture and ill-treatment, it did not provide detailed, specific guidance on how states should implement these standards.

#### AGE

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid CHILDREN	942	53.7	53.7	53.7
ADULT	812	46.3	46.3	100.0
Total	1754	100.0	100.0	

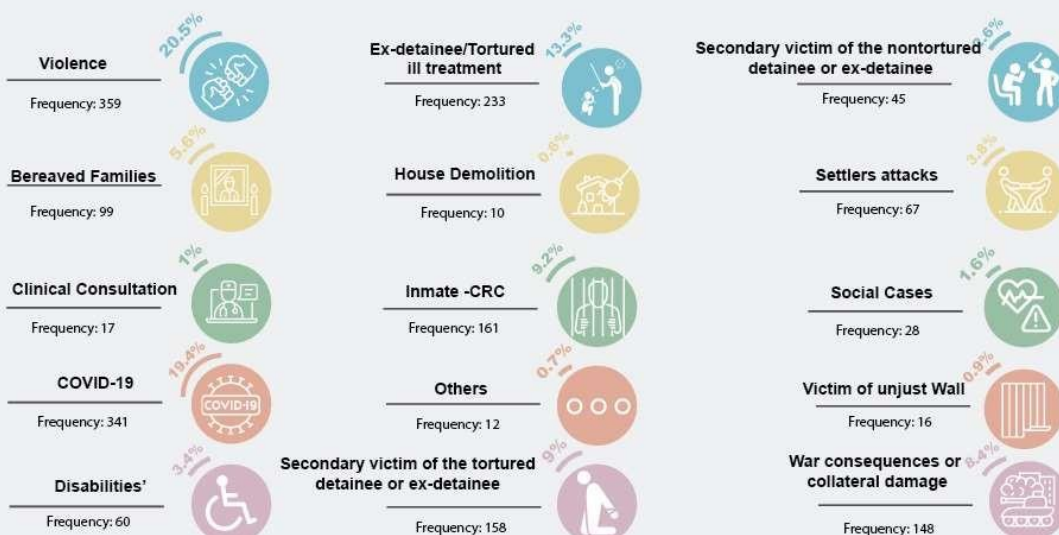
#### Gender

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid Female	943	53.8	53.8	53.8
Male	811	46.2	46.2	100.0
Total	1754	100.0	100.0	

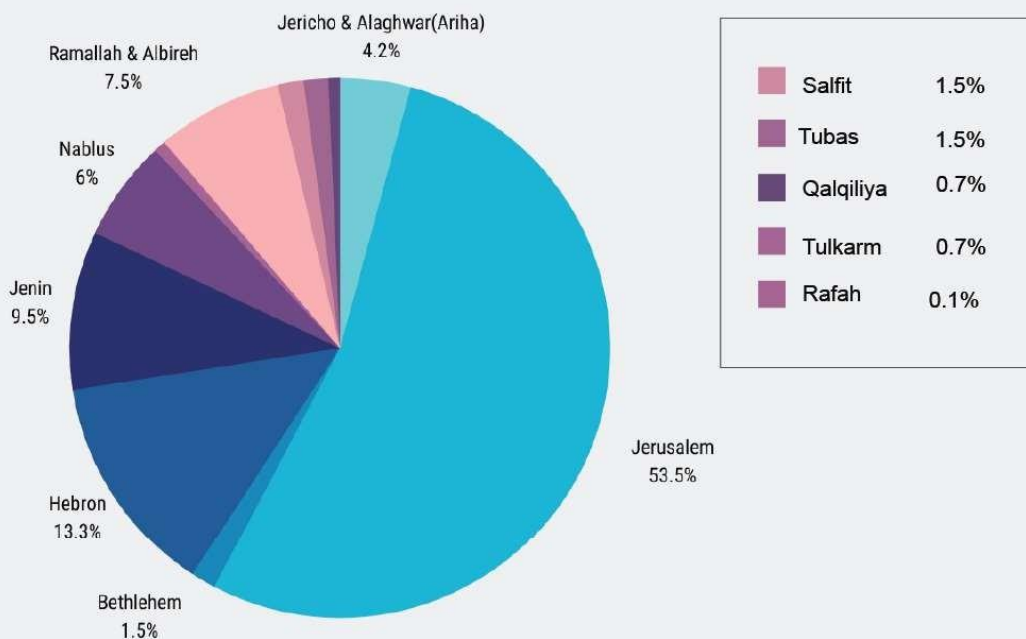
#### KT1

Type of intervention	Frequency	Percent	Valid Percent	Cumulative Percent
Valid PFA	627	35.7	35.7	35.7
Individual	439	25.0	25.0	60.8
Family Therapy	304	17.3	17.3	78.1
Group therapy	384	21.9	21.9	100.0
Total	1754	100.0	100.0	

## Cat1



## Locality



## A Call for Accountability

Israeli and Palestinian authorities have an obligation to investigate alleged violations of international humanitarian law and international human rights law and to hold accountable those responsible, as set out in the respective bodies of law. In order to meet this obligation, States should initiate a range of accountability mechanisms, including: criminal proceedings against suspected perpetrators of alleged serious violations of international law, counting international criminal law; disciplinary measures; and commissions of inquiry. Using complementary measures can contribute to efforts to ensure that all alleged violations are met with an appropriate response: that future violations are prevented, and that victims' rights are respected.

In situations of armed conflict, including occupation, the authorities are required at the very least to “provide effective penal sanctions for persons committing, or ordering to be committed, any of the grave breaches” of the Geneva Conventions and other violations of international humanitarian law that amount to war crimes. In the context of law enforcement operations, at a minimum, States must investigate alleged violations of the right to life, resulting from use of force by State agents or where the responsible party may be a State agent, in accordance with international human rights law.



International humanitarian law holds commanders and other superiors criminally responsible for war crimes committed by their subordinates if they “did not take all necessary and reasonable measures in their power to prevent their commission, or if such crimes had been committed, to punish the persons responsible.” This is known as the doctrine of command or superior responsibility.

In relation to the duty to investigate, human rights treaties, guidelines and principles elaborate standards against which investigations are evaluated in order to determine compliance with the law. Thus, investigations are assessed against the following criteria: independence; impartiality; thoroughness; effectiveness; and promptness; transparency is also an increasingly important element. While international humanitarian law does not elaborate the same level of detail concerning investigations, these human rights standards apply at all times, including during situations of armed conflict.

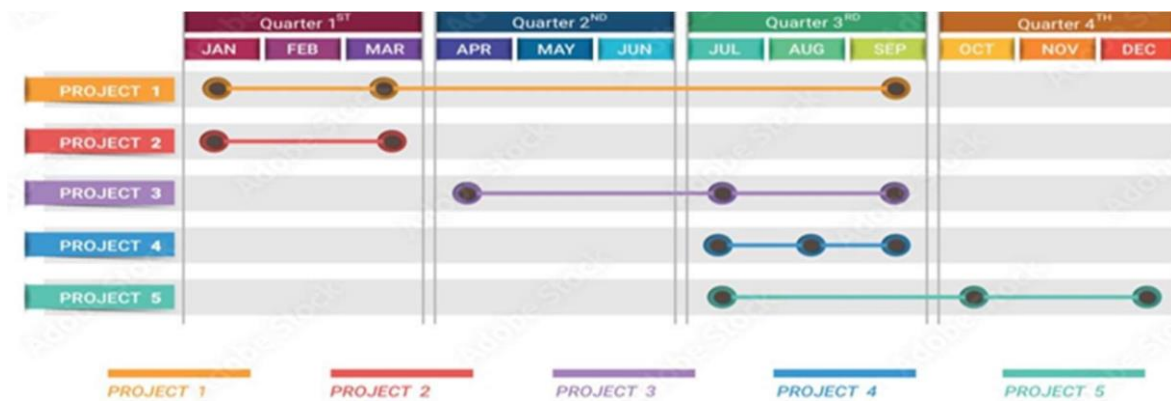
One of the most important legal obligations arising from violations of international human rights and humanitarian law is the obligation to ensure accountability for those violations.



