



2015/16



Jiyan Foundation  
for Human Rights

Annual  
Report

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## Welcome.

*Ma'ali from Mosul escaped from ISIS captivity and found refuge in the Kurdistan Region of Iraq, where we were able to support her and her family. We chose her story to welcome you to our annual report 2015/16, and kindly invite you to look back on the Jiyān Foundation's activities on the following pages. A great deal has happened.*

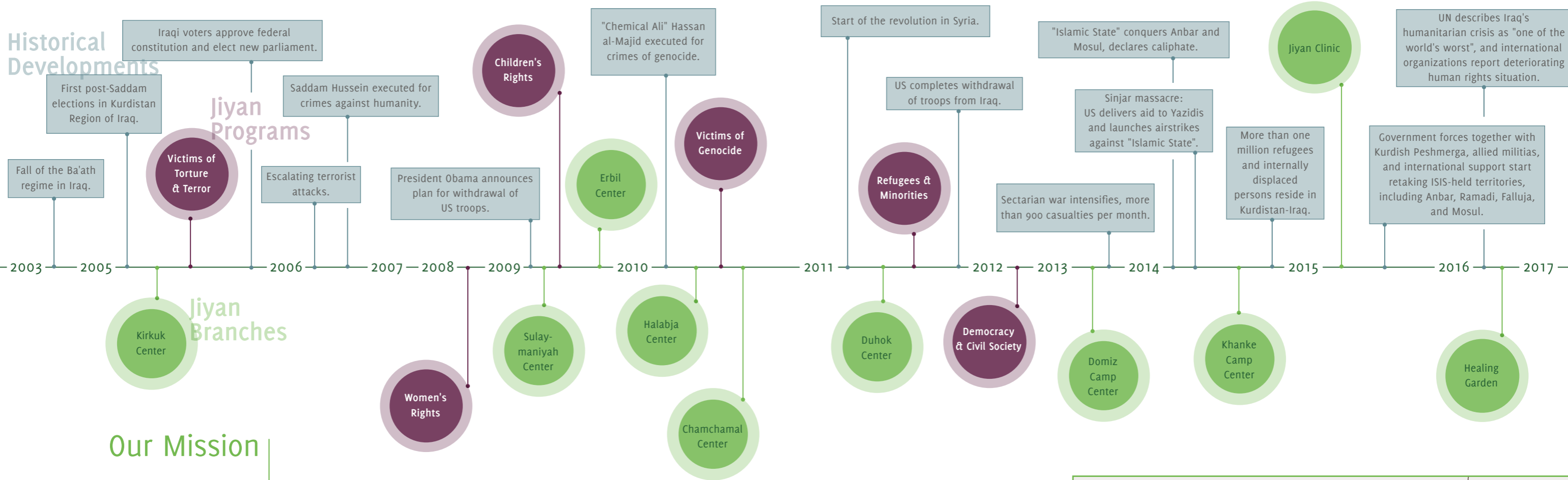
"I still remember the terrorists arriving in Mosul with their pick-up trucks, the ones you see on TV. They were passing by our house. My children were very afraid. There was shelling. My eight-year-old son was afraid of the gunshots and explosions to the point where if I wanted to go to the bathroom, he would come with me. When I slept, he slept beside me. Also, I have a chronic illness. My health was stable, but when ISIS terrorists attacked us, my condition worsened.

We fled to Sulaymaniyah, where I now receive treatment at the Jiyān Foundation for Human Rights. The psychotherapist helped me look at all the things that happened to me – not only because of ISIS, but also in my childhood. I started to see that these were events which had now passed, and I should not waste the present because of the past. My mental health has become much better, and my chronic condition has improved too. At the beginning, our financial situation was very bad. I could not afford to buy medicine for my illness. But the Jiyān Foundation gave me free medication until my husband found work here. I still visit the Jiyān Foundation every month, and they offered me medicine, treatment and psychological support for free. They also helped my children and my entire family. They gave me back hope in life."



Ma'ali at our center in Sulaymaniyah

## Historical Developments



## Our Mission

*The Jiyan Foundation for Human Rights assists victims of violence and persecution in Iraq. We strive for a democratic society where the dignity of the human person is protected, where adults and children enjoy the right to life and liberty, and where citizens are free from torture and terror.*

### Our Values

The core values guiding our work are expressed in the Universal Declaration of Human Rights. We believe in the inherent dignity of the human person and seek to promote respect for the human rights and fundamental freedoms laid down in the Universal Declaration. We help survivors of human rights abuses regardless of their age, gender, ethnicity or spiritual beliefs.

### Our History

In 2005, we started our activities in the multiethnic city of Kirkuk, where we opened the first rehabilitation center for victims of torture in Iraq.

Since then, we have established several branches throughout Kurdistan-Iraq where more than 19,000 traumatized men, women and children have received help.

### Our Work

The Jiyan Foundation promotes the physical rehabilitation, mental well-being and social reintegration of victims and their family members by providing them with free-of-charge medical treatment, psychotherapeutic support and socio-legal counseling. In addition, we seek to protect survivors of past human rights abuses and prevent future acts of violence through political advocacy, human rights education and public awareness-raising programs.

### Our Beneficiaries

Each year, the Jiyan Foundation assists more than 6,000 victims of human rights violations. On average, 50% of those who seek our help are female adults, while 30% are children and adolescents. The majority of our clients are Kurds, followed by Arabs, Turkmens, and Assyrians.

### Our Team

The mission of the Jiyan Foundation is carried out by a young team of multilingual professionals. Our staff in Iraq includes medical doctors, psychotherapists and community health workers as well as pedagogues, lawyers, and project managers.

### Our Partners

Since its inception, the Jiyan Foundation has cooperated very closely with the Center Ueberleben. In Iraq, our team coordinates with a wide range of non-governmental organizations as well as health institutions and governmental agencies.



Jîyan (jî:an) is the Kurdish word for life. Our logo is a calligraphic artwork spelling out the name of our organization in Arabic and Kurdish. It was designed by a torture survivor from Iraq who spent several years of his life in the infamous Abu Ghraib prison.



Public campaign: "The Jiyān Foundation revived my physically and artistically."

## Justice for Victims of Torture

*With support from the European Union and the German Foreign Office, the Jiyān Foundation offers treatment to survivors of torture and terror. Our interdisciplinary teams also assist our clients in voicing their needs, reasserting their dignity and claiming their rights.*

During the past four decades, the people of Kurdistan-Iraq have experienced successive waves of severe human rights abuses. The Jiyān Foundation offers medical, psychotherapeutic, social and legal assistance to those who have suffered torture, inhuman treatment and cruel punishment. Our clients include political opponents of Saddam Hussein's government, former prisoners of the Iran-Iraq war, as well as victims of atrocities committed by extremist groups and ISIS terrorists in Iraq and Syria.

Because the Government of Iraq has largely neglected its duty to assist survivors of torture and terror, our services are helping people who would otherwise be left untreated.

