



CANADIAN CENTRE FOR VICTIMS OF TORTURE

CERTIFICATE COURSE

Torture, Trauma, Psychosocial Impact and Mental Health:

Meeting the Needs of War and Torture Survivors

Triumph Over Torture



CCVT
The Canadian Centre
for Victims of Torture

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Course Objectives

This course comprises a series of tailored individual seminars addressing key aspects of refugee mental health. Each seminar is a realistic and up-to-date appraisal of the topic, which will include resources for the attendee where possible. Each topic will be addressed across the life course (from childhood to later life) and incorporate understandings and information about best approaches with special need groups. Participants who successfully complete a minimum of six seminar sessions will receive a Certificate.

After completing this course the participants will be able to:

- I. Outline the key determinants of refugee mental health.
- II. Discuss the impact of pre- and post-migration experiences on refugee mental health.
- III. Describe the effects of politically organized collective violence, war, intimidation and targeted individual violence on survivors and their families and communities.

Main Office

194 Jarvis Street, 2nd Floor
Toronto, Ontario
Canada M5B 2B7
Tel: 416-363-1066
Fax: 416-363-1066

Scarborough Office

2401 Eglinton Ave. East,
Unit 310
Scarborough, Ontario
Canada M1K 2N8
Tel: 416-750-3045
Fax: 416-750-4990

The Hub

1527 Victoria Park Avenue
Toronto, Ontario
Canada M1L 2T3
Tel: 416-750-9600
Fax: 416-750-9200

Mississauga Office

130 Dundas St., East, Unit 204
Mississauga, Ontario
Canada L5A 1W4
Tel: 905-277-2288
Fax: 905-277-8083

Workshop Sessions

Please see chart for a complete listing of certificate training sessions. Sessions will take place **VIRTUALLY**.

#1: Broad Aspects of Trauma/Torture

Dr. Wendell Block.....	October 13, 2021	3:00-5:00 pm
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#2: Trauma, Stress & Resilience in Refugees

Dr. Clare Pain.....	November 17, 2021	3:00-5:00 pm
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#3: Mental Health Needs of LGBTQ+ Refugees

Ranjith Kulatilake.....	December 15, 2021	3:00-5:00 pm
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#4: A Cultural Psychiatry Approach to Refugee Women’s Mental Health

Dr. Lisa Andermann.....	January 19, 2022	3:00-5:00 pm
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#5: Determinants of Refugee Mental Health

Dr. Branka Agic.....	February 2022 (TBC)	3:00-5:00 pm
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#6: Fostering Adaptation in Families, Children & Youth

Dr. Debra Stein.....	April 20, 2022	3:00-5:30 pm
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#7: Growing Older as a new Canadian

Dr. Irina Nica-Graham.....	May 18, 2022	3:00-5:00 pm
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#8: Recognizing the Risks & Signs of Addiction

Dr. Jonathan Bertram.....	June 16, 2022	3:00-5:00 pm
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#9: Self-Care: Vicarious Trauma

Teresa Dremetsikas MD (Mexico) & Mbalu Lumor.....	June 29, 2022	3:00-5:00 pm
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Session 1: October 13, 2021

3:00 - 5:00pm

Broad Aspects of Trauma

Lecturer



Dr. Wendell Block, Family Doctor

Dr. Wendell Block is a family physician affiliated with CCVT since the mid-1980s. He has actively participated in diverse activities at the ACCVT, has been an enthusiastic member of the Health Committee, the Board of Directors, and the Health Network. He has also contributed to the development of the “CCVT Guidelines for Medical Legal Documentation of Torture Survivors” which has been instrumental in training newly recruited physicians at CCVT. Dr. Block also serves as a resource person to newly recruited physicians.

This session will focus on defining torture. It will include a comprehensive overview of torture’s physical, mental, social and spiritual components, while also exploring who is affected and how they respond. This session will also explore who commits acts of torture and why.

Session 2: November 17, 2021

3:00 - 5:00pm

Trauma, Stress and Resilience in Refugees

Lecturer



Dr. Clare Pain, Psychiatrist

Dr. Clare Pain is an Associate Professor at the Department of Psychiatry, University of Toronto, Director of the Psychological Trauma Program at Mount Sinai Hospital, Toronto. She has been associated with the Canadian Centre for Victims of Torture (CCVT) for over 10 years where she consults part time. She is the coordinator of the Toronto Addis Ababa Academic Collaboration which is an educational partnership building capacity and sustainability at Addis Ababa University.

For more information on the Toronto Addis Ababa Academic Collaboration (TAAAC), please visit: www.taaac.ca

By definition, refugees fear for their lives if they return to their country of origin. They have often had complicated experiences of politically organized collective violence, war and intimidation or targeted individual violence. Once in Canada the major stressors for refugees are their impending hearing and settlement issues - these can offer significant challenges to even the most resilient of refugees. For the most part specialised mental health services are not necessary for refugees despite the stress they are under and the trauma they have been through. This session will investigate how the mixture of trauma, violence and subsequent settlement complexity affects the mental health of a refugee. We will explore some approaches to address the distress of a refugee and how we as service providers, can best help refugees stay well and face the future with resilience.

