



# Annual Report

2023

**GCRT**

The Georgian Center for  
Psychosocial and Medical  
Rehabilitation of Torture Vict



# Content

<i>GCRT 2023 in numbers</i>	<b>1</b>
<i>23 years of support</i>	<b>2</b>
<i>Supporting victims of violence</i>	<b>8</b>
<i>Working with at-risk juveniles and juveniles in conflict with the law</i>	<b>9</b>
<i>Contribution to juvenile justice reform</i>	<b>10</b>
<i>Supporting victims of the 2008 war in Shida Kartli</i>	<b>12</b>
<i>Facilitating the implementation of trauma-informed approaches in the justice system</i>	<b>14</b>
<i>Contribution to the elimination of violence against women</i>	<b>16</b>
<i>Digital psychoeducational space - AISI</i>	<b>17</b>
<i>Donors &amp; Partners</i>	<b>19</b>



# GCRT 2023 in numbers

506

BENEFICIARIES

2226

CONSULTATIONS

28

TRAININGS

177

TRAINING PARTICIPANTS

63

INFORMATIONAL MEETINGS

727

INFORMATIONAL MEETING PARTICIPANTS

11

BUSINESS GRANTS

6

SUBGRANTS

137

MULTIMEDIA PRODUCTS

5

MANUALS

1

RESEARCH

ჩემი  
ფსიქიკური  
ჯანმრთელობა

ყველა იჯო  
შაბესარი!

***23 Years of  
Support***

For over 23 years, the Georgian Center for Psychosocial and Medical Rehabilitation of Torture Victims (GCRT) has been providing care for victims of torture, cruel and inhuman treatment and deeply traumatized individuals, including women, children, and adolescents; victims of domestic and gender-based violence; internally displaced persons; family members of missing persons; and individuals affected by war.

The organization's rehabilitation centres in Tbilisi, Gori, and Kutaisi bring together a multidisciplinary team of professionals dedicated to addressing the consequences of psychological trauma, contributing to the improvement of quality of life of survivors. Approximately 40 specialists work at the centres, including general practitioners, social workers, psychologists, psychiatrists, child and adult psychotherapists. They offer qualified interdisciplinary medical, mental health and psychosocial services tailored to the needs of each beneficiary addressed at the centre.

### ***The Trajectory of Working with Service Users***

People are referred to GCRT through an external referral system.



Initial intake interview and assessment is conducted by a social worker



After the interview, members of GCRT's multidisciplinary team meet and create an individual support/intervention plan based on the needs of the person receiving the service.