## Program Highlights

### Projects Overview

In 2022, TRC implemented a number of projects aimed as comprehensive care and rehabilitation services to victims of torture. The projects were designed to meet the needs of torture survivors in Palestine, who often experience physical, emotional, and psychological trauma as a result of their experiences.



In 2022 TRC conducted the following projects:

- 1- **Project Name:** Mitigating the well-being of the traumatized inmate women in PA CRSs through provisions of comprehensive psychosocial support and rehabilitation.



**Donor:** Sawasya II Project: UNDP, UNICEF, UN WOMEN

**Project Duration:** 17 months August 1st, 2021- December 31st 2022

**Geographical coverage:** West Bank

**Project Budget:** 275,953 ILS

#### Summary of Project:

The project aims to address the psychosocial needs and promote the well-being of traumatized women inmates in the Palestinian Authority's Correction and Rehabilitation Centers (CRSs). Recognizing that women inmates in CRSs often experience trauma due to various factors, such as violence, abuse, and separation from their families, the project focuses on providing comprehensive psychosocial support and rehabilitation services.

The project offers a range of services tailored to the specific needs of traumatized women inmates. This may include trauma-informed counseling, therapy, group support sessions, and recreational activities. The aim is to help these women process their traumatic experiences, manage their emotions, and develop healthy coping strategies.



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Furthermore, the project emphasizes the importance of rehabilitation for successful reintegration into society. It provides educational programs, vocational training, and life skills development to enhance the women's personal growth, skills, and abilities. By equipping them with the necessary tools and resources, the project aims to increase their chances of reintegration and reduce the likelihood of reoffending.

The project also focuses on empowering the women inmates through awareness-raising sessions, human rights education, and gender-sensitive interventions. It seeks to promote their rights, dignity, and agency within the CRSs, challenging gender-based discrimination and violence.

Additionally, the project works closely with CRS staff, providing training and capacity-building initiatives to enhance their skills and knowledge in delivering comprehensive psychosocial support. By strengthening the capacities of the staff, the project aims to create a supportive environment within the CRSs that promotes the well-being and rehabilitation of the women inmates.

The main objective of this project is to improve women inmates' access to justice and security through gender-responsive service delivery and empowerment of these women.

### **The targeted beneficiaries were:**

- Police and security officers working at the correctional and rehabilitation centers.
- Employees of the health units at the correctional and rehabilitation centers.
- Employees of the administrative affairs, nutrition, and hygiene departments at the correctional and rehabilitation centers.
- Employees of the public administration departments working in the fields of mental health, security, and all that is related to the field of work with female inmates.

The psychological interventions provided to women inmates aimed to reduce tension and anxiety among the inmates, boost feelings of self-worth, and ameliorating communication skills. Overall, 127 women inmates at Jericho, Bethlehem, Jenin, Nablus, and Ramallah CRCs have received 923 mental health and psychosocial support (MHPSS) services, which were distributed as follows: 361 individual therapy sessions; 283 family therapy sessions; and 279 group therapy sessions.

### **Challenges/Risks**

The project did not encounter any major challenges or risks.

### **Visibility and media coverage**

UN Women's patronage has been granted to a number of activities and initiatives conducted by TRC, such as vocational training, advocacy campaigns, awareness campaigns, meetings, workshops, and media coverage. The following are the descriptions for the visibility of the project's activities during the September-December 2022 period:

#### **Sixth Police Training Workshops on Mental Health**

1. This event was published on TRC's Facebook page as well as on the Palestinian Police's website. TRC's Facebook page (Nablus): 3/10/2022  
<https://www.facebook.com/Trc.Pal/photos/pcb.5849090125109685/5849089195109778/>
2. Palestinian Police's webpage (Nablus): 3/10/2022



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<https://www.palpolice.ps/content/453050.html?fbclid=IwAR14Jmcr04NOrLNTmwbGfJSWWRAq05AxMqJVSM-hlM2HBByCWLG46wOqFbzg>

### **Exhibition and Closing Ceremony at Nablus CRC (20 December 2022)**

1. TRC's Facebook page:  
<https://www.facebook.com/188720161146738/posts/pfbid038FR8eSY4mXMVm6o5iUsW6XFyS4Gi5MZ8w2hziq1dGsL8qwyM5kNUQDTFpJrr2JhRl/?sfnsn=mo&mibextid=RUbZ1f>
2. Palestinian Police's webpage  
<https://www.palpolice.ps/content/490317.html?fbclid=IwAR0QnLMk--xIBLbCFkloYiEsC4gw6xaukm4o6-ygKr-Z4IHcEdN6Mz2AH2w>





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- 2- **Project Name:** Safe Guarding Children’s Rights in East Jerusalem “Reaching out with specialized rehabilitation and therapeutic services to the most vulnerable children and their families in East Jerusalem”



**Donor:** UNICEF State of Palestine

**Project Duration:** 8 months upon signature; Start date: 01 May 2022; End date: 31 December 2022

**Geographical coverage:** East Jerusalem: Jabal al Mukabber, Issawiya, Silwan, Old City, Sheikh Jarrah, and Shu’fat Refugee Camp

**Project Budget: From CSO:** ILS 41,682 (9.02%) **From UNICEF:** ILS 420,024 (90.98%)

Total: ILS 461,706 (100%)

**Summary of Project:**

The project aims to address the unique challenges faced by children and families in East Jerusalem by providing them with essential support and services. Especially that Children in East Jerusalem live in the context of an occupation, experience clashes and at times violations by Israeli Forces (IF) and settlers that adversely affect their psychological well-being and inhibit their normal childhood development. Many children live in fear of arrest and detention, threats of violence, and experience traumatic experiences including home raids, arrest campaigns, harassment and abuse, as well as curfews, road closures, and checkpoints that affect their daily life and prevent their access to schools, youth clubs, and other education and social functions.

Children in East Jerusalem are also affected by arrests and detainment of caretakers and siblings, which further causes psychological stress, fear, and anxiety, and affects the ability of the family to maintain its ability to ensure the safety and security of children. Other problems also affect children’s wellbeing such as poverty, social problems, drugs, and juvenile delinquency. Children are at high risk of administrative detention, a process involving violent arrests, interrogation, and detention involving the use of both physical and psychological violence, and ill-treatment, often without formal charges, and renewable in 6 month increments. These circumstances have been shown to cause psychological disorders manifesting in such symptoms as irritability, fear of authority figures or re-arrest, stress, anxiety, mood disorders, bedwetting, loss of concentration, as well as chronic symptoms such as post-traumatic stress disorder. As well, children whose family members have been ill-treated during arrest and detention are at high risk of being re-exposed to the same similar types of violence that their family members experienced.

The project focuses on safeguarding children's rights and well-being through specialized rehabilitation and therapeutic interventions. It recognizes that many children in East Jerusalem, due to various factors such as political unrest, poverty, and limited access to resources, face significant barriers in accessing proper care and support.

The project aims to reach out to the most vulnerable children and their families in East Jerusalem, identifying and addressing their specific needs. It provides a range of services, including rehabilitation programs, therapy sessions, counselling, and psychosocial support. These interventions aim to promote healing, resilience, and overall well-being among children who have experienced trauma or are at risk of various forms of abuse, neglect, or exploitation.





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Furthermore, the project emphasizes the importance of family involvement and community engagement. It recognizes that the support and empowerment of families are crucial for the long-term well-being of children. The project provides guidance, education, and resources to parents and caregivers, equipping them with the tools and knowledge to create safe and nurturing environments for their children.

In addition, the project seeks to raise awareness about children's rights and advocate for their protection. It collaborates with local organizations, authorities, and stakeholders to promote policy changes, develop sustainable systems, and ensure the provision of adequate resources for children's well-being in East Jerusalem.

