

# CONTENTS

<i>Contributors</i>	page xvii
<i>Preface</i>	xxi
<i>Introduction</i>	1
METİN BAŞOĞLU	
Prevalence of the problem	2
Torture: a neglected problem	2
Why study torture?	3
Current issues in work with survivors of torture	5
<i>Preview of contents</i>	9

## *Part I: Torture and its consequences*

<i>1 The prevention of torture and the clinical care of survivors: a field in need of a new science</i>	23
RICHARD MOLLICA	
Introduction	23
Goals of research	25
Theory construction	27
Experimentation	30
Methods for causality and evaluation research	32
Interpretation	33
Conclusion	35
References	36
<i>2 The physical sequelae of torture</i>	38
GRETHE SKYLV	
The sequelae of blunt violence	39
Falanga	39
Suspension	43
Sequelae from strapping	45

The sequelae of electrical torture	45
Foreign bodies (broken glass, bullets, etc.)	45
Scars	46
Torture of the teeth – Temporomandibular joint problems	46
Sequelae from forced positions	47
Sequelae in the musculoskeletal system after stress	48
Muscular tensions and the muscular tension index	49
The sequelae of sexual torture	50
Increased sympathetic activity and sympathetic reflex dystrophy	51
Space orientation and sensory-motor training	52
Conclusion	52
References	53
<i>3 Psychosocial consequences of torture: current knowledge and evidence</i>	56
FINN SOMNIER, PETER VESTI, MARIANNE KASTRUP, and INGE KEMP GENEFKE	
Introduction	56
Definition of torture	57
Classification of torture sequelae	57
Study of torture survivors: selection factors and methodological problems	58
Review of literature	59
Discussion	66
References	68
<i>4 Psychological effects of torture: an empirical study of tortured and non-tortured non-political prisoners</i>	72
MURAT PAKER, ÖZGÜN PAKER, and ŞAHİKA YÜKSEL	
Introduction	72
Procedures	73
Results	75
Discussion	79
References	81
<i>5 Psychosocial consequences for tortured refugees seeking asylum and refugee status in Europe</i>	83
RON BAKER	
Introduction	83
The refugee experience and its long-term psychosocial effects	87
The trauma of the tortured refugee	90
The trauma of the tortured person seeking refugee status in Western Europe and in particular in the UK	93
Notes on long-term survival patterns of behaviour following the experience of organized violence: some tentative formulations	97

Negative survival patterns	98
Adaptive survival patterns	99
Constructive survival patterns	100
Summary	101
References	101
<i>6 Long-term effects of torture in former prisoners of war</i>	107
THOMAS W. MILLER	
Introduction	107
Captivity as a stressful life event	107
Traumatic stress and the impact of torture during captivity	111
Captor-captive relationship	114
Learned helplessness and loss of control	116
Methodology	117
Results	119
Correlates of traumatic stress	123
Personality disturbance in PTSD	126
Clinical and treatment strategies	127
Issues for future clinical research	130
References	132
<i>7 The Holocaust: survivors and their children</i>	136
NORMAN SOLKOFF	
Introduction	136
The nature of the trauma	136
Coping strategies	138
The survivors	140
Methodological issues	141
Intervention strategies for survivors	143
A word about children of survivors	144
Conclusion	146
References	147

### *Part II: Theory*

<i>8 Psychobiological consequences of severe trauma</i>	151
JOSÉ A. SAPORTA and BESSEL A. VAN DER KOLK	
The nature of trauma	151
Incomprehensibility	152
Disrupted attachment	153
Traumatic bonding	154
Inescapability	155
Physiologic response	155
Biological models	157

Inescapable shock	157
Forced isolation	159
Separation in non-human primates	161
Vulnerability to trauma	163
Other biological effects of trauma	164
Endogenous opioids and trauma	164
The psychobiology of reliving and reenactment	165
Treatment implications	169
References	171

<i>9 The role of uncontrollable and unpredictable stress in post-traumatic stress responses in torture survivors</i>	182
METİN BAŞOĞLU and SUSAN MINEKA	
Introduction	182
Symptoms following torture	183
Unpredictable and uncontrollable traumatic stimuli: Animal literature	184
Features of uncontrollability and unpredictability in the four phases of torture survivors' experience	200
Coping with stress: Attempts to maintain and regain control	211
Implications for the treatment of torture survivors	215
Conclusion	217
References	217

### *Part III: Assessment, diagnosis, and classification*

<i>10 Psychopathology of post-traumatic stress disorder (PTSD): boundaries of the syndrome</i>	229
RICHARD McNALLY	
Introduction	229
Clinical description of DSM-III-R PTSD	229
Does PTSD constitute a coherent syndrome?	232
Prevalence of PTSD	232
Longitudinal course of PTSD	233
Risk factors for developing PTSD	235
Family studies	235
Patterns of comorbidity	237
Delimitation from other disorders	237
Validation of diagnostic criteria in laboratory research	240
Current issues in the classification of PTSD: Toward DSM-IV	242
Conclusion	245
References	246