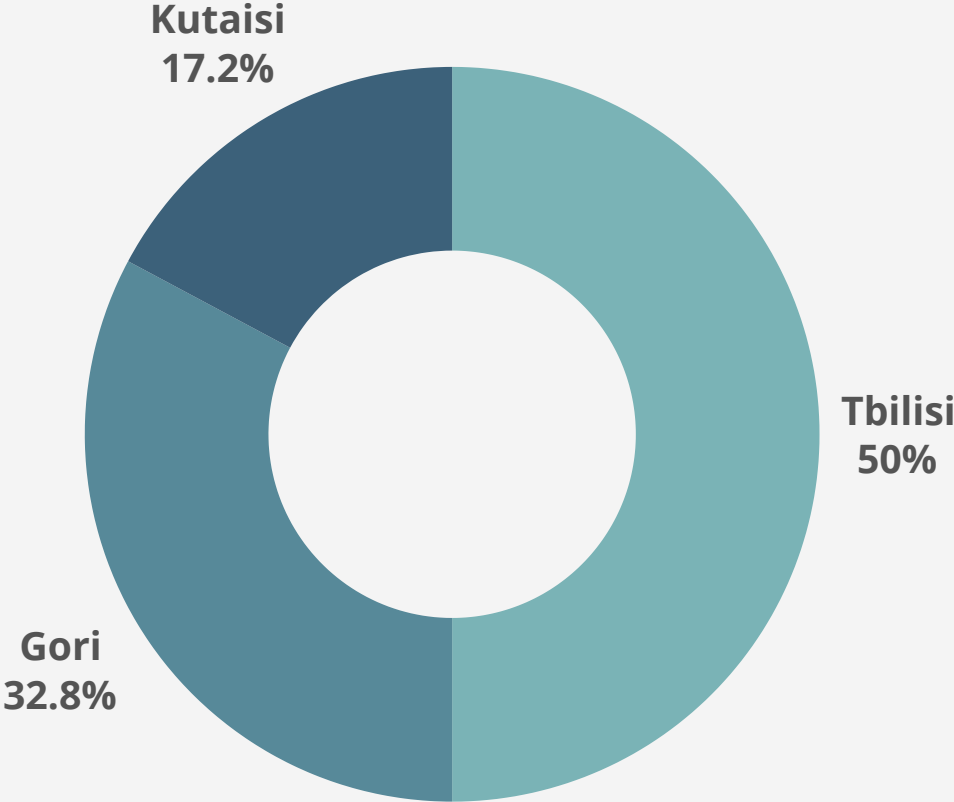


The social worker informs the person receiving the service of the details of his care plan, and the rehabilitation process begins by obtaining informed consent. Psychotherapists, psychiatrists, general practitioners, etc., are involved in the process of supporting the individual.

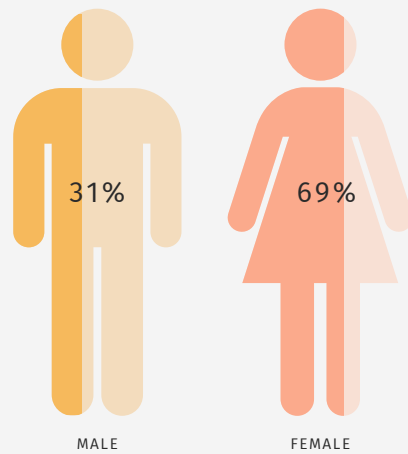
They will be referred to medical institutions for additional examinations if necessary.

The average duration of rehabilitation process at GCRT is 6 months. Following this period, the effectiveness of the intervention is assessed, and if there is a need for further support, additional measures are planned in agreement with the individual.

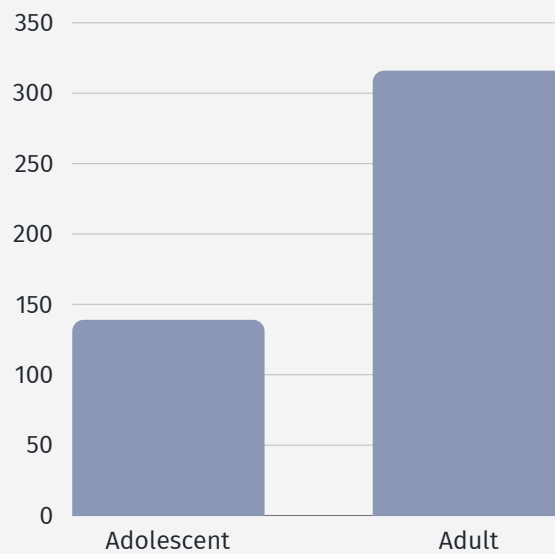
*During 2023, 506 individuals benefited from psychosocial and medical services, from GCRT's centres in Tbilisi, Gori and Kutaisi*