Through TRC's interventions in these areas, it is evident that communities are not well equipped with the knowledge and resources to identify and address trauma. Also, they lack knowledge of their inherent human rights. Families themselves require comprehensive treatment due to adult family members being psychologically traumatized, being former prisoners, or victims of the conflict. In many cases, adult victims of trauma and ill-treatment are at risk of perpetrating similar acts of violence and ill-treatment upon the children in their households, often manifesting in domestic violence, child abuse, or neglect. Hence, TRC aims to continue to support the resilience of children and families, develop their coping mechanisms, and continue to realize their rights to survival and development, and by doing so attain their full potential. Since early 2018, TRC reached out to 625 adults throughout 27 organized workshops to enhance child protection measures through increased awareness of positive parenting, psychological first aid, crisis intervention, identification of symptoms of trauma and appropriate responses and referral pathways, covid- 19 health and hygiene measures, and stress management and debriefing during lockdown and quarantine.

#### **The targeted beneficiaries were:**

- 20 CP service providers, social workers, and staff of the CP CSOs (30% men and 70% women) receive specialized training in stress management, clinical supervision, as well as debriefing sessions and crisis management skills.
- 25 community leaders and representatives of local and international NGOs and CBOs are briefed about the results and recommendations of the study on the psychological consequences of Covid-19 on children aged 12-18 years old in lockdown and quarantine in East Jerusalem.
- 60 participants (40% men and 60% women participate in workshops on psychotherapy.)
- 400 vulnerable children aged 12-18 years old (60% boys and 40% girls) and adults (30% men and 70% women) will receive single sessions of psychological first aid, crisis intervention protocol for families; individual, group, and family therapy outreach, and documented in an online database (this includes 30 CWDs).
- 150 children aged 12-18 years old in need of MHPSS services are received by TRC from other organizations. Also, 30 children are referred by TRC to other CP service providers.

#### **Challenges:**

The project faced challenge with reaching beneficiaries in East Jerusalem as there has been heightened tensions and clashes. The targeted communities were considered one of the most hotspots for tensions in East Jerusalem, as they are witnessing an increase in the operations of the Israeli forces.

TRC also faced the challenge with the referrals. TRC psychologists have referred a number of cases to other organizations, but have not yet heard from the organizations. The referred cases from TRC are still pending.



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## Opportunities

TRC in cooperation with the local CBOs such as Jadleh, Yad Wahida, Mada Center, Burj Al-Laqlaq, Al-Quds Rehabilitation Center, Wadi Al-Joz Association, African Community Society (ACS), Women’s Study Center, Dar Al-Aytam School, Al-Rajaa Academy, and Princess Basma Center in East Jerusalem has been able to reach a large number of beneficiaries in the targeted areas of this project. These organizations have assisted TRC in reaching the community in the 6 targeted neighbourhoods in East Jerusalem, in addition to the referral of cases to TRC for MHPSS support.

Through TRC’s community engagement and outreach activities, TRC was better able to facilitate the successful implementation and uptake of its MHPSS activities. Further, TRC was able to establish positive relationships with parents of children as it was imperative to communicate the value of children and youth’s participation in receiving MHPSS services.

TRC’s psychologists in East Jerusalem were sufficiently trained providers who ensured a range of MHPSS services were delivered as planned.





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3- **Project Name:** Supporting the Rehabilitation of Traumatized Children and their Families in the West Bank and East Jerusalem



**Donor:** United Nations Voluntary Fund for Victims of Torture

**Project Duration:** Jan 1 2022 - Dec 31 2022

**Budget:** \$60,000

**Geographical coverage:** West Bank, Direct Assistance

**Summary of Project:**

The project focuses on providing crucial support and services to children and families who have experienced trauma in these regions. Recognizing the significant impact of conflict, political instability, and violence on the well-being of children, the project aims to promote healing, resilience, and overall recovery among traumatized individuals.

The overall goal of this project is to support and protect victims of torture and their family members who are secondary victims, especially children and women, by directly deploying MHPSS services. These services are aimed at supporting victims to recover from their traumas and to reintegrate into their community; while increasing their skills, restoring their self-confidence, and contributing towards asserting their roles to fight for their rights. TRC provides through its parallel activities in the advocacy work a voice for the voiceless. 6 Psychologists and 1 Psychiatrist provided individual, group, and family therapy for 650 victims of torture in the West Bank including East Jerusalem.

Victims of conflict have often endured various traumatic experiences whether directly or indirectly, which has led to chronic mental and physical suffering in need of treatment and rehabilitation. Left untreated, these cases have far-reaching effects for victims as well as for their families and the wider communities. The tension was mainly in Jenin, Nablus, and East Jerusalem. The political situation in the city of Jenin is very difficult due to the repeated incursions of the occupation forces along with undercover forces, day and night, of the city, its camp, and its surrounding villages, including Silat Al-Harithiya, Yabud, Yamun, Meithaloun, Misilyah, and Kafr Dan which has led to the martyrdom of many young people, and left many injured. Further, there have been home demolitions particularly in Silat Al-Harithiya, and the threat to demolish the homes of those who carried out attacks in Ya'bud and Jenin Refugee Camp.

The project employs a holistic approach, offering a range of rehabilitation services tailored to meet the specific needs of each child and their family. These services may include psychological counseling, trauma-focused therapy, group therapy sessions, and other evidence-based interventions. By addressing the emotional, psychological, and social needs of the children and their families, the project aims to restore a sense of normalcy and well-being in their lives.

Additionally, the project emphasizes community involvement and engagement. It collaborates with local organizations, schools, and community leaders to create a supportive environment for the affected children and families. This community-based approach helps to build a network of support, reduce stigma, and promote inclusivity and social integration.



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The project also focuses on capacity-building and training for professionals working with traumatized children, such as social workers, psychologists, and educators. By enhancing the skills and knowledge of these professionals, the project aims to strengthen the overall support system for traumatized children in the West Bank and East Jerusalem.

Furthermore, the project seeks to raise awareness about the importance of mental health and psychosocial support for children affected by trauma. It conducts advocacy campaigns, workshops, and public awareness initiatives to promote understanding, empathy, and acceptance within the community.

#### **The targeted beneficiaries were:**

The project served 650 victims of torture through a comprehensive human rights-oriented treatment intervention including individual, group, family and child therapy, aimed at reducing the effects of trauma among traumatized children and supporting their resiliency and recovery. 40 clients were referred to specialized partner organizations where they will have received physical or educational support. Finally, medication provided to chronic cases suffering from acute mental health symptoms; these cases will be diagnosed by a psychiatrist and prescribed free-of-cost prescriptions as required.

TRC, in cooperation with local CBOs has been able to reach a great number of beneficiaries in the targeted areas of this project. These organizations have assisted TRC in reaching communities in the targeted locations of the West Bank, including East Jerusalem and Area C. Through TRC's community engagement and outreach activities, TRC was better able to facilitate the successful implementation and uptake of its MHPSS activities. Further, TRC was able to establish positive relationships with parents of children as it was imperative to communicate the value of children and youth's participation in receiving MHPSS services.

#### **Added value**

This project with its activities meeting the rapid increase of MHPSS demand due to the deteriorated situation particularly in the West Bank including East Jerusalem. In the last MHPSS cluster meeting- sub cluster of Protection, the need for MHPSS services was highlighted by the UNICEF and OCHA as well as other partners.

#### **Challenge**

The main challenges in East Jerusalem were more related to the general political situation in general. The targeted communities were considered one of the most hotspots for tensions in East Jerusalem, as they are witnessing an increase in the operations of the Israeli forces. There were challenges of providing psychosocial support services in Jericho and Northern Jordan Valley. Psychologists stated they experienced difficulty in remote areas as the areas are in dire need of additional services in addition to treatment and intervention, especially in remote communities which suffer from constant threats of demolition and endure frequent home demolitions. Moreover, there were difficulties experienced with the children accepting and speaking about their own problems openly during the group therapy sessions as they all came from the same village/town/city/refugee camp. However, after subsequent follow-up with the children, they began to actively share and openly discuss their problems, many of which were surprised to know that they faced similar problems.





