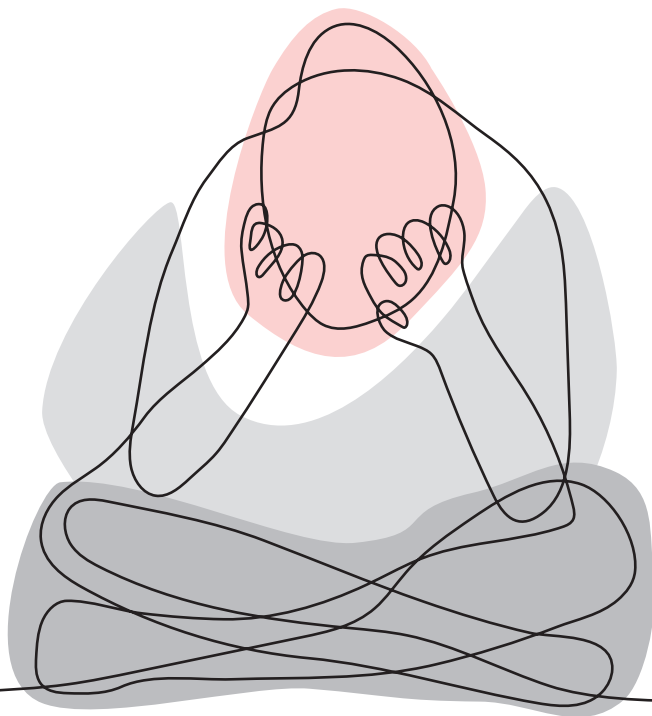


# The Red Cross Treatment Centre for those who have been wounded in war or tortured





Welcome to the Red Cross Treatment Centre for those who have been wounded in war or tortured. We are located in central Malmö.

If you are reading this brochure, it is likely that you have been traumatised as a result of experiences of war and/or torture, and you have probably been forced to flee your home country.

The Treatment Centre is staffed by a professional team of psychologists, physiotherapists, counsellors, doctors, interpreters and administrators. We would like to use this brochure to tell you about the treatment we are able to provide.

# First visit and assessment

You have perhaps already discussed your situation with a doctor or another healthcare worker, who will probably have given you a referral to visit us. When we have received the referral, you will be placed in a queue in order to receive treatment. Unfortunately, our waiting lists are quite long at the moment.

When you reach the front of the queue, you will have an appointment with a psychologist. On this first visit, you can tell us about how you feel, and about the reasons why you are not feeling well. We will then explain our treatment process to you. One important part of the treatment is that you are given the chance to talk about the difficult experiences you have had. If you think that it could be helpful for you to talk about your experiences, you will be contacted by a psychologist for further assessment.

The further assessment involves establishing a list of the difficult experiences you have had and that still affect you today. You will then, together with the psychologist, decide whether you should begin treatment. You will then also be able to meet with a physiotherapist, a counsellor and, where necessary, a doctor.

# Treatment

The treatment process means that you will come to our centre at least once a week – sometimes several times a week, depending on how many of our treatment staff you meet with and whether or not you take part in any of our groups. The treatment process is a partnership between you and your treatment staff, and it is important that you participate actively in order to achieve results. When you have met with a physiotherapist, counsellor and perhaps a doctor, a care plan will be drawn up. A care plan describes your problems, the treatment methods that have been decided upon, your goals, and how these goals will be achieved. It is difficult to say exactly how long it will take, but many people receive treatment for around a year.

Here is a brief description of the treatment process.

## With the psychologist

The treatment offered by the psychologist is conversation-based, which means that you will talk about the difficult experiences you have been involved in. People often find it difficult to talk about the things they have experienced, and the role of the psychologist is to find the best ways in which to do this. You will focus on achieving an understanding of your current problems, the things that have caused them, and what you can do to influence them. Sessions with the psychologist are held individually. You will meet once a week.