Session 3: December 15, 2021
Mental Health Needs of LGBTQ+
Lecturer

3:00 - 5:00pm



Ranjith Kulatilake coordinates the Rainbow Connect LGBTQ+ Newcomer Settlement services at the Neighborhood Group, Toronto while pursuing doctoral studies in social work at York University. He has received numerous awards and recognitions for his frontline work and academic endeavours. Ranjith is a member of 2SLGBTQ+ Community Advisory Board of the City of Toronto and the Advisory Committee of the Positive Spaces Initiatives, Ontario Council of Agencies serving Immigrants (OCASI).

This session will demonstrate the need for an equitable and caring pathway towards providing mental healthcare for LGBTQ+ refugees. LGBTQ+ newcomers will share their lived experiences of accessing mental healthcare in Canada. The session will then identify the key social determinants and pre-and post-migration re-settlement stressors of health that impact upon LGBTQ+ refugees. Emphasis will be placed on the best practices of mental healthcare, based on an equity-based, integrated anti-oppressive framework of service delivery.

Session 4: January 19, 2022

3:00 - 5:00pm

A Cultural Psychiatry Approach to Refugee Women's Mental Health

Lecturer



Dr. Lisa Andermann, Psychiatrist

Dr. Lisa Andermann, MPhil, MDCM, FRCPC is an Associate Professor in the Department of Psychiatry at the University of Toronto and psychiatrist at Mount Sinai Hospital, where she works in the Psychological Trauma Clinic as well as the Ethno cultural Assertive Community Treatment Team. She is also a psychiatric consultant with the Canadian Centre for Victims of Torture and a former Board Member. Her main areas of interest in research and teaching focus on cultural psychiatry. For the past few years, she has been involved in an educational initiative to enhance the cultural competence of the postgraduate psychiatry residency curriculum together with colleagues from the Equity, Gender and Populations Division. Together they led a faculty development initiative on culturally competent supervision and teaching, which won the 2008 Ivan L. Silver Award for Excellence in Continuing Mental Health Education. She has been part of the Toronto-Addis Ababa Psychiatry Program (TAAPP), assisting in the development of the first psychiatry residency training program in Ethiopia. In 2015, Dr. Andermann won the U of T Faculty of Medicine Postgraduate Education Social Responsibility Award, awarded jointly with Dr. Kenneth Fung, for their work on Pillar 4 of the Department of Psychiatry Strategic Plan dealing with underserved and marginalized populations, anti-stigma and antidiscrimination and global mental health.

This session will provide participants with culturally competent assessment tools and skills to gain a better understanding of refugee women's mental health. The DSM-V cultural formulation will be used to gain understanding of cultural identity (including gender identity), explanatory models, stressors and support and to explore the cultural factors in the relationship between clinician and client. Risk factors, including trauma history, and resilience will also be addressed.

Session 5: February 2022

TBC

Determinants of Refugee Mental Health

Lecturer



Dr. Branka Agic, Director of Knowledge Exchange (PSSP)

Dr. Branka Agic is Director of Knowledge Exchange with the Provincial System Support Program (PSSP) at the Centre for Addiction and Mental Health (CAMH). She is an Assistant Professor and the Associate Director of the Master of Science in Community Health (MScHS) in Addiction and Mental Health Program at the Dalla Lana School of Public Health, University of Toronto.

Branka holds a PhD in Health and Behavioral Sciences and a Masters of Health Science (MHSc) degree in Health Promotion from the University of Toronto, along with a Medical Degree from the University of Sarajevo, Bosnia and Herzegovina.

Branka has extensive experience in counselling, research and service development with immigrants and refugees. Her primary research interest is in the area of mental health and substance use among immigrants, refugees, ethno-cultural and racialized groups. She is a member of the UNHCR Regional Beyond Detention Strategy Working Group and serves on the Board of Directors of the Canadian Centre for Victims of Torture (CCVT).

Refugees are a vulnerable group at risk of mental health problems. However, not all refugees develop mental disorders, and among those who do, many individuals manage to function effectively. The prevalence and severity of mental health problems in refugees is influenced by a number of risk and protective factors that interact with each other. Growing evidence shows that stresses experienced after migration have a major impact on refugees' ability to cope with pre-migration trauma. This interactive session will discuss pre-migration, migration and post-migration determinants of refugee mental health, with particular focus on the factors that come into play after refugees arrive in Canada. The key barriers and facilitators to mental health care will also be addressed.