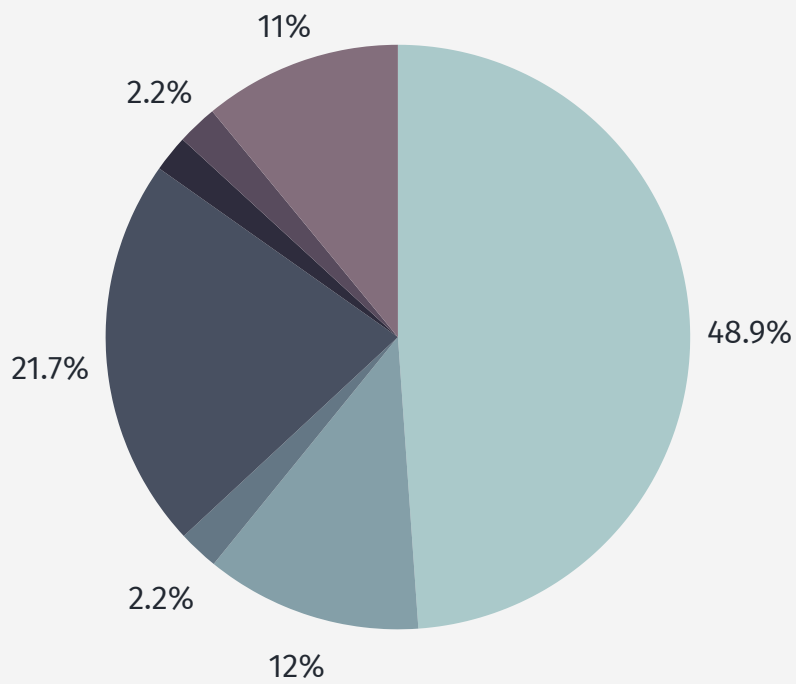


**Among the beneficiaries 375 were female, 131 were male:**



**According to age category, 139 adolescents and 316 adults**

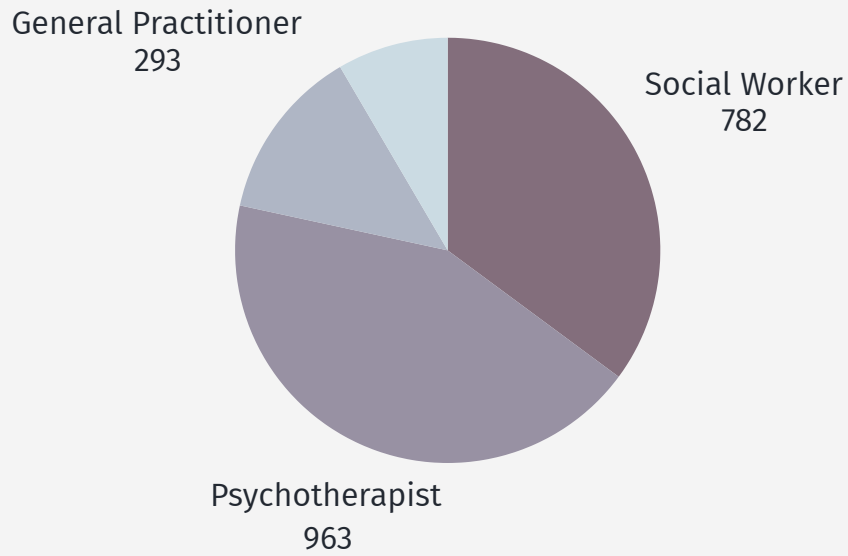




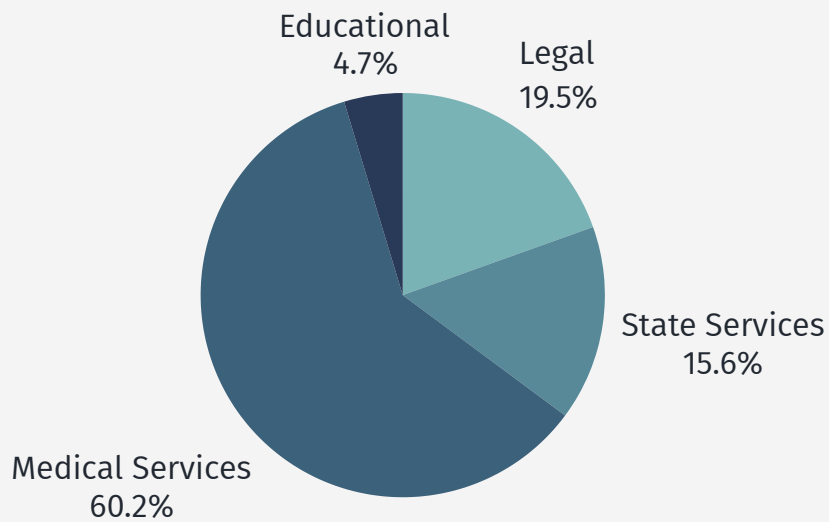
- Victims of gender-based violence (domestic violence, physical, sexual, psychological, etc.)
- Internally displaced persons/persons who have been in captivity/victims of torture
- Former prisoners/victims of torture
- At-risk juveniles, juveniles in conflict with the law
- Victims of torture by law enforcement structures
- Refugees on political grounds from the post-Soviet country, human rights defenders
- Refugees from Ukraine



**A total of 2226 consultations were held:**



**During 2023, a total of 200 beneficiaries benefited from the external referral service, which is quantified as follows:**



# Supporting victims of violence

GCRT provides services to women and children who are victims of domestic and gender-based violence.

