



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

Visit Us Online At: www.ccvvt.org

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 19, 2022	3:00-5:00 pm
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#2: Trauma, Stress & Resilience in Refugees

Dr. Clare Pain.....	November 16, 2022	3:00-5:00 pm
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#3: Mental Health Needs of LGBTQ+ Refugees

Ranjith Kulatilake.....	December 21, 2022	3:00-5:00 pm
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#4: Women and Trauma

Dr. Afarin Kohan.....	January 24, 2023	3:00-5:00 pm
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#5: Anti-Human Trafficking

Teresa Dremetskas MD (Mexico).....	February 15, 2023	3:00-5:00pm
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#6: Fostering Adaptation in Families, Children & Youth

Dr. Debra Stein.....	March 15, 2023	3:00-5:00pm
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#7: Cultural Competency

Dr. Lisa Andermann	April 19, 2023	3:00-5:00 pm
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#8: Recognizing the Risks & Signs of Addiction

Dr. Jonathan Bertram.....	May 17, 2023	3:00-5:00 pm
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#9: Social Determinants of Health

Dr. Branka Agic-----	Date to be announced	
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#10: Aging Population

Presenter and Date to be announced

#11: Self-Care: Vicarious Trauma

Mbalu Lumor & Domine Rutayisire BSW, MSW, RSW..... June 21, 2023 3:00-5:00 pm

Session 1: October 19, 2022. 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 16, 2022 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 21, 2022 3:00 - 5:00pm

Mental Health Needs of LGBTQ+

Lecturer



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 24, 2023

3:00 - 5:00pm

Women and Trauma

Lecturer

Dr. Mehr-Afarin Kohan, Psychiatrist, Psychoanalyst

Dr. Mehr-Afarin Kohan is a Toronto-based psychiatrist and psychoanalyst. She received her medical degree from SUNY Upstate Medical University and completed her residency in psychiatry at the University of Toronto. She completed her analytic training at the Toronto Institute of Contemporary Psychoanalysis (TICP). She spends most of her time doing long-term psychotherapy and psychoanalysis at her private practice in Toronto and works with refugees at the Canadian Centre for Victims of Torture (CCVT). She is a psychodynamic psychotherapy supervisor at the University of Toronto and faculty for the three-year psychotherapy program at the TICP. She is the co-chair of the International Association of Psychoanalysis and Psychotherapy (IARPP)'s Candidates Committee. She was the recipient of the 2016 Susanne Chassay Memorial Paper Award from the Psychoanalytic Institute of Northern California (PINC). She has previously published in the Psychoanalytic Quarterly. She is also an award-winning published fiction writer. For more information visit mehrafarinkohan.com.

Women and children account for almost 80% of the casualties of conflict and war as well as 80% of the 40 million refugees in the world. Women, including LGBTQ+ individuals, are often the main targets of 'gender-based violence' and service providers may see clients who not only have experienced trauma as part of their flight and migration, but also intersecting gender-based violence in the private sphere, within the family or community. This session will focus specifically on the types of trauma that women experience, how it is often presented in the clinical setting and how it should be approached by clinicians. I will be focussing on domestic violence, forced marriages and sexual violence with attention paid to the family unit and social cultural context.

Session 5: February 15, 2023

3:00-5:00pm

Anti-Human Trafficking

Lecturer



Teresa Dremetsikas MD, Mexico

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.

Session 6: March 15, 2023

3:00 - 5:00pm

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: April 19, 2023

3:00 - 5:00pm

A cultural Psychiatry Approach to Refugee 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 very 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 8: May 17, 2023

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: Social Determinants of Health-TBC



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).

Session 10: Date to be confirmed

Growing Older as a New Canadian

Lecturer

PRESENTER TO BE CONFIRMED

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 11: June 21, 2023

3:00 - 5:00pm

Self-Care: Vicarious Trauma

Lecturers



Mbalu Lumor, Senior Manager, Programs & Newcomer Services



Domine Rutayisire BSW, MSW, RSW – Mental Health Counselor

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.

Domine Rutayisire BSW, MSW, RSW is a Mental Health counselor. She has been working at Canadian Centre for Victims of Torture (CCVT) since March 2016. She completed her bachelor of Social Work degree (BSW) from the University of Windsor and a master's of Social Work degree (MSW) from Wayne State University in Michigan, USA where she specialized in Mental Health and Substance Abuse. In Addition to her work in the Mental Health program, she has lectured on Self-Care and Wellness. She is also an active contributor in the Health Committee.

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.

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