### Working Together with International Partners

Between 2014 and 2016 we joined forces with the Center Ueberleben in Berlin, the Bahjat al-Fuad Centre for Torture Victims in Basra, and Medica Afghanistan in Kabul to support survivors of

All human beings are born free and equal in dignity and rights. Everyone has the right to life, liberty and security of person. No one shall be subjected to torture or to cruel, inhuman or degrading treatment or punishment.

Articles 1, 3, 5 • Universal Declaration of Human Rights



torture, inhuman treatment and gender-based violence. The project was funded by the European Instrument for Democracy and Human Rights.

**As part of the project, the Jiyān Foundation assisted more than 3,000 clients including 400 children and 300 juvenile prisoners.**

Our experts offered diagnostics, assessment, medical treatment, psychological services and legal counseling. We also ran information activities to empower survivors, because understanding one's symptoms, knowing one's rights and sharing experiences with others are all important parts of the healing process.

In addition to documentation of cases of torture and inhuman treatment, the project included training for doctors, therapists, lawyers and prison staff to make sure they know the needs of torture survivors and are able to assist them.

### Documenting Torture and Inhuman Treatment

Between December 2015 and April 2016, 18 therapists, psychiatrists and medical doctors from the Jiyān Foundation participated in two three-day training courses on the Manual on Effective Investigation and Documentation of Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment – also known as the Istanbul Protocol.

As part of the training, experienced forensic doctors and legal experts from the Human Rights Foundation in Turkey introduced our staff to the history, purpose and scope of application of the Istanbul Protocol. Participants also learned how to write standardized medico-legal reports. Trainer Dr. Mechthild Wenk-Ansohn from the Center Ueberleben in Berlin has been providing ongoing supervision to participants since the training was completed.

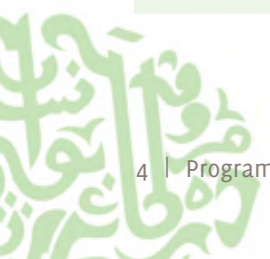
*In June 2016, the Jiyān Foundation brought together survivors of torture for a panel discussion to mark the International Day in Support of Victims of Torture.*

### Yousif Salih, member of our Board of Directors and head of our Kirkuk branch, talks about the challenges and rewards of working for the Jiyān Foundation

"I joined the Jiyān Foundation in 2005, when the first rehabilitation center for torture victims was set up in Kirkuk. The security situation in the city has since worsened, and we are working in one of the most challenging places in the world. In the last two years alone, one million refugees and internally displaced people have sought safety here from the war in Syria and from the violence in western Iraq. We are one of the few organizations on the ground, assisting people with medical and psychological care.

There are not enough skilled professionals or financial resources available in Iraq to address the enormous needs for support, but in my work for the Jiyān Foundation I experience every day the positive changes we are able to bring to people's lives. Things take a better turn for our patients because of the support we give them, so there is a feeling that our work contributes to making the world a little better. I feel fortunate to be doing this work, which corresponds to my values and the things I believe in.

I have met some of the most wonderful friends and colleagues at the Jiyān Foundation, and this helps me get through difficult situations. There is a lot of tolerance and acceptance, and the relationships we have formed while tackling critical issues together are very strong. Being a part of this community of people who share similar beliefs and aspirations is encouraging and allows us to keep developing our work."





## Protecting Refugees and Displaced Persons

*Three million people have been displaced inside Iraq since ISIS took control of large parts of the country. About half of them fled to the safe Kurdistan Region, an area that already hosted some 230,000 refugees from Syria.*

### Responding to the Crisis with Emergency Relief

Many of the people seeking refuge live in schools, mosques, unfinished buildings or parks. Others sought safety in overcrowded camps. All of them lacked the most basic items to survive. Following brutal attacks on their homes, some 50,000 Yazidis remained trapped on Mount Sinjar without food or water for weeks in summer 2014. As a result, hundreds of children, elderly

people and sick persons died of dehydration or disease.

With support from Misereor and private donors, the Jiyan Foundation was able to supply thousands of families with food throughout 2015. We also distributed hygiene products including soap and nappies. In total, we delivered almost one ton of relief items to Yazidi refugees on Mount Sinjar.

In May 2015 we distributed air conditioners to Yazidi families living in the Khanke Camp near Duhok. With out-

side temperatures approaching 50°C, the air coolers helped prevent stress, exhaustion, heat strokes and other heat-related conditions.

We supplied 14,000 families with food and more than 3,000 families with water-powered air conditioners. In addition, our teams provided emergency medical treatment to 6,500 displaced persons and 8,500 Syrian refugees who had no adequate access to medical care.

### Expanding our Services for Psychological Support

People who have fled extreme violence, be it in Syria or Iraq, often suffer severe physical and mental trauma. Many are haunted by memories of their ordeal. At our rehabilitation centers, refugees and displaced people receive free-of-charge treatment. Our mobile teams of doctors, psychologists and trauma specialists also reach out to survivors in refugee camps, where there is little provision of medical care and no psychological assistance.

In 2015 we expanded our services by opening a center in the Khanke Camp, where about 50,000 displaced Yazidis live. Our mobile teams also started making regular visits for free consultations at Arbat Camp near Sulaymaniyah and Laylan Camp near Kirkuk. In November 2015 we opened Iraq's first in-patient treatment facility for women who escaped ISIS captivity (→ see pages 18 – 19).

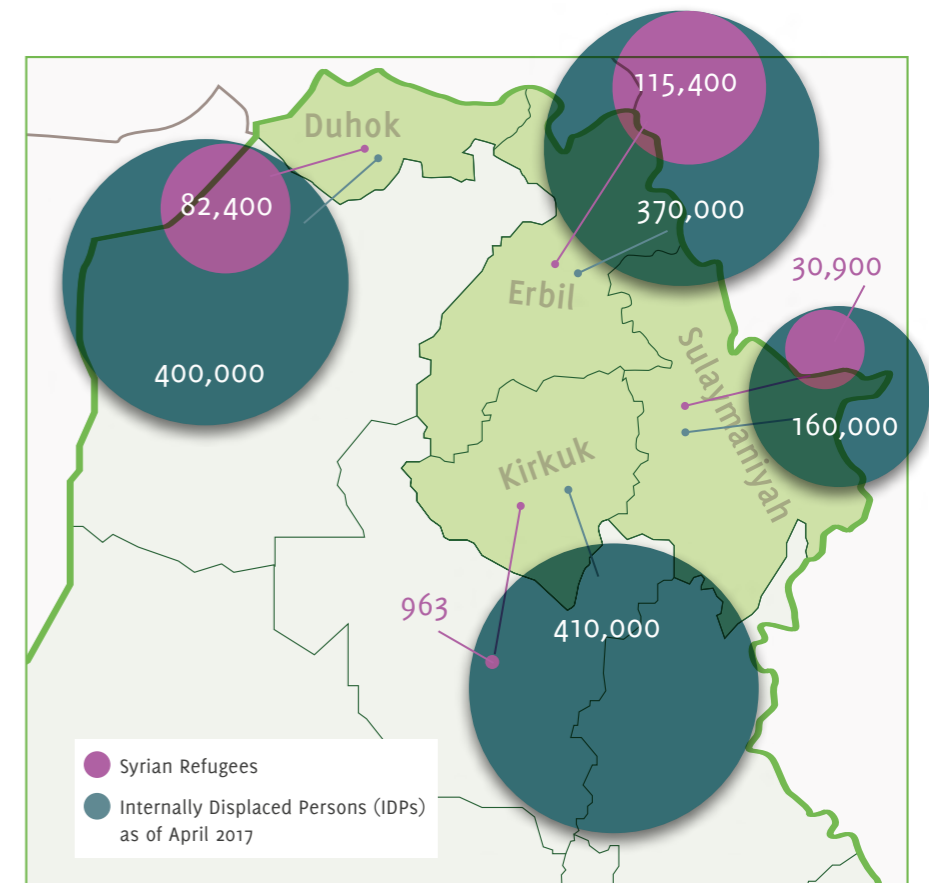
**We offered psychological counseling, psychotherapy and trauma therapy to 1,800 displaced persons and 650 Syrian refugees in 2015 – 2016. We also ran discussion groups for 3,000 patients and their families.**



