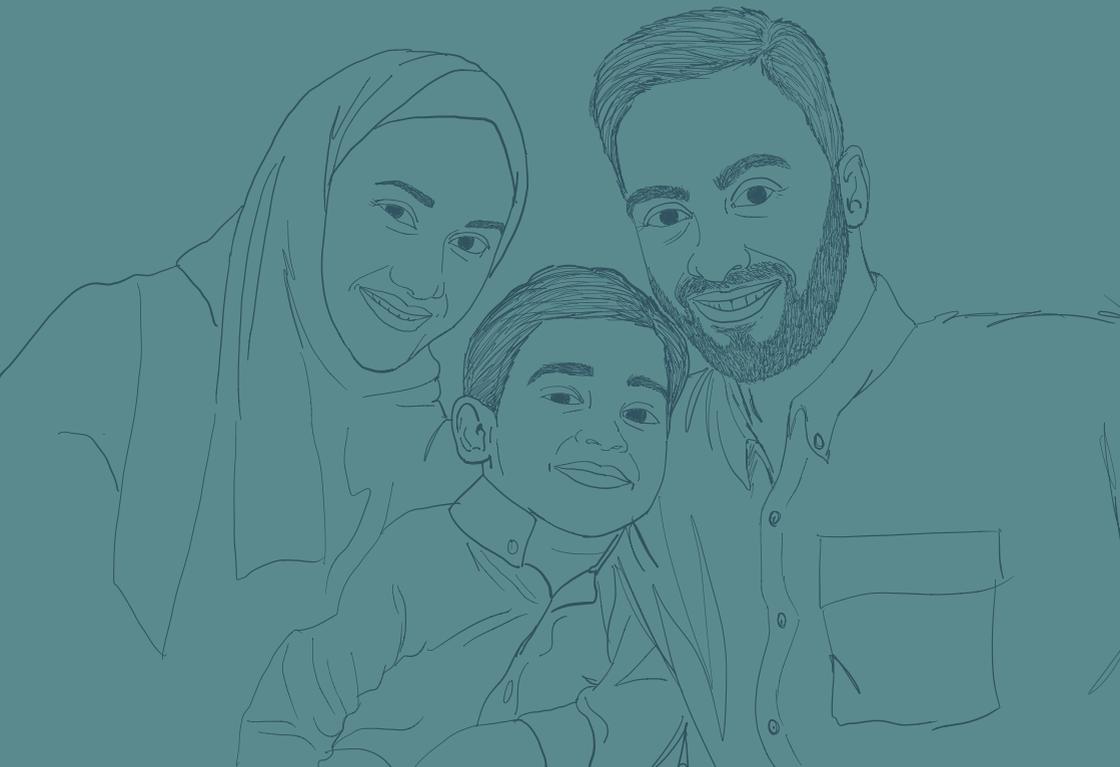


WELCOME TO DIGNITY

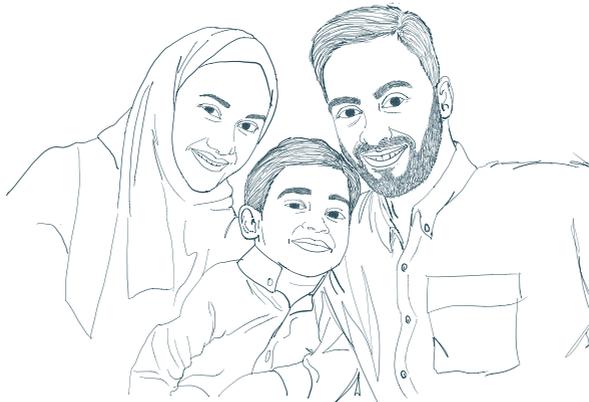
INFORMATION ABOUT DIGNITY'S
REHABILITATION CLINIC



ABOUT DIGNITY'S CLINIC

DIGNITY offers a multidisciplinary treatment approach to people who have been subjected to torture and other traumatic war experiences. If you have undergone violent and traumatic events, it is not uncommon for your mind and body to react strongly. You might experience physical and psychological symptoms such as: anxiety, flashbacks, nightmares, depression, anger, social withdrawal, muscle and joint pain, frequent headaches, difficulty sleeping, loss of appetite/nausea/vomiting or tension. These symptoms are all normal reactions to traumatic experiences; however, they may affect your ability to function in daily life, which in turn can have consequences for both you and your family.