Psychosocial and medical assistance can be obtained through self-referral or referral by state or non-governmental organizations.

The centre's social workers facilitate internal and external services tailored to individual needs identified during the initial assessment.

## *Based on the evaluation, the majority of the beneficiaries get involved in:*

- Psychotherapy process.
- They are consulted by a psychiatrist or receive medical treatment.
- If necessary, referrals will be made to external agencies, including both governmental and non-governmental organizations providing services.

## *Usually, the beneficiaries are referred according to the following needs:*

- Legal counseling.
- Organizing of documentation.
- Social assistance.
- Inclusion in social services.
- Professional training course, for involvement in employment programs, etc.

# *Working with at-risk juveniles and juveniles in conflict with the law*

GCRT has been working with juveniles in conflict with the law, those at risk of committing crimes, and individuals who are witnesses or victims of crime, as well as their parents, to provide highly qualified multidisciplinary psychosocial and medical services.

The psychosocial rehabilitation service for juveniles comprises both individual and group therapy. Following best practices, GCRT implements six evidence-based group rehabilitation programs.

- Prevention of antisocial behavior.
- Program of positive thinking skills.
- Training in anger management.
- Supporting a healthy lifestyle.
- Art-therapy and bibliotherapy.
- Step towards change.

GCRT provides psychosocial services to juveniles in Tbilisi, Kutaisi and Gori. The organization has developed an external referral system that enables the centre to receive beneficiaries from partner governmental and non-governmental organizations and refer beneficiaries to them for additional services.

# Contribution to juvenile justice reform

In 2023, within the framework of the project "Strengthening the Effectiveness of the Juvenile Diversion and Mediation Program," implemented by GCRT with the support of UNICEF and the European Union:

The analysis of the diversion and mediation program was conducted.

GCRT experts have developed two guidelines for professionals engaged in diversion and mediation programs (prosecutors, mediators, social workers) who collaborate with adults and youth in conflict with the law.

## **1. Addressing Adolescents with Behavioral and Psycho-Emotional Needs**

The manual aims to enhance the professional capabilities and effectiveness of practitioners in the mentioned field.

A two-day training on the topic "Addressing Adolescents with Behavioral and Psycho-Emotional Needs" was held for 12 Diversion and Mediation Department employees of the National Agency for Crime Prevention Execution of Non-Custodial Sentences and Probation.

## **2. Intervision, Collegial consultation**

The presented method aims to foster cooperation among colleagues, focusing on implementing work tasks, productivity, and optimising daily work in general.

Three two-day trainings on the topic "Intervision, Collegial consultation" were held for psychologists, social workers, and heads of the rehabilitation department at the National Agency for Crime Prevention Execution of Non-Custodial Sentences and Probation. A total of 59 participants attended the training.

# Contribution to juvenile justice reform



Within the framework of the EU-supported project "Civil Society for Resilient and Safer Communities (CiSSCo)", implemented by the "Global Initiative in Psychiatry - Tbilisi" in partnership with GCRT, during the year 2023:

GCRT conducted a needs analysis of the State Care Agency (Atipfund Georgia), based on which prepared a module titled:

*"Characteristics of working with a juvenile in conflict with the law for the employees of the State Care Agency and assistance for the Victims of Human trafficking of the Ministry of Internally Displaced Persons from the Occupied Territories, Health, Labour and Social Affairs of Georgia"*

Starting in March 2023, an awareness-raising campaign is being conducted among the residents of 17 municipal units within the Gori Municipality, financially supported by the Gori Municipality City Hall. Within the framework of this campaign, informational meetings have been conducted covering the following topics:

- What is positive parenting?
- Juvenile justice and restorative justice.
- Strategies for managing challenging behavior in adolescents.

In 2023, GCRT's Kutaisi office conducted five informational meetings with school children, teachers, and parents in four schools in Kutaisi.

The meetings covered the following topics:

- Bullying Prevention.
- Characteristics of adolescence and mental health.