### SYRIAN REFUGEES IN IRAQ

Around 230,000 Syrian refugees have been living in the Kurdish provinces for several years now, many of them in makeshift camps. They cannot afford to rent apartments in the cities, nor have they been able to find work there. Most of them depend on day labor or support by international relief organizations.

The Jiyan Foundation offers medical and psychological treatment to Syrian refugees in the cities and in Domiz, Qushtapa and Arbat Camps. As the war in Syria enters its seventh year and the refugees still cannot return home, we speak out for them to help ensure their needs are not forgotten.





Staff of the Jiyan Foundation plant a tree to commemorate the end of the Saddam regime.

## Supporting Survivors of Genocide

*Up until today, the survivors of the “Anfal Campaign” and the chemical attacks on Halabja suffer serious health problems and psychological trauma. Our teams support them with medical, psychotherapeutic and social assistance and also care for survivors of ISIS terror and genocidal campaigns.*

### Treating Survivors of the “Anfal Campaign”

During the so-called Anfal Campaign of the 1980s, the Iraqi army destroyed about 5,000 villages by means of chemical attacks and systematic violence. Tens of thousands of men and adolescent boys were killed or disappeared, while their families fled or were deported to camps.

Thousands of women have been waiting for more than 20 years to know what happened to their disappeared husbands, sons or brothers. The majori-

ty of these women had to survive under extremely difficult conditions, looking after surviving family members on their own, with little support from the state.

**In 2015 – 2016, our teams assisted more than 1,000 survivors of the “Anfal Campaign” and their family members.**

### Rehabilitating Chemical Attack Victims

The city of Halabja near the Iranian border became tragically known for



the poison gas attacks of March 1988 which killed more than 5,000 people. According to estimates, up to 10,000 endured severe injuries. Even today, many survivors of Halabja suffer lung damage, blindness or severe skin disorders which require constant and costly treatment. They are affected by post-traumatic stress disorder and recurring depression. Many are not able to work as a result of their symptoms and live in very precarious conditions.

With support from the German Federal Foreign Office we established a rehabilitation center for survivors in Halabja. Our teams also visit surrounding cities, including Khurmali, Sirwan, and Halabja Taze.

**In 2015 – 2016, we treated about 650 chemical attack survivors.**

### Assisting People in the Face of ISIS Terror

The so-called Islamic State has imposed a regime of tyranny and terror upon millions of women, men and children in Iraq. Those who oppose its ideology of hatred face torture and public execution. Members of religious minorities are especially targeted: Three million Muslims, Yazidis, Christians and Shab-

ak were forced to flee their homes as a result of ISIS terror.

Our rehabilitation centers offer a safe place to heal for survivors of ISIS atrocities. We also reach out to survivors in remote villages and refugee camps, where we are often the only provider of psychological trauma care.

**In 2015 – 2016, we admitted more than 1800 women, children and men affected by ISIS terror into our rehabilitation programs.**

The Jiyan Foundation offers holistic support to victims of genocide and terror:

- ▶ To help pave the way for legal prosecution, we collect testimonies and document traces of human rights violations. → *Find out more on pages 4 – 5.*
- ▶ Our education campaigns and civil society programs strengthen local communities, foster a pluralistic society and help prevent future extremism. → *Read more on pages 14 – 15.*

“ The Kurdish people remember the 'Anfal Campaign' against their people every year, because there isn't a Kurdish family who hasn't lost at least one of their family members. Even after 28 years, the survivors experience sadness and pain. ”

Staff member from our women's department in Kirkuk



Left: To commemorate the 28<sup>th</sup> anniversary of the chemical attacks, the Jiyan Foundation organized an art exhibition at the Halabja Monument.

Right: Survivors are haunted by the smell of mustard gas which they recall as sweet like apples.





## Promoting Women's Rights

*The situation of women in Iraq remains very difficult. Domestic and family violence are widespread and in parts of the country, forced marriages are increasing. Trafficking of women is on the rise, and thousands of women have been held hostage by ISIS fighters.*

The Jiyan Foundation has been running a program for women and girls since 2008. Our expert staff offer gender-specific medical and psychological treatment to women and girls at our centers and in remote villages, refugee and displaced people's camps and women's shelters.

**In 2015 – 2016, 2,600 women and 500 girls received treatment from the Jiyan Foundation. We also ran empowerment groups for 5,100 women.**

Working with survivors of sexual and gender-based violence requires specialized staff. In June 2016, we offered a training program in Berlin to 15 of our female therapists, counselors and medical doctors. This included visits to German hospitals, shelters, helplines, governmental agencies and NGOs. Together with their German counterparts, our staff discussed women's rights, state protection mechanisms, forensic documentation and criminal prosecution – all issues for which there is currently little capacity in Iraq.



### ↳ Leyla (35), from Syria

Growing up as one of ten daughters, Leyla suffered under her violent father who despised his wife for giving birth only to girls. When she was 14, Leyla's father married her off to an older man. In her new family, history seemed to repeat itself as Leyla gave birth to three girls. Her in-laws abused her verbally, saying she was no better than her mother and would never be able to give her husband a son. They started looking for a second wife for him while Leyla was pregnant with her fourth child.

When she first came to our center in Sulaymaniyah, Leyla suffered from headaches and sleep disorders. She felt angry and sad. She needed a safe space and someone to talk to who would listen to her attentively and with sympathy. Through therapy, Leyla developed a renewed sense of self-confidence. The change in her affected her whole family, and her husband became more supportive of her. Leyla is now keen to finish her education and learn new skills including tailoring. Our team will continue to support her and her family.

