FACTS ON
PSYCHOLOGICAL
TORTURE

Did You Know That?

Common Psychological Torture methods involve:

a) Blindfolding.
b) Threatening the victim or his or her family with bodily harm or other wrongful acts.
c) Confining the victim in a solitary cell or in a cell put up in a public place against his or her will or without prejudice to his or her security.
d) Prolonged questioning of the victim so as to deny him or her normal length of sleep or rest.
e) Maltreating a member of the victims family.
f) Witnessing the torture sessions by the victims family or relatives.
g) Denial of sleep or rest.
h) Shame infliction such as stripping the victim naked, parading the victim in a public place, shaving the head of the victim, or putting a mark on the body of the victim against his or her will.

Facts on Psychological Rehabilitation

➤ Psychology works with beliefs, emotions and behaviour
➤ Mental health specialists assess and work with beliefs, emotions and behaviour
➤ Torture destabilises the survivors beliefs, emotions and behaviour causing traumatic stress

➤ Traumatic stress is treated through psychological counselling and medical treatment.
➤ Currently the available medical treatment (SSRIs) is for temporary relief of traumatic stress
➤ A combination of medical treatment and psychological counselling for trauma victims is the recommended “approach”

“STOP TORTURE! IT’S INHUMAN”

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