The purpose of DIGNITY's treatment programme is to support you to feel better. We do this by exploring tools to manage your physical and psychological symptoms more effectively. If you have a spouse and children, DIGNITY also can offer treatment to you as a family.



ABOUT THE TREATMENT

The treatment model at DIGNITY is patient centered. It is crucial to us that we have a good dialogue with you as patient and that you take an active part in the treatment. We work in a multidisciplinary fashion, which means that you will meet several different therapists, each with their own area of expertise. Our treatment team consists of psychologists, physiotherapists, doctors and social workers. All therapists and interpreters are bound by patient confidentiality.

OUR TREATMENT PROGRAMME

The doctor assesses your overall state of health and guides you to gain a better knowledge of how your psychological condition affects you physically, including interactions between psychological problems, pain and sleep. You will be able to discuss physical symptoms that trouble you and explore how these can be managed or treated. The doctor can also modify or prescribe medication. With permission, the doctor will retrieve medical information from your own doctor and from any previous treatment sites. In collaboration with you, our doctor will then develop and implement a tailored treatment plan.

The psychologist will carry out a thorough assessment of your background, including any traumatic events experienced, and will map out the psychological symptoms that trouble you. The psychologist can then support you to process your traumatic experiences and will assist you in developing ways to cope with the thoughts, feelings and physical reactions that these experiences have resulted in. The psychologist will support you to make sense of and deal with things that are difficult to talk about.

The physiotherapist will focus on expanding your knowledge and understanding of your physical reactions. For instance, how experiences can be stored in the body as muscle tension, pain and exhaustion. The treatment will consist of physical exercises that can support movement in your everyday life and can help you to relieve tension and pain. We will support you in developing better sleep habits and in managing pain, anxiety and stress.

The social worker will help you gain an overview of your social situation, including any support services involved in your care. Together with the social worker, you will develop a support plan intended to support you to make positive changes in your social situation. This could, for instance, be achieved by strengthening your network, facilitating dialogue within your family, or supporting your engagement with education and employment. The social worker can also support you by attending network meetings and liaising with local authorities and private work partners.

OVERVIEW OF DIGNITY'S TREATMENT PROGRAMME

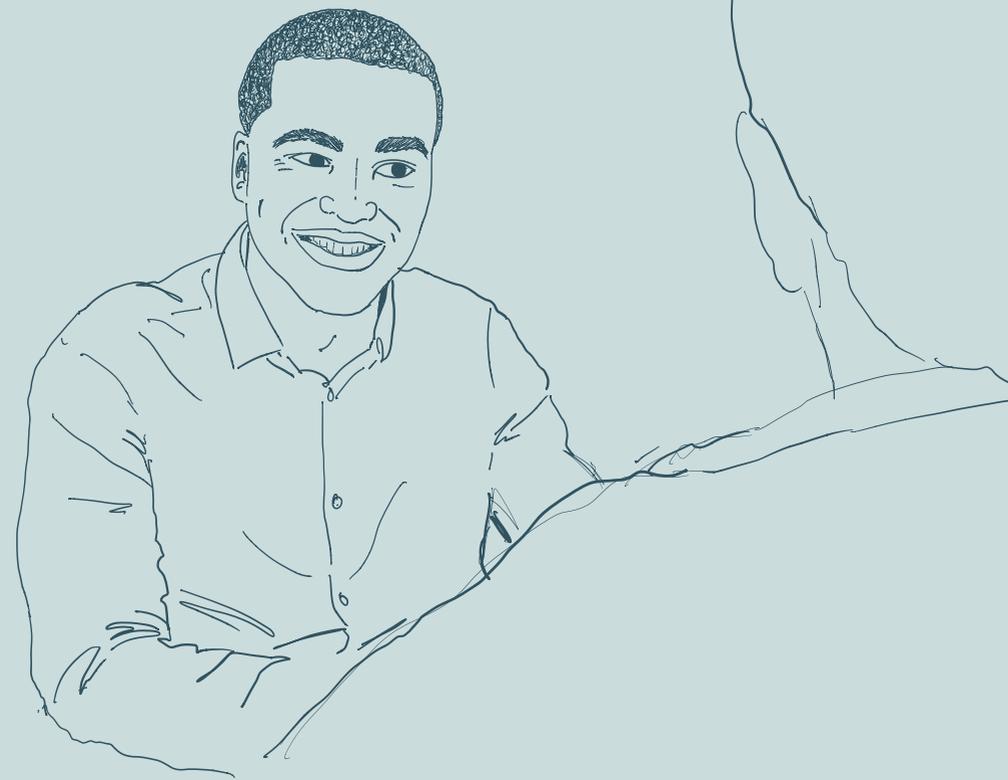
With the social worker, the physiotherapist, psychologist and doctor.