*The Jiyan Foundation marked International Women's Day 2016 with a social media campaign.*

### TRAUMA THERAPY FOR WOMEN SURVIVORS

Viyan Shauqi has worked as a therapist in our women's department in Sulaymaniyah for seven years. Here she talks about women's experiences and the difference therapy can make to their lives.

Why do women seek help and what symptoms do they commonly have?

Most of the women I have worked with have suffered violence against them, including rape and sexual abuse. The majority of them suffer from multiple traumas, because most of those who experienced war, early marriage, ISIS violence or trafficking also experienced domestic and gender-based violence at home.

What can therapy achieve for them?

When women start opening up in therapy, I believe it really changes their lives. I see it all the time: When they first come to us, many women lack self-confidence, they feel alone and afraid. Through therapy, they start to change the way they feel, think and act. Above all, they learn to transform the difficult experiences they have lived through into useful ones and recognize their own abilities.





## Tailoring Services to the Needs of Children

*The capacity of children to cope with difficult and traumatic events is limited, especially when they are very young and unable to understand or express their own feelings. Without support, their growth and development are at risk.*

There is little awareness of children's psychological needs in Iraq. Yet children who have experienced flight and displacement, violence or persecution display different symptoms from adults, and their treatment must be adapted to their needs. Children are among the most vulnerable members of society and require specialized protection and care.

The Jiyan Foundation is the only organization in the Kurdistan Region that provides psychotherapy tailored to children and young people. The latest of our children's departments was opened in our center in Halabja in 2015. Today, all centers are open to minors.

**In 2015–2016, we treated 700 boys and 500 girls.**

Karim, Khazal and Nadia are three of our young patients. Their stories illustrate the difficulties children face in Iraq as well as the difference we can make in their lives.

### ↘ Karim (12), from Sinjar

Karim and his Yazidi family were captured by ISIS fighters in 2014. While being held, Karim was forced to convert to Islam, and his captors trained him as a child soldier. After his release, Karim had become a different person: He was angry and violent. He despised those who did not follow ISIS teachings and hated all Yazidis. Several times he tried to kill his sister.

Karim's mother brought him to our clinic in Chamchamal. It offers specialized in-patient care to women who have been abducted and abused by ISIS fighters, and mothers are welcome to bring their children. Karim was the first child soldier who received treatment at the clinic. Our experts helped him process what he endured. Through therapy, Karim was able to develop trust in his family again and has since returned to live with them.



after her first session with Khazal. Today, she is beginning to open up to others and become whole again. We will continue to support her and her family.

### ↘ Khazal (12), from Duhok

Khazal always liked spending time at her aunt's house. But one day, when her aunt was not there, her uncle attacked and raped the 12-year-old girl. That day Khazal came back home crying, her clothes torn and covered with blood. Her family took her to see a doctor, who referred her to our center for specialized treatment.

When Khazal first came to us, she could not speak or establish eye contact. She seemed to feel very afraid and angry and would not let go of her mother's hand. She refused to eat and she had lost interest in school.

Allowing her to play and draw, our experts helped Khazal to establish trust and express her own feelings. They also invited her parents in for family therapy. "She was broken", said our therapist

### ↘ Nadia (9), from Halabja

After a bomb exploded near her house and partly destroyed it, Nadia and her family fled Syria to seek safety in the Kurdistan Region. Soon after their arrival, Nadia's mother noticed changes in her daughter's behavior. She had lost interest in playing and cried a lot. She was sometimes violent, especially toward her brother. Being alone, her mother often felt overwhelmed and hit her daughter several times. She came to the Jiyan Foundation for help.

Through drawing and making collages in individual and group sessions, our experts helped Nadia express her anger and sadness. They also supported Nadia's mother, providing her with information and advice. Nadia now feels less anxious, and her relationship with her mother has improved.





## Strengthening Civil Society and Democracy

*As a human rights organization, the Jiyān Foundation advocates and campaigns for those who are marginalized or do not have a voice. We work to sensitize the Iraqi people to their rights, and to advance their abilities to claim these rights.*

Everyone has the right to freedom of opinion and expression; this right includes freedom to hold opinions without interference and to seek, receive and impart information and ideas through any media and regardless of frontiers.

Art. 19 • Universal Declaration of Human Rights

### Raising Awareness through Education

In order to advance democracy and human rights in Iraq, the Jiyān Foundation offers custom-fit education programs to a variety of audiences. For instance, we train teachers or doctors on human rights and the rights of women. We empower survivors of human rights abuses by letting them know their entitlements. We teach students how they can contribute to a rights-based society and a climate of respect and tolerance.

**In 2015–2016, we ran 170 human rights education seminars for 4,600 students. We also offered 30 seminars for 630 teachers, health care specialists and members of the judicial system.**

In addition, we conducted 340 workshops and dialogue groups for 6,000 survivors of human rights abuses. Allowing people to come together and share their stories helps them overcome isolation and empowers them to claim their rights. In addition, our workshops bring people from a variety

“ We want to make children aware that human rights matter to everyone. In our education program, we use an interactive approach that involves boys and girls equally and engages the children in discussions, group work and art activities surrounding the issue of human rights. The goal is for the girls and boys to become aware of their rights and to be able to actively claim them. At present there is little awareness of human rights in Iraq. This makes the education program so important. Children are our future – they can bring about change for the whole of society. ”

Meran Rafiq Abda • Staff member in our human rights education program

of backgrounds together and so contribute to fostering a pluralistic society.

We also reached more than 40,000 followers on Facebook and Twitter.

### Contributing to an Independent Media

Good governance and participatory democracy cannot be achieved without an independent media. Access to accurate and unbiased information allows citizens to form opinions, engage in public debate and hold their government accountable.

**In 2015–2016, the Jiyān Foundation maintained active relations with more than 120 national and international media outlets – including newspapers, magazines, TV channels, radio stations and online media. We contributed more than 200 interviews and media reports on trauma therapy, children’s and minorities’ rights, ISIS atrocities and gender-based violence.**

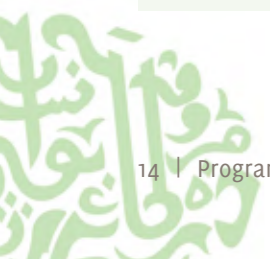
### Building Capacity for Advocacy and Lobbying

In order to allow local staff to exchange experiences with elected officials and non-governmental organizations in Germany, 15 of our staff participated in a five-day training course on “Human Rights Documentation, Advocacy & Accountability” held in Berlin in May 2016. The training was supported by the European Union. The topics and respective trainers included:

- ▶ Political lobbying, with German Members of Parliament
- ▶ Documentation of human rights violations, with Human Rights Watch
- ▶ Legal accountability, with the European Center for Constitutional and Human Rights
- ▶ Campaigning, with the World Wide Fund for Nature.