## *Supporting victims of the 2008 war in Shida Kartli*



In 2023, GCRT started to implement the project "Ensuring Access to Effective Psychological and Medical Services for Victims of 2008 Conflict in Shida Kartli," funded by the Trust Fund for Victims (TFV) at the International Criminal Court (ICC).

The project's primary objective is to provide medical treatment, counseling, psychosocial support, and socio-economic initiatives including livelihood activities. This initiative aims to address the lasting impact of the 2008 conflict on the affected individuals and communities in Shida Kartli.

Ongoing "borderization" by Russia and illegal detentions along the occupation line persist as a daily oppression for Georgia. Abductions of individuals from adjacent villages and the constant fear of abduction for civilians across the Administrative Boundary Line (ABL) intensified in 2023.

*Throughout 2023, 532 individuals affected by the war participated in the project.*

11 business ideas were awarded grants, covering sectors such as:

- Greenhouse farming.
- Cattle breeding.
- Sewing studios.
- Beauty centers.
- Machinery provision for agriculture.
- Dried fruit production.
- Flower and seedling greenhouses.
- Cheese and butter production.
- Beekeeping.
- Apple orchard cultivation.

## Supporting victims of the 2008 war in Shida Kartli



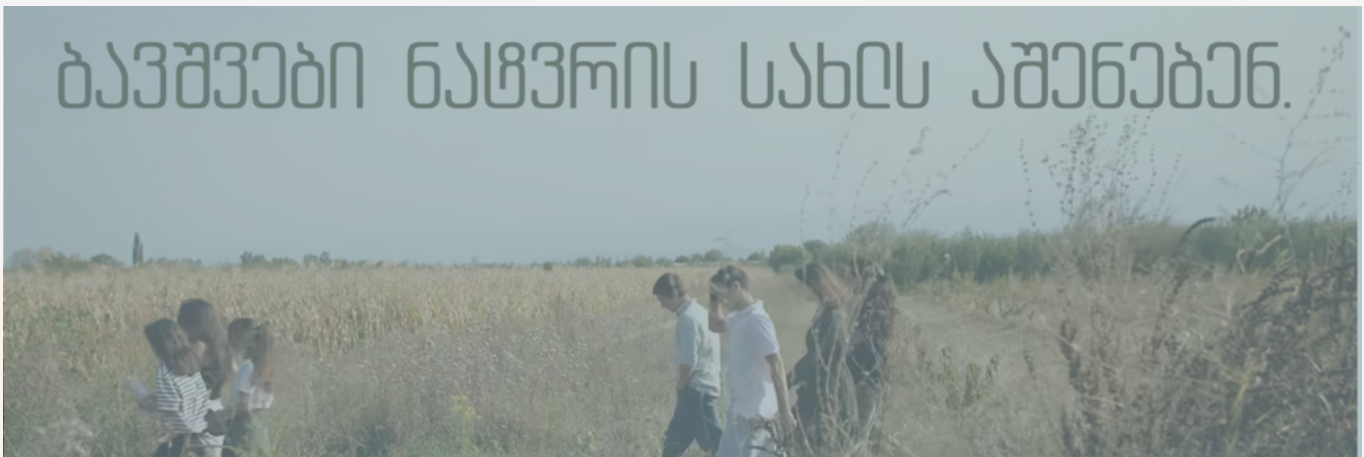
Capacity-building trainings were conducted for community leaders in Shida Kartli, addressing topics like leader skills enhancement, strategic business project generation, cyberbullying, digital literacy, child abuse, early detection of violence in children, sexual abuse, and effective parenting.

Informational meetings were conducted, with a focus on the following topics:

- Reproductive health.
- Mental health.
- Women's rights, and various forms of violence.

*The meetings were conducted by the project's multidisciplinary mobile team, consisting of a psychotherapist, psychologist, reproductive specialist, and lawyer.*

**42** adolescents participated in creative workshops near the administrative boundary line.



# **Facilitating the implementation of trauma-informed approaches in the justice system**

A trauma-informed approach to the justice system entails conducting investigative, prosecutorial, and judicial processes in a manner that considers the victim's traumatic experience and avoids re-traumatization.

Leveraging years of experience, GCRT actively promotes and advocates for the implementation of trauma-informed approaches within state structures to better serve victims of sexual violence.

