

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 execution or other wrongful acts.
- c) Confining the victim in a solitary cell or in a cell put up in a public place cell 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"**



EUROPEAN UNION

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