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- 4- **Project Name:** Safeguarding house-arrested children in Jerusalem from mental, educational and cultural collapse (Child-Guard)



**Donor:** The Jerusalem Fund

**Project Duration:** This project was implemented on 13 June 2022 and completed on 30 September 2022.

**Budget:** \$3,500.00

**Geographical coverage:** East Jerusalem

#### **Summary of Project:**

The project focuses on providing support and protection to children who are placed under house arrest in Jerusalem, ensuring their well-being and preventing adverse impacts on their mental health, education, and cultural development. The project recognizes that house arrest can have significant negative effects on children, leading to isolation, disrupted education, limited social interactions, and psychological distress. It aims to address these challenges by implementing targeted interventions and comprehensive support systems.

The project's primary goal is to safeguard the mental health of house-arrested children. It provides access to psychological counseling, therapy services, and mental health support tailored to the specific needs of each child. These interventions aim to mitigate the negative emotional and psychological impacts of house arrest, promote resilience, and enhance coping mechanisms.

Moreover, the project recognizes the importance of education in the lives of house-arrested children. It works to ensure that these children have access to quality educational resources and support. This may include providing educational materials, online learning platforms, tutoring services, and liaising with schools to develop individualized educational plans. By preserving educational continuity, the project aims to prevent educational setbacks and empower children to continue their academic progress.

In addition to mental health and educational support, the project also places emphasis on preserving the cultural identity and well-being of house-arrested children. It provides opportunities for cultural enrichment, such as art workshops, music classes, and recreational activities, to foster creativity, self-expression, and a sense of belonging. Furthermore, the project engages with the families of house-arrested children, offering guidance and support to parents and caregivers. It recognizes the importance of a supportive home environment and provides resources to assist families in meeting the unique challenges associated with house arrest.

The main objective of this project was to safeguard Palestinian children who have been or are under house arrest, or were ex-detainees, from mental, educational, and cultural collapse in East Jerusalem. Most children detained by the Israeli occupation forces were apprehended from their homes or were arrested numerous times. Most children under house arrest suffer from psychological dimensions such as fear, anxiety, despair, stress, and nervousness, but many of them were not afraid as their mothers were during



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their arrests. Undoubtedly, many of the children were subjected to multiple forms of physical and psychological torture in Israeli detention centers.

Through this project, the Treatment and Rehabilitation Center for Victims of Torture (TRC), with support from The Jerusalem Fund, provided mental health and psychosocial support services to 30 Palestinian children in East Jerusalem. Further, the families of these children were brought together in an attempt to mitigate the impact of house arrest on the mental wellbeing of the children as well as their families.

During the project's lifetime (June-September 2022), TRC conducted specialized psychological support and therapy to 24 children (3 girls and 21 boys). TRC deployed individual and group therapy sessions through the following treatment methods: cognitive behavioral therapy, eye movement desensitization and reprocessing therapy (EMDR), and narrative exposure therapy through field visits at the homes of the children on a weekly basis. Each child was treated for an average of 6 sessions. The number of boys is higher than the number of girls as the majority of children sentenced to house arrest or have been detained by the Israeli occupation forces are boys. All treatment and rehabilitation services offered were completely free of charge; nearly all of TRC's clients are suffering financial hardships and cannot afford the costs of mental health treatments at a private clinic.

### The targeted beneficiaries were:

- TRC conducted specialized psychological support and therapy to 24 children (3 girls and 21 boys).
- 60 family members of house-arrested children.

### Added value

To enhance resilience of families of children in house arrest in Jerusalem to cope with the consequences of house arrest on their mental wellbeing. The purpose of these family therapy sessions was to help improve the way a family functions together. During the sessions, psychologists worked with the families to improve their communication and relationships. Additionally, the sessions helped to minimize and resolve conflicts within the homes.

### Challenges

The project encountered some challenges where victims might become reluctant to report about their status due to fear of reprisal. The victims refused to report the violations because she/he knows that the perpetrator(s) will not be arrested and will come after her/his family.





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5- Project Name: CYS – Advocacy & Awareness



**Donor:** International Rehabilitation Council for Torture Victims (IRCT)

**Project Duration:** 1 August 2021 – 31 December 2022

**Budget:** 222,338 DKK

**Geographical coverage:** West Bank and Jerusalem

#### **Summary of Project:**

The project aims to counter the restrictions imposed on freedoms of assembly, association, and expression, particularly in the aftermath of the assassination of political activist Nizar Banat. It recognizes the importance of these fundamental rights in a democratic society and seeks to promote their protection and exercise.

The project focuses on several key areas to address the restrictions. Firstly, it advocates for legal reforms and policy changes to ensure the protection and promotion of freedoms of assembly, association, and expression. It engages with relevant stakeholders, including government authorities, civil society organizations, and human rights defenders, to raise awareness about the importance of these rights and advocates for their inclusion in legislation and policies.

The project also provides support and resources to activists and organizations working in the field of human rights, assembly, association, and expression. This may include capacity-building initiatives, training programs, and networking opportunities. By strengthening the capabilities of these actors, the project aims to enhance their ability to effectively exercise their rights and challenge the restrictions they face.

Furthermore, the project utilizes various advocacy strategies, such as public awareness campaigns, and media outreach, to raise awareness about the importance of freedoms of assembly, association, and expression. It aims to mobilize public support and solidarity, both nationally and internationally, to put pressure on authorities to respect and protect these rights.

The outcomes of the project were:

O1: Launch a national advocacy campaign for protecting the role of the Palestinian Civil Society and apply the National Preventive Mechanisms (NPM).

O2: Palestinian civil society – human rights organizations – are well-skilled with safety psychological measurements in addition to professional documentation of violence and torture.

TRC conducted crisis intervention and psychological first aid (PFA) and narrative therapy capacity building workshops to mainly psychology students and psychology degree holders. The workshops took place over a period of 6 days at TRC's headquarters in Ramallah. 28 participants attended the workshops, all of whom were female (17 participants attended the crisis intervention and PFA workshops, and 11 attended the narrative therapy workshops). The crisis intervention and PFA workshops took place on the 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> of August 2022. The narrative therapy workshops took place on the 9<sup>th</sup>, 16<sup>th</sup>, and 23<sup>rd</sup> of October 2022. Initially, the



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workshops were meant to train 15 members of the Palestinian Coalition against Torture and other Palestinian human rights defenders. However, in mid-2022, Israeli occupation forces shut down seven of these civil society and human rights organizations. Therefore, we were unable to include them in our capacity building workshops.

During the crisis intervention and PFA workshops, psychological crisis was defined to the participants as a response to a critical incident or distressing event wherein the individual's psychological balance has been disrupted.

In the same respect; The Treatment and Rehabilitation Center for Victims of Torture organized 5 workshops on the National Preventive Mechanisms against Torture (NPM) and Palestine's role in preventing torture in the country. The aim of the workshops was to examine the use and implementation of standards to prevent torture and other ill-treatment.

#### **The targeted beneficiaries were:**

28 participants attended the workshops, all of whom were female (17 participants attended the crisis intervention and PFA workshops, and 11 attended the narrative therapy workshops).

Jericho (23 participants; all females);

Jerusalem (18 participants; all females);

Nablus (17 participants; all females);

Ramallah (14 participants; all males);

Hebron (20 participants; 1 male and 19 females).

#### **Added value**

The activities worked on yielding measureable results in raising the awareness of the role of civil society in Palestine and worked on protecting political activists and members of civil society organizations. The project highlighted the urgent need of adopting the NPMs by the Palestinian Authority and the impact of torture and ill-treatment on the lives of people, as it is a grave human rights violation. This project helped to raise the voice of the human rights organizations and holding the PA government accountable to its signed obligations (the UNCAT).

#### **Challenges**

The main challenge encountered was the inability to gather members of the Palestinian Coalition against Torture as they were shut down and labelled as terrorist organizations by the Israeli occupation authorities.