Jiyān Foundation staff receive training on how to document human rights violations from Fred Abrahams of Human Rights Watch.





## Investing in Professional Training

*There is a chronic shortage of skilled health specialists in Iraq. For the treatment of mental health disorders in particular there is a severe lack of professionals, as there are very limited training possibilities for psychotherapy in the country.*

In Kirkuk, for example, there are currently only three psychiatrists for one million people. The lack of available mental health experts is alarming in a country where violence and human rights abuses are widespread and have a severe impact on families and children.

The Jiyan Foundation trains local mental health practitioners in order to help build capacity and develop mental health services in the long term. Patients find it easier to trust local staff because they share their language and cultural background. Skilled local therapists can also help reduce the

stigma surrounding psychological disorders, because they are seen as part of the community.

**Between 2012 and 2015 we ran a three-year training program on trauma therapy for 20 members of our staff.**

They subsequently became the first certified trauma therapists in Iraq. A second class started the training in 2016. The program was funded by the Protestant Lutheran Churches in Bavaria and Württemberg and supported by trainers from the German Wings

“

Training local therapists is so important because we are the future of our country. The knowledge will spread. And maybe one day we will be the trainers.

Hawre Rasool • Therapist

We understand our patients' situation – that's why I think it is important to train local mental health professionals.

Dana Hameed • Therapist

So many of my patients are deeply traumatized. And I can see that EMDR is a technique that really works to improve their condition.

Deraw Mahmood • Therapist

Participating in the trauma therapy training had a great effect on me – personally and professionally. I am stronger and more self-confident because the training enhanced my skills as a therapist.

Chenar Ahmad • Therapist

”

of Hope Foundation and the Center for Psychotraumatology and Trauma Therapy in Lower Saxony.

**30 of our therapists received training in Eye Movement Desensitization and Reprocessing (EMDR) in 2015 – 2016.**

This psychotherapeutic technique is used to reduce the symptoms of post-traumatic stress disorder, and has been proven to be effective in the treatment of both adults and children. The Jiyan Foundation is the only provider of EMDR therapy in Iraq.

The training program was run in association with Trauma Aid and the University of Worcester. It was funded by terre des hommes Germany.

**We trained 20 of our therapists in art therapy.**

This form of psychotherapy uses creative methods of expression, like painting and drawing. It is suitable for everyone but can be especially beneficial for young patients. It has also proven successful in camp settings because it can achieve significant relief for patients while using relatively simple means. As part of the training, our staff ran workshops for Syrian refugee children in Qush-tapa Camp near Erbil. The training was funded by the Autonomous Province of Bolzano in Italy and carried out in close collaboration with The Red Pencil International.



*The Jiyan Foundation is committed to developing mental health services in Iraq. Here, our therapists take part in an interactive training session.*





The all-female team of the trauma clinic

## A Trauma Clinic for Women

*In November 2015, the Jiyan Foundation opened its first in-patient psychosomatic trauma clinic for women survivors of ISIS violence. Safely located in Sulaymaniyah province, the clinic is entirely staffed by female doctors, psychotherapists and nurses.*

The so-called Islamic State is implementing a regime of gender-specific and sexualized violence, abusing women's bodies as a means to inflict terror. In 2014, some 5,000 Yazidi women and girls were captured by ISIS fighters. More than 1,500 of them were later able to escape or buy themselves free, but they remain deeply traumatized.

The Jiyan Foundation set up the new clinic to provide a stable, safe and all-female environment for women who

survived ISIS captivity. The clinic is open to women of all ethnic and religious backgrounds. To date, the majority of patients have been Yazidi.

Women at the clinic receive around the clock support as required – including medical care, surgery and physiotherapy, trauma treatment and psychotherapy. Many patients bring young sons and daughters along who were either abducted with them or born in captivity. Children can also receive free treatment at the clinic.

When patients wish to leave the clinic, we continue to support them. We provide transportation and a therapist accompanies them when they come back for check-ups or out-patient treatment.

Our staff at the clinic are confronted with horrifying stories of violence and abuse. To protect them, we offer regular training on working with survivors of gender-based violence and human rights violations. All staff have regular case support with external supervisors.

**In 2015–2016, our teams treated 73 women and 86 children at the clinic.**

### ↳ Soma (16), from Sinjar

In August 2014, ISIS fighters forcibly took Soma and her family from their home in Sinjar. Soma, her mother and her sister were separated from the men in their family and held with other women in an overcrowded building for two weeks. They were raped, beaten and left without food and water for days. Soma was then sold off to marry an ISIS fighter. She managed to escape after five weeks and fled to Duhok, where she was admitted to hospital and referred to the Jiyan Foundation for specialized care.

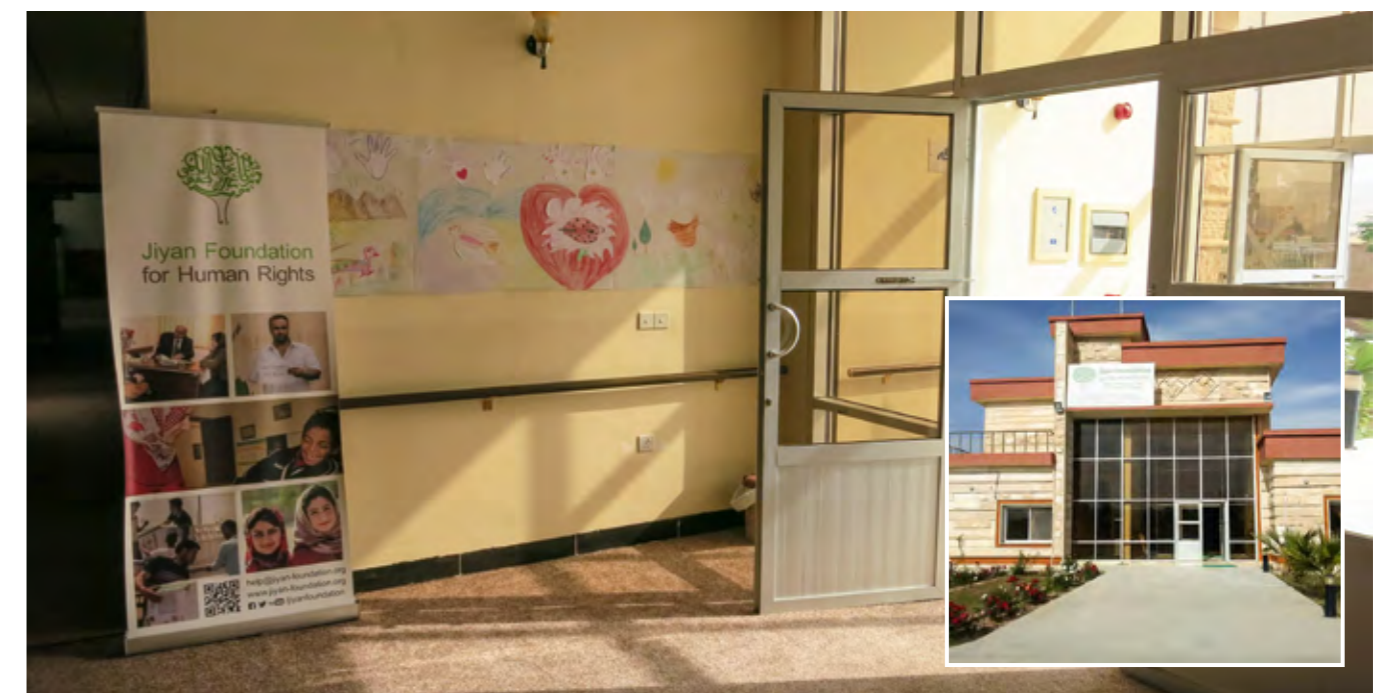
“ The clinic is the first of its kind: There is no other clinic in the Kurdistan Region providing in-patient medical and psychological care. We want to give our patients time and make them feel comfortable. After a few weeks of therapy, I can begin to see changes in their faces. It's like they become a different person. Seeing these achievements is always very special for me. ”