OUR INTERPRETERS

At DIGNITY we work with competent and professional interpreters. The interpreters will help translate and facilitate dialogue between patient and therapists. You will not be charged for using interpreters as part of your treatment. Our interpreters are bound by confidentiality.

You will work with the same interpreter every time you have an appointment with your therapists at DIGNITY.



MOHAMMAD GOT RID OF HIS DARK THOUGHTS

Mohammad, 40 years old, tells us what he benefitted most from in the group treatment at DIGNITY:

"After I started attending the programme and learned how to let go of my concerns and dark thoughts, I actually stopped taking the sleeping medication and that made me really happy. The treatment programme has helped me get rid of my dark thoughts and I have started to think positively. When I feel sad, I practice some of the exercises that we learned in the group."

Mohammad is a pseudonym, as the patient wishes to remain anonymous.

PRACTICAL INFORMATION

- › The treatment is free of charge.
- › Our sessions take place 1-2 times per week. Our experience and research have shown that intensive and regular treatment offers the best treatment outcome.
- › The treatment plan is devised in collaboration with you, so that you receive exactly the treatment that suits your needs.
- › The treatment is individual, but parts of it can take place in groups or with your family.
- › It can be hard and exhausting to start treatment, so it is normal if you feel tired the first times you return home from DIGNITY.
- › In addition to conversations with therapists, you will also be asked to fill out questionnaires about how you are feeling and how you are experiencing the treatment and its effect.

OUR EXPECTATIONS

- That you show up to your appointments at DIGNITY.
- That cancellation of appointments take place well in advance.
- That you are committed to your treatment.



MINA'S FAMILY GOT HELP

Mina, 12 years old, tells us about the treatment that she and her family received at DIGNITY:

"What helped us, was that we went to DIGNITY as a family and started talking to each other. Before, the hardest thing in our family were the secrets."

"You opened up the door, we entered and moved forward. You had the key, and we learned how to use it. The key was your ability to bring our family together. You asked the questions, and we also learned to ask questions and give each other answers."

Mina is a pseudonym, as the patient wishes to remain anonymous.



DIRECTIONS TO DIGNITY'S CLINIC

DIGNITY's rehabilitation clinic is located at Bryggervangen 55 in Østerbro, Copenhagen.

If you use public transport, bus 4A stops at Skt. Kjelds Plads (Nygårdsvej) from where you can walk (5 minutes' walk).

When you arrive, press the buzzer marked 'DIGNITY'. When you enter the building, turn right and enter our reception on the ground floor of the building. You must always announce your arrival at our reception.

Our clinic is located on the third floor. There is an elevator in the building.

You can call the clinic Monday - Friday: **36 93 86 84**

Monday - Thursday: 08.00 - 16.00

Friday: 08.00 - 14.00

You can also send an e-mail to sekr@dignity.dk

www.dignity.dk

 **DIGNITY**
DANISH INSTITUTE AGAINST TORTURE