The lessons learnt from this project are listed below:

- Utilize the Palestinian courts of law to enforce human rights and hold state actors accountable;
- Forge relevant linkages with national and international human rights mechanisms and processes;
- Apply the United Nations system to enhance advocacy objectives by highlighting the problem and solutions, thereby pressuring the Palestinian government to meet their human rights obligations;
- Continue to hold awareness raising workshops;
- Forge alliances and bring together relevant stakeholders; and,





- Maintain communication with influential decision makers and keep them informed about progress made, challenges and opportunities for further advancing the advocacy objective.

### **Visibility and media coverage**

Two television episodes were produced and broadcasted, where MAAN News Network was contracted by SHAMS to help with the production and broadcast.

The first episode was titled “Shrinking Civic Space” was broadcasted on 13 November 2022; it was watched by 1,400 people. The key speakers were Dr. Omar Rahhal, Director of the Human Rights and Democracy Media Center (SHAMS), and Wisam Sehweil, Research Unit Manager at the Treatment and Rehabilitation Center for Victims of Torture (TRC).

The second episode was titled “National Preventive Mechanisms against Torture” was broadcasted on 16 November 2022; it was watched by 1,000 people. The key speakers were the General Director and Senior Clinical Psychologist at TRC, Dr. Khader Rasras, Haitham Arar, Head of Democracy and Human Rights Unit at the Ministry of Interior (MoI), and Mousa Abu Daheem, Lawyer at the Independent Commission for Human Rights.

Link to second episode can be found here:

<https://www.facebook.com/MaanNews.net/videos/487007073235003/>.



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6- **Project Name:** Tech for Democracy: The Anti-Torture Database



**Donor:** International Rehabilitation Council for Torture Victims (IRCT)

**Project Duration:** 16 December 2021 – 31 August 2022

**Budget:** 18,000 dkk

**Geographical coverage:**

**Summary of Project:**

The project aims to create a comprehensive and reliable database to document and combat cases of torture and other forms of ill-treatment. It recognizes the importance of addressing and eradicating torture, promoting human rights, and holding perpetrators accountable. The primary objective of the project is to collect, organize, and analyze data related to incidents of torture and ill-treatment from various sources, including victims, witnesses, human rights organizations, and legal entities. The database serves as a centralized repository of information, allowing for effective monitoring, analysis, and documentation of torture cases.

The project focuses on ensuring the accuracy, integrity, and confidentiality of the data collected. It employs robust data collection methodologies, adhering to ethical standards and respecting the privacy and security of individuals involved. The database includes detailed information about each case, including the date, location, victims' profiles, perpetrators' identities if available, methods of torture, and any relevant legal proceedings.

In addition to data collection, the project aims to promote transparency and access to information. It develops user-friendly interfaces and platforms to enable easy access to the database for researchers, human rights defenders, legal professionals, and policymakers. By providing access to comprehensive and reliable information, the project empowers stakeholders to advocate for change, seek justice, and develop evidence-based policies and interventions.

The main purpose of this project was to develop our Anti-Torture Database (ATD) to be able to collect relevant information on victims of torture and ill-treatment during their rehabilitation process that will be stored in the ATD safely and securely. Through this project, we aim to be better able to turn rehabilitation into data through the ATD and build analytical capacity to improve compensation and accountability, as well as to prevent torture, and use it in our evidence-based research.

The database provides the opportunity to create forms/surveys appropriate to our situation/context. TRC has adopted a firm commitment to evidence-based research, advocacy, capacity building and documentation according to verified resources such as Istanbul and university of Essex protocol research. The development of our ATD enables us to rely on the collection of appropriate/consistent/comparable information provided by victims of torture to care providers within the framework of a comprehensive torture rehabilitation service and within the limits of informed consent. Further, the ATD has generated data that sheds light on human rights violations taking place by Palestinian security services against their own population. This data is then presented to state officials and national actors, and based on the results, TRC builds the capacities of national actors to effectively practice their role as duty bearers in respecting citizens' rights, to prevent and respond to torture, as well as enhance the knowledge, skills, and capacities of duty bearers and human rights defenders in monitoring, documenting, fighting against torture, and advocating for individuals' rights to be protected from torture, through legal conventions and mechanisms.

The data and information from the ATD will feed into a shadow report to be presented before the UNCAT in Geneva in due time which will provide crucial information on internal problems in implementation and



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areas of related noncompliance on 26th June, 2024 on human rights abuses of the PA against Palestinians throughout the West Bank, East Jerusalem, and Area C to be presented in Geneva as we have done in 2016. The project included several activities such as:

- Focus group discussions (virtual): TRC team participated in a number of focus group consultations along with other organizations in this project.
- User surveys: these surveys helped us improve and customize our database specifically tailored to our needs. The upgrades considered usability, functionality, scalability, visualization, and reporting.
- Assessing the upgraded ATD: functional testing of the ATD was periodically performed after each upgrade where our recommendations for configuration options were relayed.
- Evaluation of the ATD: upgrade testing was performed in order to test that the upgrade can be installed and to ensure it is ready for use whether online or offline. The database was evaluated against the preservation of generated statistics. The database was also tested for its ability to backup data and restore at any point in time, and to guarantee that we had a fallback strategy for issues both during and after the upgrades. Final recommendations for changes were submitted.

#### The targeted beneficiaries were:

The targeted beneficiaries were 300 of primary and secondary victims of torture in West Bank.

#### Added value

This project has allowed TRC to systematically collect, store data safely and securely, and document the different patterns of torture (classic and non-traditional) in Palestine regardless the identity of the perpetrator. The ATD provides the opportunity for capacity building of national actors to effectively practice their role as duty bears in respecting citizens' rights to not be subjected to torture, preventing and responding to torture, enhancing the knowledge, and skills of duty bearers and human rights defenders in monitoring/documenting/fighting against torture, and advocating for individuals' rights to be protected from torture, through legal conventions and mechanisms. Last, but not least, the ATD will help us in publishing reports on torture practices and human right violations, practiced by the Palestinian government. Also, raise awareness of torture and other ill-treatment, and encourage action against human rights abuse in Palestine.

#### Challenges

The Anti-Torture Database is a vital tool in the documenting human rights violations, specifically targeting the crime of torture. However, this essential initiative faces several significant challenges. Firstly, the collection of accurate and reliable data is a formidable task, as instances of torture often occur in secretive environments with limited access to information. Additionally, there are political barriers in many countries, where governments may actively suppress or deny the existence of torture. This obstruction hampers efforts to gather comprehensive data and undermines the credibility of the database.





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7- **Project Name:** Measuring the Impact of an Integrated Livelihoods Intervention and MHPSS Services on Palestinian Women in Marginalized Areas.



**Donor:** International Rehabilitation Council for Torture Victims (IRCT)

**Project Duration:** 1 June 2022 – 31 December 2022

**Budget:** 20000Euro

**Geographical coverage:** West Bank

**Summary of Project:**

The project aims to assess the effects of a combined livelihoods intervention and mental health and psychosocial support (MHPSS) services on Palestinian women living in marginalized areas.

The project recognizes that women in marginalized communities often face multiple challenges, including limited economic opportunities, social exclusion, and mental health concerns. It seeks to address these issues by implementing an integrated approach that combines livelihood support and MHPSS services.

The livelihoods intervention component of the project focuses on empowering women economically. It may involve providing vocational training, skill-building workshops, access to income-generating opportunities, and business development support. The aim is to enhance women's economic self-sufficiency, improve their financial well-being, and increase their overall agency and empowerment.

Simultaneously, the project recognizes the importance of addressing the mental health and psychosocial needs of women in marginalized areas. It provides MHPSS services, which may include counseling, therapy, group support sessions, and community-based activities. These interventions aim to address the psychological distress, trauma, and social isolation experienced by women, promoting their mental well-being and resilience.

The Palestinian women living in marginalized areas often face immense challenges in terms of their economic, social, and psychological well-being. An integrated livelihoods intervention and Mental Health and Psychosocial Support (MHPSS) services can play a crucial role in improving the quality of life of these women. However, measuring the impact of such interventions is essential to ensure their effectiveness and to identify areas for improvement.