Laila Saleh • Head of our Trauma Clinic for Women

When Soma first came to our clinic, she showed clear symptoms of post traumatic stress disorder and suffered severe headaches, nausea, vomiting, backaches, urinary tract infection and fainting spells.

Our experts provided Soma with medical, psychiatric and psychological care. When she was stabilized psychologically, Soma started to take part in group therapy in addition to receiving one-on-one psychotherapeutic support. Now, after several months of treatment, Soma is showing signs of healing. She experiences less physical pain and she sleeps better. She continues to take part in individual and group therapy and shows interest in the activities offered at the clinic, including sports, arts and crafts, yoga and relaxation.

The new Jiyan Foundation Trauma Clinic for Women is the only one of its kind in Iraq.





## "Cultural Diversity is Richness"

*Salah Ahmad, President of the Jiyān Foundation, and Father Emanuel Youkhana, Archimandrite of the Assyrian Church of the East, both have a long history of supporting vulnerable groups in Iraq and advocating for human rights. Here they talk about the rise of ISIS and the challenges the country faces today.*

“ We must teach young people skills and give them opportunities – especially those exposed to radical thoughts. ”

ISIS captured large parts of Iraq in 2014. What do you think are the reasons behind the rise of extremism in the country? And how can ISIS and its ideology be defeated?

*Father Emanuel Youkhana:* It didn't happen in one day, it was a cumulative process. And ISIS is not a cause, it is a symptom. So while we have to fight it by force, this will not be enough. To defeat its ideology we have to address its causes. Firstly, we have to start in the schools: We need to teach our children about religions and the difference between religion and ideology. The Yazidi

religion for instance is amongst the oldest in Iraq, but it is absent in the educational curriculum. The Mandaean, Christians, Jews and Kaka'ei are also forgotten. Instead of knowledge, we have stereotypes. The media has a role to play in this. I wish to see the various religions represented differently in the media.

*Salah Ahmad:* Political parties also have a role to play – they should be established to serve a country, but in our country people serve the political parties and their leaders.

*Father Emanuel Youkhana:* Only religious parties have influence in Iraq, but they are dividing people. All members of the Islamic Party are Sunni, and all members of the Dawa Party are Shia.

There should be a law that prevents the formation of religious parties. And of course a big problem is that we do not have a citizenship-based country. People's rights should not be dependent on their religious denomination.

Iraq has always been a multi-ethnic and multi-religious country. How can this heritage of diversity be saved?

*Father Emanuel Youkhana:* It's true – we have a long tradition of religions living together. In the 8th century, Patriarch Timothy I held his famous debate with Caliph al-Mahdi in Baghdad. It was the first known Christian-Muslim debate, and they held it with mutual respect. I think we have a problem in misunderstanding religion: All religions actually have a peaceful message, but people deviate from this belief in practice. This peaceful message is that God loves all human beings and that He created this diversity. In Kurdistan, we have Christians, Muslims, Jews, Kaka'ei, Yazidis and Shabak people. We have Kurds, Assyrians and Arabs. And of course there is cultural diversity. All this is richness.

*Salah Ahmad:* But we are not using it! We must work on bringing the religions and ethnicities together, because the separation will destroy us. We need to reduce the role of parties. And we need institutions.

*Father Emanuel Youkhana:* Yes, we see it in other countries that are based on citizenship. The rule may change from party to party, but when the parties and their leaders leave office, the institutions, the legislative system, all this remains. Right now, Iraq is exposed to many pressures – from Iran, Syria and Turkey. The situation is not easy, and there are few financial resources. An important priority is to fend off the darkness of ISIS – not just by military means, but in people's heads. This must also include financial remedies for victims of ISIS. Take the example of the town of Batnaya: I was with the first TV team that entered Batnaya after it was liberated. It was a disaster. Most houses were destroyed, and those that weren't demolished had threats written on them. How can anyone be convinced to go and live there again?

Many young people do in fact hope to leave the country and find a better life in Europe. You were both forced to flee and you know

“ Everything now is globalized, but rights aren't. We need the globalization of human rights – including women's rights and children rights. ”

life in exile – what is your advice to young people wanting to leave Iraq?

*Father Emanuel Youkhana:* I thank God for the experience of living abroad and having the opportunity to become a voice for those who do not have a voice. Young people have a right to think about their future and to seek peace, opportunities and a better life – but they should give their country a chance. We are facing many challenges in building a better future for our people.

*Salah Ahmad:* I agree. My advice to young people would be: Stay here and let's try to change this country together. But we must give them opportunities and teach them skills, especially those exposed to radical thought. We should lead the way as role models and show that people from different religions can live together. We could start with something simple – like building a house for elderly people, for instance, where Muslims, Yazidis and Christians could live together. The country needs such initiatives.

*Father Emanuel Youkhana:* We also need places where people with special needs receive support, regardless of their religion and nationality. We should look to the future and try to globalize the principle of rights. Everything now is globalized, but rights still aren't. We need the globalization of human rights – including women's rights and children rights.

Born in Duhok, **Father Emanuel Youkhana** is Archimandrite of the Assyrian Church of the East. Following persecution by the Ba'ath regime in 1995, he fled to Germany with his family. He actively supported minorities in his homeland whilst in exile and later returned to Iraq to found the non-governmental organization CAPNI, Christian Aid Program Northern Iraq, which he heads today. CAPNI supports internally displaced persons, refugees and minorities.

**Salah Ahmad** has worked as a systemic family therapist and child and youth psychotherapist in Berlin since 1992. Having experienced flight and exile himself, he specialized in the treatment of traumatized refugees. His commitment for the rehabilitation of survivors of violence led him to establish the Jiyān Foundation for Human Rights in 2005, over which he has been presiding since then.