Session 6: April 20, 2022

3:00 - 5:30pm

Fostering Adaptation in Families, Children and Youth

Lecturer

Dr. Debra Stein, Psychiatrist

Dr. Debra Stein is a Child and Adolescent psychiatrist at the Sick kids Centre Community Mental Health (formerly known as the Hincks-Dellcrest Centre), where she co-leads the Migration Consultation Team, a consultation service that supports the work of front-line staff helping newcomer families. She also provided consultation to children, youth and their families at CCVT. A lecturer with the Department of Psychiatry at the University of Toronto, she has spoken on varied topics ranging from psychological trauma, the Mental Health concerns of asylum seekers, and cultural-systemic aspects of Children and Adolescent psychiatry.

This session will provide attendees with an understanding of impact of multiple stressors of forced migration, psychological trauma and acculturation on refugee children, youth and families. Topics within this framework will include language learning and school difficulties, parenting, and issues specific to each childhood developmental stage (infancy, latency, adolescence). This session will also examine the intergenerational transmission of Trauma in families & introduce the concept of Developmental Trauma Disorder (DTD) differentiating it from PTSD in children. Finally, it will provide an understanding of the types of psychologically & socially based interventions found useful in helping this population.

Session 7: May 18, 2022

3:00 - 5:00pm

Growing Older as a New Canadian Lecturer



Dr. Irina Nica-Graham, Psychiatrist

Dr. Irina Nica-Graham MD, FRCPC is a geriatric psychiatrist in the Outpatient Geriatric Psychiatry Program and at the Reitman Centre for Alzheimer's Support and Training at Mount Sinai Hospital. She completed medical school, the Psychiatry Residency Program, and the Geriatric Psychiatry Subspecialty Program at the University of Toronto. In addition to her work in geriatric psychiatry, she has lectured on strategies of support and resilience for families and individuals navigating the care of loved ones with dementia.

This session is designed to give participants an understanding of the relevance of individual circumstance, or the circumstance of family left behind, on settlement and adaptation in Canada. This session will also address and provide the relevance of life-stage in health and psychosocial problems, and in fostering resilience in life in a new country. This session will provide perspective in navigating health and social services to meet the needs of older new Canadians. Participation will be encouraged in an interactive session, with case studies and issues also invited in advance. Readings to be available in January 2017.

Session 8: June 16, 2022

3:00 - 5:00pm

Recognizing the Risks & Signs of Addiction

Lecturer

Dr. Jonathan Bertram

Dr. Jonathan Bertram is an Addictions Medicine Physician at the Centre for Addiction and Mental Health (CAMH) with a special interest in First Nations populations as well as Older Adults in the context of both Addictions Treatment and Pain in the setting of Substance Use Disorder. He also runs a community practice in Chronic Pain & Addictions in the Central East LIHN- Bowmanville/Oshawa. He is a consultant to the Canadian Mental Health Association- Waterloo/Wellington as well as Reconnect Mental Health Services in Toronto. Administratively, he is Vice Chair of the Section of Addiction Medicine of the Ontario Medical Association and a Director on the Board of the Ontario College of Family Physicians. He is affiliated as a Full-time Academic Physicians with the Department of Family & Community Medicine at the University of Toronto.

The relationship between psychological trauma, affect dysregulation and mental illness is inevitable and complex. A clear understanding of the clients' denial, secrecy and defensive positions is necessary for the effective counsellor. Through an addiction lens, this training session will examine the perceived role that substance misuse has in managing the pain of many survivors' inner lives. We will also review signs and symptoms of substance abuse, that if not directly explored will be left undisclosed. The clients' perception of their substance misuse is essential to explore in order to promote a change process orientated towards abstinence and recovery.

Session 9: June 29, 2022

3:00 - 5:00pm

Self-Care: Vicarious Trauma

Lecturers



Teresa Dremetsikas, MD (Mexico)



**Mbalu Lumor, Senior
Manager, Programs &
Newcomer Services**

Teresa Dremetsikas graduated from The University of Nuevo Leon in Mexico. She has been working for the Canadian Centre for Victims of Torture (CCVT) for the past several years in the areas of: assessment, counselling, crisis intervention, organization and facilitation of support groups as well as coordination of the settlement program and volunteer program. She is presently the Program Manager at CCVT. She has been involved in research, planning, designing and evaluation of programs at CCVT. She has been very active in public education, delivering several training sessions on the issues of Trauma informed Care and torture, assessment of survivors, and the development of supportive strategies for different institutions and for several organizations.

Mbalu Lumor is the Senior Manager, Programs and Newcomer services has been working with the Canadian Centre for Victims of Torture (CCVT) for many years. Mbalu is passionate about Social Justice, Public Education and Human Rights. She has extensive experience working with diverse groups, providing trauma related counseling, program design, management, evaluation and group facilitation. Mbalu is the lead person in public education and has participated locally, nationally and international forums and conferences.

This presentation will provide you with basic knowledge on the concepts of: vicarious trauma, secondary traumatization, compassion fatigue. It will also offer common understanding of the factors involved in the development of such conditions: “how and why”. A tool for self- assessment will be shared and an opportunity to discuss and share best practices to prevent and deal with secondary trauma will be key components of this session.