An assessment was conducted through a comprehensive survey of 94 ex-detainee women who had been released from Israeli detention centers during the past three years. As a result, 68 women were identified, all of whom received psychological first aid and crisis intervention therapy sessions. Further, 41 women were found to be in need of deeper psychosocial support services.

**The targeted beneficiaries were:**

The beneficiaries were 94 ex-detainee women who had been released from Israeli detention centers during the past three years. As a result, 68 women were identified, all of whom received psychological first aid and crisis intervention therapy sessions. Further, 41 women were found to be in need of deeper psychosocial support services. In the same respect, of the 68 beneficiaries, 20 ex-detainee women beneficiaries had been selected to receive vocational training.





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### Added value

The project's added value lies in its focus on marginalized Palestinian women and the intersection of their economic, social, and psychological well-being. By integrating livelihood interventions and MHPSS services, the project aims to provide a holistic approach to addressing the challenges faced by these women. The project's use of qualitative and quantitative methods to measure the impact of the interventions is also valuable, as it allows for a comprehensive understanding of the women's experiences and the effectiveness of the interventions. Overall, the project has the potential to provide insights into effective strategies for improving the lives of marginalized women in Palestine, contributing to the development of sustainable and impactful interventions in the future.

### Challenges

The project faced several challenges such as reaching women living in remote or hard-to-reach areas, which may require additional resources and outreach efforts. For instance, Parents' concern and fear for their daughters getting rearrested by the Israeli occupying forces. For many of the women, they had to pass through Israeli military checkpoints, especially since most of them have to cease any activity deemed threatening by the Israeli authorities, such as group meetings with women who are ex-detainees. Another challenge was ensuring the participation of women who face cultural or social barriers that may prevent them from accessing the interventions or participating in the evaluation. The project faced another challenge in ensuring the confidentiality and privacy of the participants, especially in a context where stigma around mental health issues exists. Additionally, measuring the long-term sustainability of the interventions may be challenging, as changes in economic or political conditions could impact the success of the interventions in the long term. Finally, obtaining accurate and reliable data may be difficult due to potential barriers and cultural differences between the researchers and participants. These challenges require careful planning, collaboration with local partners, and culturally sensitive approaches to overcome. Another challenge was the limited budget and short period to comprehensively measure the impact of MHPSS services and livelihood training on the mental wellbeing of the women.

### Visibility and media coverage





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8- **Project Name:** Mitigating the effects of trauma on children and caregivers in the West Bank



**Donor:** DIGNITY – Danish Institute Against Torture

**Project Duration:** 1 November 2022 - 31 January 2023

**Budget:** USD 13,482

**Geographical coverage:** Palestine: Hebron, Nablus, and Jenin.

#### **Summary of Project:**

The project focuses on providing support and interventions to address the impacts of trauma on children and their caregivers in the region. Recognizing that children in the West Bank often experience trauma due to various factors such as political unrest, violence, and displacement, the project aims to mitigate the negative effects and promote healing and resilience.

TRC implemented the project in the West Bank with support from Dignity. The project was implemented between November 2022 and January 2023 in three cities: Hebron, Nablus and Jenin located in the West Bank. TRC conducted new single sessions of psychological first aid (PFA) and crisis intervention for 83 children and their parents/caregivers suffering from traumas in the targeted communities. The sessions were conducted during the outreach program in response to traumatic experiences in order to minimize the effects of symptoms. Following these sessions, psychologists identified psychological symptoms of 22 Palestinians who required more comprehensive and holistic approach (individual, group, and family therapy sessions) and, as a result, developed and introduced treatment plans for the child and parent/caregiver. These comprehensive therapy sessions aimed to reduce the effects of conflict-related trauma, provided debriefing, stress management, and supported the resiliency of families with vulnerable children. TRC also provided two workshops to 36 child protection (CP) service providers, social workers, and staff of CP CSOs on narrative exposure therapy, group therapy/psychoeducation, PFA and crisis intervention. Through this activity, TRC's psychologists provided specialized workshops for participants who work closely with trauma-affected children and their families in the targeted locations in order to improve efficiency and effectiveness of interventions, and contribute to referral pathways for comprehensive access to appropriate services.

The overall objective of this project was to mitigate the effects of trauma on children/youth and caregivers in the West Bank cities of Hebron, Nablus and Jenin. Based on the overall objective, TRC designed and implemented a program with the following aims:

- Provide treatment and rehabilitation for children/youth and caregivers affected by the Israeli occupation.
- Build the capacities of caregivers and child protection (CP) service providers to care for children from a child-focused approach through the provision of psychosocial support services.
- Raise awareness of caregivers in marginalized communities on child protection issues.
- Report in a desk study form on the state of torture/politically and practices of domestic violence and human rights violations, regardless the perpetrator. Data collected will be analyzed across years and target groups in terms of differential aspects.



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The project employs a comprehensive approach to address the needs of both children and caregivers. It provides trauma-informed care, counseling, and therapy services to children, tailored to their age and specific experiences. These interventions aim to help children process their traumatic experiences, manage their emotions, and develop healthy coping strategies.

Additionally, the project offers support and resources to caregivers, such as parents, teachers, and community members. It recognizes the crucial role of caregivers in promoting the well-being of children and provides them with guidance, training, and psychosocial support. By strengthening the capacity of caregivers to understand and respond to the needs of traumatized children, the project aims to create a nurturing and supportive environment.

The project also focuses on community engagement and empowerment. It collaborates with local organizations, schools, and community leaders to raise awareness about trauma, its impacts, and available support services. The project seeks to reduce stigma surrounding mental health and trauma, promote community-based support systems, and foster a sense of belonging and social cohesion.

### **The targeted beneficiaries were:**

The project was implemented between November 2022 and January 2023 in three cities: Hebron, Nablus and Jenin located in the West Bank. The beneficiaries in this project were:

- 83 children and their parents/caregivers suffering from traumas in the targeted communities.
- 36 child protection (CP) service providers, social workers, and staff of CP CSOs on narrative exposure therapy.
- 37 parents/caregivers and community members on the prevention and mitigation of the effects of the Israeli occupation on children in the targeted communities.

### **Added value**

To reduce the negative impacts of the conflict through providing psychological first aid, individual, group, and family therapy to the affected population is an added value itself. TRC endeavors for a better response to the mental health needs of Palestinians and despite the short duration of the project, it has helped support refining mental health and psychosocial support services to meet the growing mental health needs of Palestinians. Additionally, it helped to reduce challenges, barriers, and stigma on mental health support. It has also shed light on the need to train healthcare workers on how to identify patients in need of psychosocial support.

### **Challenges**

TRC faced several challenges in reaching some beneficiaries in Hebron, Jenin, and Nablus due to security situation which was considered as major challenge especially that the targeted communities located in high tension areas. Incidents of settler violence and lack of protection for the civilian's populations continued to be reported in the West Bank, however, most of the perpetrators failed to distinguish between combatants and civilians, and deliberately made civilian objects of attack. Another concern was the restrictions of movement which prevented many Palestinians from accessing services, markets, education and workplaces and generated significant economic losses.

There was a delay in starting the project as there was a delay in signing the agreement. The project began as soon as the agreement was signed by both parties.



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9- **Project Name:** Provisions of Psychosocial Support to the Most Affected Women and Children in High-Risk Areas and Area C



**Donor:** OCHA\War Child Holland – Palestine

**Project Duration:** 1 June – 31 December 2022

**Budget:** \$50000

**Geographical coverage:** The target locations are Ramallah, Jericho, Nablus, Tubas, Jenin, Hebron, Yatta, Qalqiliya, Salfit, and East Jerusalem.

**Summary of Project:**

The project focuses on providing psychosocial support to women and children who are most affected by the challenging conditions in high-risk areas and Area C. Recognizing the significant impact of these challenging environments on the mental health and well-being of women and children, the project aims to address their psychosocial needs and promote resilience.