## A Garden for Healing

*Severe trauma can never be undone. But with support, people can learn to integrate traumatic experiences into their lives and find their way back into society. In Chamchamal, the Jiyan Foundation is building a community garden to help support this healing process.*

The villages surrounding Chamchamal were all destroyed during the “Anfal Campaign” in the late 1980s (→ see pages 8–9). Tens of thousands of people fled, seeking safety in the town. The majority of the displaced people were subsistence farmers whose livelihoods were destroyed with their villages. Most did not have the means to rebuild their destroyed homes and land. Unemployment is high in Chamchamal to this day, and the town’s violent history continues to affect the

population. The incidence of domestic violence is higher than average, and more children than in other parts of the country suffer from physical and mental disabilities.

### Cultivating a Garden and Caring for Animals

The Jiyan Foundation’s healing garden is located right behind our center in Chamchamal. It is open to patients and other residents of the town and

intended as a safe space for the community. People are invited to cultivate their own small plot of land and help look after the sheep, geese and chickens we purchased for the garden. The idea is simple: Being part of a community and watching something grow, planting shrubs, flowers or herbs and caring for animals can give people hope and a renewed sense of purpose. Traumatized children in particular will benefit from playing outdoors and looking after the animals under the professional guidance of our therapists.

### Promoting Cultural Heritage

Kurdistan has a rich culture of traditional architecture using clay and wood. But today these materials are seldom used, despite having environmental benefits. Clay, for instance, is available locally, it is durable and weather resistant and better suited for insulation than concrete.

In order to preserve and promote the region’s cultural heritage, we are integrating stables and other buildings made of clay and unprocessed woods into the garden. In addition, the garden will make use of sustainable technologies – including a biogas installation, a plant-based water-treatment facility and solar energy. By combining traditional building methods with cutting-edge sustainable technologies, we aim to raise awareness of the effects of climate change on the region, where drought is increasing and water is becoming scarce.

**Locally hired workers and members of our Chamchamal team started construction on the Healing Garden in spring 2016. By the end of the year, the stables were completed and we had purchased the first animals. The Healing Garden is due to open in 2017.**

### A Vision for the Future

In the coming years, the Jiyan Foundation plans to build a House of Peace and Intercultural Learning in the garden.

This will serve as a culture and meeting center, offering the various ethnic communities of this diverse region a space to come together, share their cultures and learn from each other.

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Protestant Church in Hesse and Nassau

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## Art and Therapy

*Making art allows patients to explore their emotions, express themselves and share their struggles and hopes in a way that words cannot. At the Jiyan Foundation, we understand art as an integral part of the healing process.*

### Processing Difficult Experiences through Art

Our therapists combine art and therapy to help trauma survivors process difficult experiences. Art therapy can give patients considerable relief using simple but effective means. It can be used in individual sessions and in groups, and is a suitable approach for children. Many traumatized boys and girls suffer some form of mutism and are unable to put their experiences

and feelings into words. Drawing and painting give them the opportunity to express themselves – through colors, lines and patterns.

Similarly, art provides an outlet for patients struggling to talk about traumatic experiences that often induce feelings of shame, such as rape or sexual abuse. Making art as part of the therapeutic process also allows patients to take an active role in their therapy even when they cannot or do not want to speak.

“

I remember one Syrian boy who drew only black flowers. It was his way of expressing his distress. When his therapist encouraged him to use a broader range of colors, he began to appear livelier and started to take pride in his work.

Aytan Osman • Intern

The Jiyan Foundation brought me back to life again – mentally, physically and artistically.

Wrya • Torture survivor and artist

”

In order to help improve mental health services in Iraq and to develop local capacity, we trained 20 of our staff in art therapy during 2015–2016. (→ Find out more about our professional training on pages 16–17).

### "Coloring your Dreams"

In 2013, the Jiyan Foundation initiated the "Coloring your Dreams" project for children in cooperation with art students from Sulaymaniyah University. On June 1 every year we invite hundreds of children in refugee camps near Sulaymaniyah to come together for International Children's Day to draw their dreams, goals and hopes for the future. The project has been so successful that we have started organizing additional events for children.

In November 2015, a collection of children's drawings from the "Coloring your Dreams" project was shown

as part of an exhibition at the Ismaili Centre in London.

### Promoting Patients' and Artists' Voices

In order to support local artists and raise awareness of our work, we commission artists to illustrate our publications and design our poster campaigns. Many of the artists whose work we show are former patients of ours. Some are torture survivors. Every year on June 26, the International Day in Support of Victims of Torture, they help us raise awareness of the needs of torture victims. (→ Find out more on pages 4-5).

In March 2016, in cooperation with Sulaymaniyah University, we exhibited a selection of artworks in Halabja as part of the commemoration of the chemical attacks on the town. The collection was subsequently exhibited at the Zamwa Gallery in Sulaymaniyah. (→ Find out more on pages 8-9).



*"Sinjar my love": A Yazidi child expresses her wish to return to her hometown.*

# Impressions





Delivery of letter to Kurdish parliamentarians on International Day in Support of Victims of Torture, calling for greater support for torture survivors, protection of prisoners' rights and effective action against torture.



Staff of the Jiyar Foundation participated in the Summer Academy for Intercultural Dialogue of our partner Wings of Hope.



The Halabja Monument commemorating the 1988 gas attacks.



Workers in the healing garden: in front of a clay building; feeding chicken.



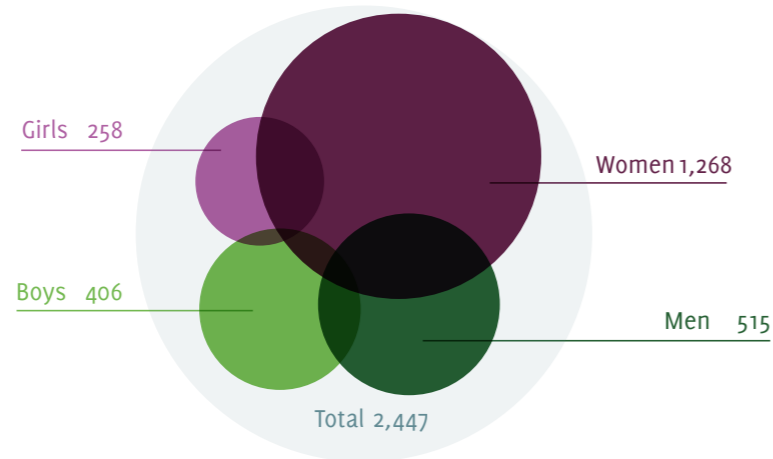
"These are your rights": Seminar for school class.