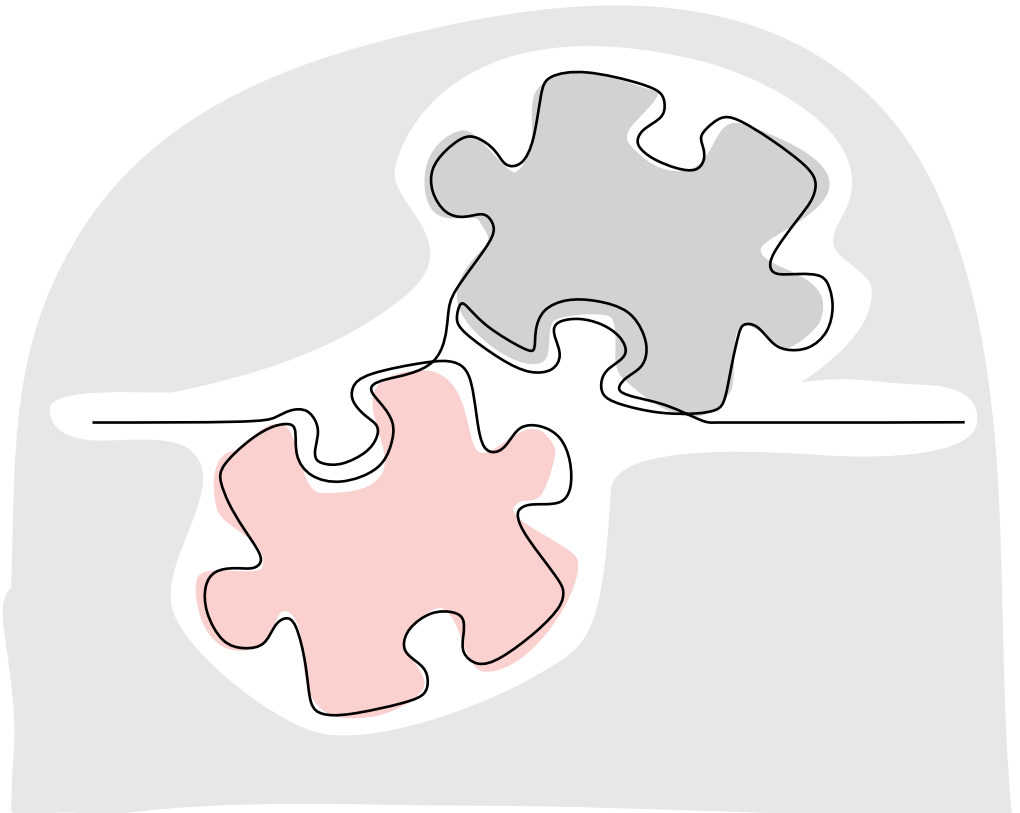
## With the physiotherapist

The physiotherapist will help you to find strategies that can help you to reduce your levels of stress, anxiety and pain, as well as stimulating physical activity. Sessions with the physiotherapist are held individually and/or in groups – involving activities such as yoga, physical exercise and water exercise. You will meet once a week, or several times a week if you take part in a group.



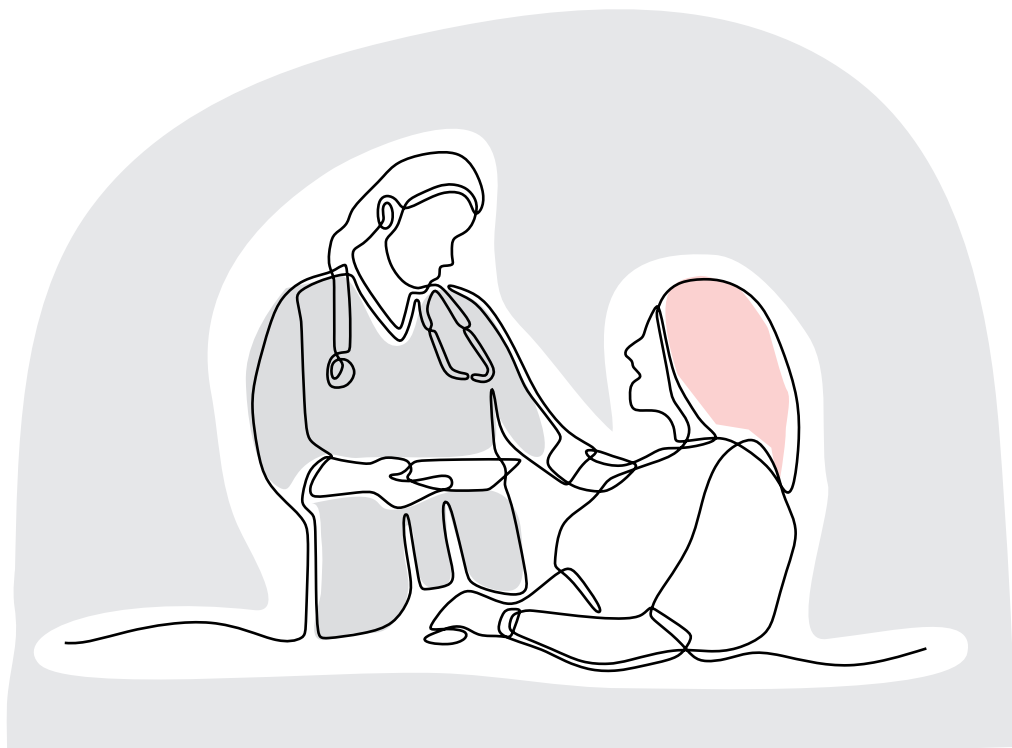
## With the counsellor

The counsellor will establish an overview of your circumstances, including your housing, financial and family situation. You can receive support when contacting employers, social services, Migrationsverket and other public authorities. The counsellor can also provide support to your close friends and family by explaining to them how people can be affected by difficult experiences. If you have any children, you may also be invited to take part in activities organised by the Red Cross's section for children.



## With the doctor

In consultation with you, the doctor will identify any medical problems you need help with, as well as reviewing the care you have already received since you arrived in Sweden. If the doctor assesses that you need pharmacological treatment (i.e. treatment involving medicine, etc.), you may be given referrals to various other sections of the healthcare system.



# At the end of the treatment

If you need continued treatment and/or support after you have completed the treatment process with us, we will give you a referral to the appropriate care provider.

## **Svenska Röda Korsets behandlingscenter för krigsskadade och torterade, Malmö**

– med filial i Hässleholm

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**Swedish Red Cross**

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