The project offers a range of psychosocial support services tailored to the specific needs of women and children. These services may include counseling, therapy, group support sessions, and recreational activities. By providing a safe and supportive space, the project helps individuals cope with stress, trauma, and other psychological challenges, while also fostering social connections and emotional well-being.

The project specifically targets high-risk areas and Area C, where communities face heightened vulnerabilities due to factors such as conflict, displacement, limited access to resources, and political instability. It aims to reach out to those who are most affected and may have limited access to support services.

In addition to direct support, the project focuses on capacity-building and training for local organizations and community members. It aims to enhance their skills and knowledge in providing psychosocial support, enabling them to address the needs of women and children more effectively. By strengthening local capacities, the project aims to ensure sustainable and locally-led support systems.

The project was implemented to reduce the traumatic and devastating physical and psychological effects of the conflict. TRC seeks to provide medical, psychiatric, and psychosocial healthcare treatment to primary and secondary victims of the conflict, along with their families, across the West Bank, including Area C and East Jerusalem. Therefore, this project aims to reduce the psychological stress and anxieties of a minimum of 290 Palestinian children, women, and men affected by violence, and protect/promote their mental and psychological wellbeing through psychosocial support and reintegration into their societies.

As War Child Holland works through holistic and integrated approaches to improve access to mental health, remedial education and child protection services for conflict-affected children, TRC sought the support of War Child to strengthen the organization's capacity to respond to the needs of primary and secondary victims of the conflict in Palestine through its treatment and rehabilitation program, increase the availability of healthcare and education, especially among neglected and marginalized Palestinians in rural areas of the West Bank, ultimately strengthening the resilience of victims of the conflict to become fully engaged survivors in their communities.





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### The targeted beneficiaries were:

The target population of this project is 290 children, women, and men who will receive mental health and psychosocial support services, who we will also strengthen their knowledge and awareness of personal safety and protection measures to mitigate the risks of exposure to various types of violence and ill-treatment, including domestic violence, violence resulting from the occupation and political situation, in addition to those who have been negatively affected by the Covid-19 pandemic.

### Added value

TRC, in cooperation with local CBOs, has been able to reach a great number of beneficiaries in the targeted areas of this project. These organizations have assisted TRC in reaching communities in the targeted locations of the West Bank, including East Jerusalem and Area C. Through TRC's community engagement and outreach activities, TRC was better able to facilitate the successful implementation and uptake of its MHPSS activities. Furthermore, TRC was able to establish positive relationships with parents of children as it was imperative to communicate the value of children and youth's participation in receiving MHPSS services. Recipients of MHPSS services from TRC's psychologists valued engagement with peers in group therapy sessions, as well as trusting and supportive relationships with the psychologists.

### Challenges

There was the challenge of providing psychosocial support services in Jericho and Northern Jordan Valley. Psychologists stated they experienced difficulty in the remote areas in dire need of additional services in addition to treatment and intervention, especially in remote communities which suffer from constant threats of demolition and endure frequent home demolitions. Moreover, there were difficulties experienced with the children accepting and speaking about their own problems openly during the group therapy sessions as they all came from the same village/town/city/refugee camp. However, after subsequent follow-up with the children, they began to actively share and openly discuss their problems, many of which were surprised to know that they faced similar problems.

### Visibility and media coverage

For privacy and anonymity reasons, faces of beneficiaries have been blurred or do not show.





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10- **Project Name:** Rehabilitation and Social Reintegration of Women Inmates.



**Donor:** Canada Feminist Fund

**Project Duration:** 1 October 2022 – 31 March 2023

**Budget:** CAD \$50,000 75% the total fund is 65,140,00

**Geographical coverage:** 5 CRCs in the West Bank (Jenin, Nablus, Ramallah, Jericho, and Hebron) in addition to the Bethlehem Police Detention Center & Family Homes

#### **Summary of Project:**

The project aims to support the rehabilitation and successful reintegration of women who have been incarcerated, promoting their well-being, empowerment, and social inclusion. The project recognizes that women inmates often face unique challenges and vulnerabilities during their incarceration and upon their release. It focuses on providing comprehensive support throughout the rehabilitation and reintegration process.

The proposed project seeks to continue and build on current TRC activities regarding the rehabilitation of women inmates in Palestinian administered correction and rehabilitation centers (CRCs). TRC has conducted a number of activities in the past that targeted women inmates in the 3 CRCs (Jenin, Ramallah, and Jericho) in addition to the Bethlehem Police Detention Center. These activities included both vocational rehabilitation training programs which focused on skills like sewing, embroidery, mosaic arts and other practical work skills, and tended to their psychological needs by providing specialized mental health services. The proposed project seeks to extend the scope and the duration of these activities, as well as, foster a holistic approach that seeks to augment these previous activities to include a social reintegration component, as activities are scheduled to end on the 31st December 2022.

The project offers various services and interventions tailored to the specific needs of women inmates. These may include educational programs, vocational training, counseling, life skills development, and healthcare services. By addressing the diverse needs of women, the project aims to enhance their personal growth, skills, and abilities, increasing their chances of successful reintegration into society.

Furthermore, the project emphasizes the importance of promoting women's rights, gender equality, and empowerment within the correctional system. It works to create a safe and supportive environment that respects the dignity and rights of women inmates, while also challenging gender-based discrimination and violence.

Additionally, the project provides assistance and support in planning for post-release transitions. It aims to facilitate access to social support networks, housing, employment opportunities, and community-based services. By strengthening the linkages between the correctional system and community resources, the project seeks to enhance the prospects of successful reintegration and reduce the likelihood of recidivism.



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In Palestine, female inmates represent a small but increasing proportion of inmates and for the above reasons, meeting their rehabilitation needs has been especially challenging. The proposed project seeks to foster a holistic approach that seeks to augment ongoing rehabilitation among women inmates in the 5 CRCs in the West Bank (Jenin, Nablus, Ramallah, Jericho, and Hebron), in addition to the Bethlehem Police Detention Center, with components that aim to socially reintegrate women inmates upon their release. It will mainly accomplish this by providing tailored individual and group therapy for the inmates and their families. Since women inmates are often ostracized by their families and communities, TRC, through this project, aims to provide tailored community advocacy sessions to address the stigmatized and criminalized perceptions that these women often encounter as a result of their incarceration.

### **The targeted beneficiaries were:**

Direct beneficiaries from the project will be approximately 150 current women inmates and their families (50 of which are long-term inmates).

- 50 women inmates in 3 CRCs received hygiene kits including sanitizers, facemasks, soap and feminine products.
- 50 women inmates participated in awareness sessions to raise awareness on Covid-19 precautions and preventions.
- Women inmates were provided vocational training in mosaics, embroidery, beading, and tailoring to improve their economic situations.
- Women inmates received individual, group, and family therapy sessions.
- Women inmates participated in sports sessions to improve their overall health and wellbeing.
- Therapy sessions with inmates' family members to reunite them.
- Workshops with the Civil Police Force to raise their awareness about the psychological pressures inmates face.

### **Added value**

Women inmates are among some of the most marginalized and vulnerable segments in Palestinian society. The project aims at addressing the mental health and supporting their interpersonal wellness of incarcerated women inmates so as to empower them to lead more fulfilling lives upon their release. Incarcerated women are often self-stigmatized and have difficulty expressing their emotions. Moreover, upon their release they are often stigmatized and ostracized by their families and communities. Because of these complexities the project aims to address these issues on three levels:

- Therapeutic Support for Interpersonal Wellbeing
- Family and Spousal Therapeutic Support
- Advocacy and Awareness Raising on the Community Level

### **Challenges**

The project is running smoothly with minor problems, such as reaching the targeted women in Hebron, Nablus, Jenin, Jericho, and Bethlehem as there have been heightened tensions and clashes between Palestinians and the Israeli occupation forces. There has been a slight delay in providing vocational training to the women inmates and women in shelters as the process of contracting a trainer is in the process, although the materials have been purchased. There have also been slight changes to the budget as there was a need to reallocate budgeted items between cost categories within the project.

The greatest risk so far is due to the deteriorating political situation. To mitigate this, we continue to maintain good relations with the CRCs in order to conduct the main activities of the project.