The initiative promotes the investigation of sexual violence cases and communication with victims so that professionals take the following aspects into account:

- The impact of myths and stereotypes related to violence on the entire process of justice system and serving the clients.

- To comprehend the psychological characteristics of victims of sexual violence, which encompass traces of severe trauma on their psyche and are linked to the neurobiological changes caused by this type of violence.

The implementation of trauma-informed approaches in the justice system aims not only to introduce a victim-centred approach but also to ensure that the questioning process during investigations is entirely tailored to the needs of the victim.

In 2023, GCRT's clinical psychologists and psychiatrists provided rehabilitation services to women and children who experienced violence or sexual abuse. They also contributed to investigative procedures, offering insights into victims' psychological and emotional states, and participated as witnesses or experts in court proceedings.



# Facilitating the implementation of trauma-informed approaches in the justice system



In 2023, in collaboration with Dutch forensic medical experts and with their support, GCRT developed a protocol for assessing the psycho-emotional state of individuals who have experienced violence. This protocol defines the procedures, structure, and methodology for collecting clinical information for court purposes. The aim is to enhance access to justice for women and reinforce enforcement and accountability regarding gender-based and domestic violence.

*In 2023, GCRT submitted a total of 7 psychological assessment reports to court, serving as the sole organization in the country to provide such alternative reports aligned with international standards.*

GCRT developed a "Trauma-Informed Sexual Assault Investigation" training module to enhance law enforcement investigators' response to sexual assault cases. A follow-up circle of training sessions aimed at equipping investigators and prosecutors with trauma-informed approaches and methods.

In 2023, the organization conducted a training attended by investigators from various regions of Georgia. The meeting aimed to enhance the capacity of law enforcement agencies to deliver an effective, victim-centered response to the investigation of sexual violence crimes.

## **Contribution to the elimination of violence against women**



### **Awareness and Prevention:**

Throughout 2023, a total of 23 trainings and informational meetings were conducted for local CSOs and municipalities across Georgia, utilizing both physical and digital formats. The meetings aimed to enhance the capacities of regional CSOs and municipalities regarding the prevention of gender-based violence and domestic violence. A total of 290 representatives from local CSOs and municipalities across Georgia attended the training and meetings.

The implementation of awareness-raising campaigns and educational activities by lead, co-applicant, and sub-grantee organizations reached a total of 3731 girls and women.

In 2023, five memorandums of cooperation were signed to ensure the sustainability of collaboration between local gender equality councils and CSOs.

6 regional organizations addressing women's issues in Adjara, Shida Kartli, Guria, Kakheti, Imereti, and Zugdidi received funding through a small grant competition. These organizations aim to raise awareness about violence against women by developing advocacy mechanisms for violence prevention with local municipalities, preparing informational materials, establishing women's support spaces, and increasing awareness of available services.



In 2022, the organization expanded its activities by introducing a new strategic direction and establishing a digital psychoeducational space - Aisi. The primary objective of this initiative is to disseminate evidence-based and reliable information within society, providing self-care strategies. Aisi is supported by a team of both experienced and young professionals in the field of mental health.

In 2023, a digital psychoeducational space, AISI, launched its website ([www.aisi.blog](http://www.aisi.blog)), bringing together evidence-based information to foster better mental health. Additionally, the organization developed the first innovative online psychoeducational course tailored for human rights defenders.

## *Resilience, Self Care and Mutual Support*





## AISI x Mtavari Arkhi

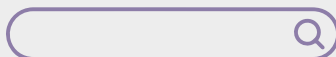
Since September 2023, AISI has a special segment on Mtavari Arkhi's weekend morning show "Sheni Dila". This is the most watched weekend morning show in Georgia. Every Saturday, AISI's team introduces a deep dive into topics related to mental health and emotional wellbeing.

**აისის რუბრიკა მთავარ არხზე**  
by aisi blog  
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17 videos 75 views Updated 4 days ago

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აისის გუნდი გიზიარებთ მტკიცებულებაზე დაფუძნებულ და

- აისის რუბრიკა მთავარი არხზე "შენი დილის" ეთერში - ყოველ შაბათს  
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GCRT would like to thank the donors and partner organizations for continuous support and collaboration. These partnerships make the work of GCRT meaningful, efficient and impactful.

## Donors



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