<i>11 Overview: the assessment and diagnosis of torture events and symptoms</i>	253
RICHARD F. MOLLIKA and YAEL CASPI-YAVIN	
Introduction	253
Variation in definition and types of torture	254
Accuracy of reporting	258
Therapist-patient interaction	260
Categorizing the torture response	262
Post-traumatic Stress Disorder (PTSD)	263
Measuring trauma events and symptoms	267
Conclusion	270
References	271

#### *Part IV: Rehabilitation programmes for torture survivors*

<i>12 Organization of care and rehabilitation services for victims of torture and other forms of organized violence: a review of current issues</i>	277
LOES H. M. VAN WILLIGEN	
Introduction	277
A brief review of the historical development of care and rehabilitation centres	278
Current models of organization of care and rehabilitation services	280
Similarities and differences between care and rehabilitation centres	287
Discussion: Issues in care and rehabilitation of organized violence victims	288
Exchange of knowledge and expertise	294
Recommendations	294
References	297
<i>13 Multidisciplinary approach in the treatment of torture survivors</i>	299
SØREN BØJHOLM and PETER VESTI	
Introduction	299
Referral procedures and selection of patients	299
Rationale for specialized treatment	300
Principles of treatment	301
Preliminary physical examination	302
RCT treatment in practice	303
Conclusion	308
References	308

<i>14 Sexual torture and the treatment of its consequences</i>	310
INGE LUNDE and JØRGEN ORTMANN	
Introduction	310
Sexual torture	312
Consequences of sexual torture	313
Treatment of the consequences of torture	316
Specific treatment of consequences of sexual torture	319
Treatment results	324
References	326

### *Part V: Psychotherapy*

<i>15 Psychodynamic approaches in the treatment of torture survivors</i>	333
ENRIQUE BUSTOS	
The treatment of torture survivors	333
The psychodynamic view on extreme traumatization	334
The therapeutic model	335
The psychotherapeutic process	338
Conclusion	343
References	344
<i>16 Psychotherapy for torture survivors</i>	348
PETER VESTI and MARIANNE KASTRUP	
Introduction	348
Insight therapy	349
Other treatment forms	358
Conclusion	361
References	362
<i>17 Current trends in the treatment of post-traumatic stress symptoms</i>	363
TERENCE M. KEANE, ANNE MARIE ALBANO, and DUDLEY DAVID BLAKE	
Direct therapeutic exposure	365
Cognitive behavioral therapy	374
Pharmacotherapy	378
Other treatments	384
Prevention of post-traumatic stress disorder symptoms	387
Social support	387
Trauma debriefing	390
Stress inoculation training	391
Summary and comments	392
Future directions	393
References	394

<i>18 Behavioural and cognitive approach in the treatment of torture-related psychological problems</i>	402
METİN BAŞOĞLU	
Introduction	402
Treatment of anxiety disorders: a brief review	403
Behavioural treatment of PTSD	404
Cognitive/behavioural treatment of post-traumatic stress symptoms in torture survivors	405
Cognitive-behavioural treatment and other psychotherapies: A brief review of common elements	419
Conclusion	424
References	424
<i>Part VI: Torture in particular countries: experience with survivors of torture in their home country</i>	
<i>19 Torture in Argentina</i>	433
DIANA KORDON, LUCILA EDELMAN, DARIO LAGOS, ELENA NICOLETTI, DANIEL KERSNER, and MIRTA GROSHAUS	
Historical background	433
Forced disappearance of persons	433
The systematic use of torture	437
The aims of torture	439
Disappearance and psychological torture	440
The psychological effects of sociopolitical factors following the trauma	445
Treatment	446
Concluding remarks	450
References	451
<i>20 Torture and the helping professions in South Africa</i>	452
TERENCE DOWDALL	
The development and operation of the Apartheid system	452
Resistance and repression	455
The emergence of torture and abuse	457
Psychological sequelae of torture	461
Advocacy, support and intervention	464
Treatment methods	466
Conclusions	468
References	469
<i>21 Torture in Pakistan</i>	472
MAHBOOB MEHDI	
Pakistan: Background information	472
Methods of torture	474

Whipping in Pakistan	475
Health profession and torture	477
Voice Against Torture (VAT)	478
The Rehabilitation and Health Aid Centre for Torture Victims (RAHAT)	479
References	481
<i>22 Rehabilitation of survivors of torture and political violence under a continuing stress situation: the Philippine experience</i>	483
AURORA A. PARONG, ELIZABETH PROTACIO-MARCELINO, SYLVIA ESTRADO-CLAUDIO, JUNE PAGADUAN-LOPEZ, and MA. VICTORIA CABILDO	
Historical context	483
Rehabilitation programs	488
Political repression	488
Economic constraints	490
Family and community	491
Culture and subculture	492
Philippine action concerning torture: Program of the Medical Action Group	494
Children's Rehabilitation Center	501
Justice, human rights and rehabilitation work	504
References	506
<i>Part VII: Modern ethics and international law</i>	
<i>23 Modern ethics and international law</i>	511
BENT SØRENSEN	
Definitions	511
International Law	511
Medical ethics	516
World Medical Association	517
Comité Permanente	518
Summary	519
<i>Index</i>	520