Another risk is the safety and security of staff on project when traveling to the locations of the activities. This has been mitigated by arranging travel so as to avoid conflict areas on the road.

### Visibility and media coverage







#### Parts of a Sustainability plan

When describing the project sustainability, many NGOs focus mostly on the financial sustainability. Of course, this is an important part of the project sustainability, but it is not necessarily the most important part. While it is important to know how the project will be financed in the long term, the other parts of the sustainability plan are also very important. Without community and organizational sustainability, financial sustainability will not directly result in project sustainability.



## Sustainability of Projects

Ensuring the sustainability of projects is crucial for their long-term impact and effectiveness. Sustainability refers to the ability of a project to continue delivering its intended outcomes and benefits even after the initial project period or funding has ended. It involves creating systems, strategies, and partnerships that support the ongoing operation, maintenance, and development of the project's activities. TRC takes some key considerations for ensuring project sustainability:

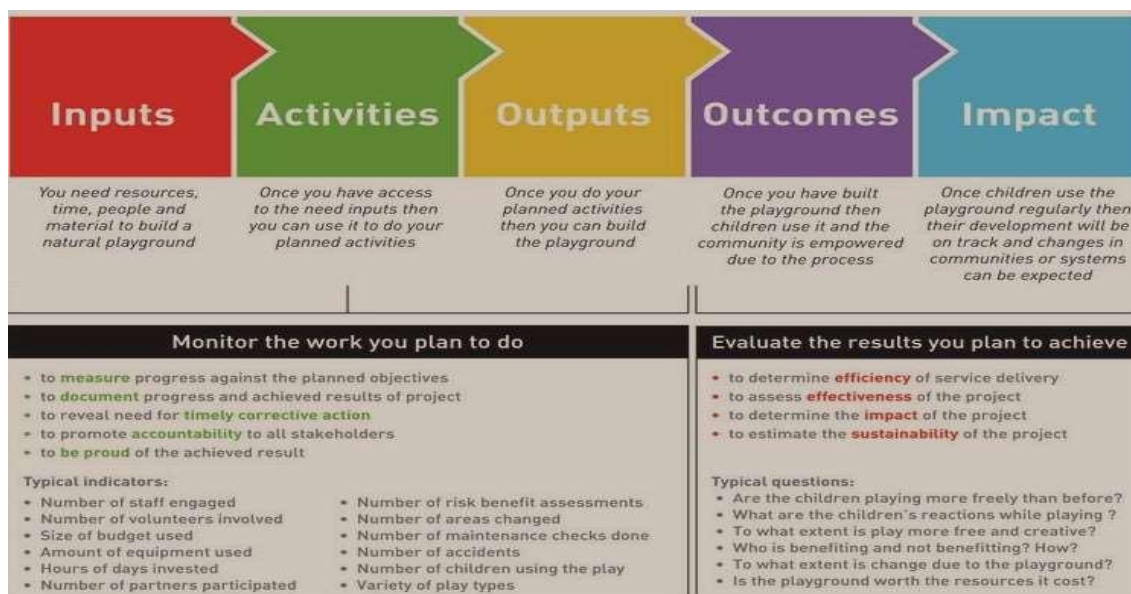
- **Collaboration and Partnerships:** Engage relevant stakeholders, including local communities, government entities, civil society organizations, and beneficiaries, in project planning, implementation, and decision-making. Building partnerships fosters ownership, shared responsibility, and ongoing support for the project.
- **Capacity Building:** Invest in building the skills, knowledge, and resources of project beneficiaries, local organizations, and community members. This enables them to continue the project's activities, maintain infrastructure, and sustain positive outcomes beyond the project's duration.
- **Institutionalization:** Work towards integrating the project's activities, methodologies, and approaches into existing systems, policies, and structures. This may involve advocating for policy changes, mainstreaming project practices into government programs, or collaborating with existing service providers to ensure continuity.
- **Financial Sustainability:** Develop strategies for securing long-term funding or generating revenue streams to support project activities. This may include diversifying funding sources, exploring partnerships with the private sector, or creating income-generating initiatives that contribute to the project's financial sustainability.
- **Monitoring and Evaluation:** Implement robust monitoring and evaluation mechanisms to track progress, measure impact, and identify areas for improvement. Regular evaluation helps identify challenges, adapt strategies, and ensure that the project remains aligned with its objectives and the evolving needs of the target population.
- **Knowledge Sharing and Dissemination:** Document and share project experiences, lessons learned, and best practices to contribute to the broader knowledge base. This enables replication or adaptation of successful approaches in other contexts and strengthens the sustainability of similar initiatives.
- **Community Empowerment:** Foster a sense of ownership, empowerment, and active participation among project beneficiaries. Engage them in decision-making processes, encourage local leadership, and promote community-led initiatives that continue beyond the project's lifespan.
- **Environmental Considerations:** Integrate sustainability principles into project design and implementation by considering environmental impacts, promoting resource efficiency, and supporting eco-friendly practices. This helps minimize negative ecological footprints and contributes to the long-term sustainability of the project and its surroundings.



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## Monitoring and Evaluation of Projects

TRC had developed a comprehensive MEAL (Monitoring, Evaluation, Accountability, and Learning) manual and system. This system is utilized by TRC during all projects actions and activities and enables TRC to measure the results and impact of activities based on qualitative and quantitative analysis, produce lessons learned, and ensure that a results-oriented human rights-based approach is applied to working with conflict-affected beneficiaries in Palestine. The MEAL system is a crucial part of TRC' project cycles as strengthens organizational capacity in information management, data analyses, and technical evaluation of interventions, and to document and report on continuous improvements. We base our decisions and planning process on pre and post evaluations, observations, assessments, and focus groups. The MEAL system helps us to monitor the quality of our implementation and be responsive to the views of the children and communities with whom we work. This includes consistent monitoring and reporting on all activities from preparation to implementation to evaluation, as well as assessment and development of lessons learned. Monitoring tools consistently used by TRC include field visits, case studies, interviews, success stories, technical and narrative reports, as well as the use of focus groups, sample studies of clients, trainer and trainee evaluations. TRC has developed its MEAL framework in line with different donors' requirements and senior management vision to help develop the outreach results to ensure its alignment with the overall objectives of the center. Furthermore, TRC also employs an electronic online database with a central server in which data on each client of the treatment and rehabilitation program is input. Through this database, TRC is able to develop research studies, evaluations, and reports on clients and the effectiveness of interventions aimed at reducing their psychological disorders.





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TRC مركز علاج وتأهيل ضحايا التعذيب  
Treatment & Rehabilitation Center for Victims of Torture

### الصحة النفسية والدعم النفسي الإجتماعي للأطفال



#### كيف تحصل على خدمات الدعم النفسي والاجتماعي

مركز علاج وتأهيل ضحايا التعذيب جمعية أهلية غير ربحية تقدم خدمات إنسانية مجانية للمتضررين من ممارسات الإحتلال، ولتعزيز وعيهم ومواجهة التعذيب والانتقام المنظم. يقدم المركز المساعدة النفسية والاجتماعية والطبية الأولية والتدريب وبناء القدرات والبحث العلمي. ويسهم المركز في جهود القضاء على التعذيب والعنف المنظم، وغيرها من انتهاكات حقوق الإنسان، وكذلك جهود القضاء على ثقافة الإفلات من العقاب. ويهدف المركز أيضاً إلى تقديم الخدمة النفسية والاجتماعية والعلاج والتأهيل لضحايا التعذيب والعنف المنظم والانتقام.

بناء ثقافة احترام القيم والمبادئ الإنسانية المنبثقة عن القانون الدولي الإنساني والقانون الدولي لحقوق الإنسان بما في ذلك اتفاقية مناهضة التعذيب والعنف المنظم، والدفاع عن حقوق الضحايا والمتضررين. تبادل الخبرات والمعرفة في المجالات المتعلقة بحقوق الإنسان والصحة النفسية، ومنع وتحرير التعذيب.



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