# Facts & Figures | 2015 – 2016

## Client Statistics

### ↳ Rehabilitation Program



## Local population

## Some Figures



**4,600 students and pupils** attended human rights education seminars in schools.

**6,000 women** participated in self-help and empowerment groups.

**235 interviews** for local media, including TV and radio stations, newspapers and online magazines.

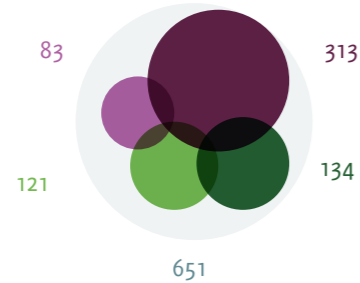
**630 adults** attended seminars and lectures on human rights issues.

Our therapists conducted more than **34,000 hours** of therapy.

**80 staff members** participated in **33 different training programs** in Iraq and Germany.

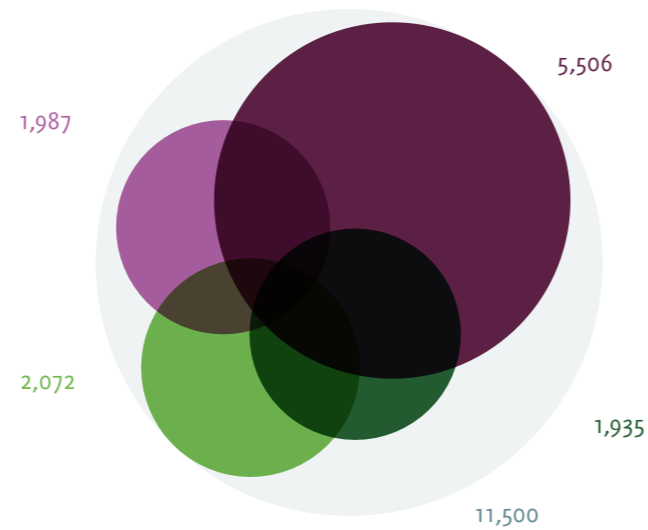
## Client Statistics

### ↳ Rehabilitation Program

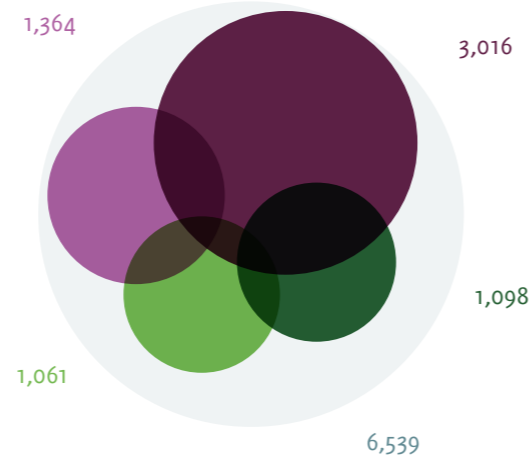
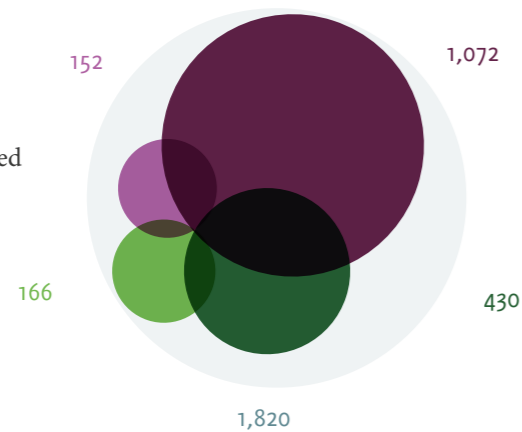


## Syrian refugees

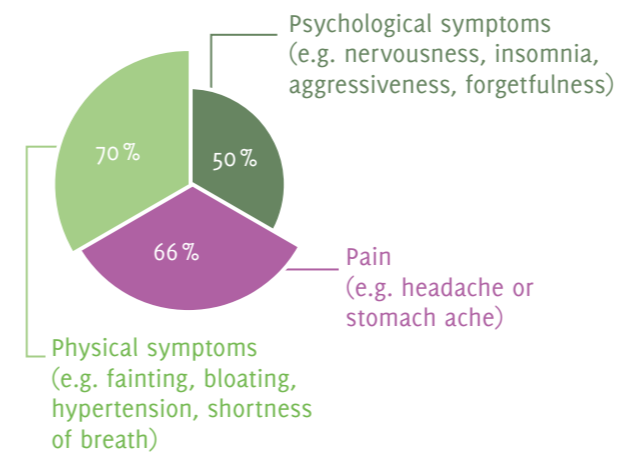
### ↳ Medical Assistance Program



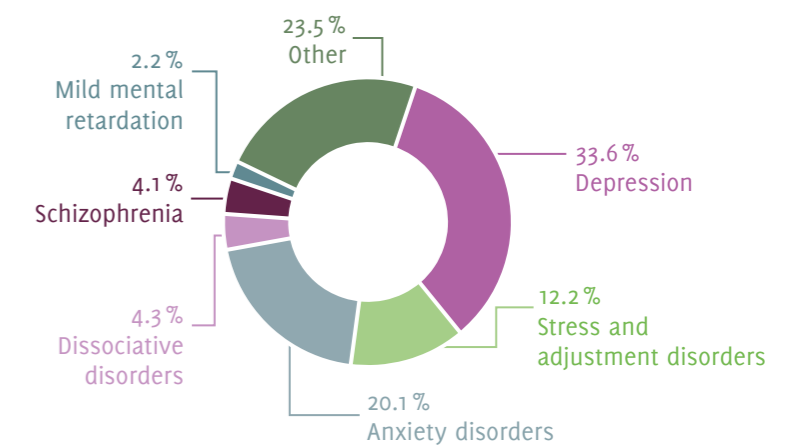
## Internally displaced persons



## Most Common Symptoms



## Psychological Diagnoses



## Forms of Therapy for Survivors:

**Psychotherapy:** trauma therapy, cognitive-behavioral therapy, play therapy, sandplay therapy, music therapy, art therapy, group therapy, family therapy

**Other Therapies:** medical treatment, physiotherapy, relaxation exercises, yoga

## Educational Background

Illiteracy rate  
43.5 %



Attended only primary school  
63.7 %

Baccalaureate & college/university  
10.1 %

# Team

Abobakr Al-Salhi Physiotherapist	Azmar Mustafa Driver	Deedar Othman Medical Doctor	Fatma Abdullah Janitor	Hazha Amin Receptionist	Kamiran Salih Therapist
Adnan Mohammed Translator	Bafraw Tawfeeq Janitor	Deeman Mohammed Receptionist	Friederike Regel Project Coordinator/ Board	Hedayat Abdullah Driver	Karim Kareem Driver
Ahmed Jamal Medical Doctor	Bahashty Othman Therapist	Delman Kareem PR Officer	Fuad Amen-Ismael Janitor	Hedi Dhahir Therapist	Karzan Mohammed Therapist
Akam Saeed Medical Doctor	Bahzad Murad Community Outreach Officer	Deraw Mahmood Therapist	Fuad Mohammed Therapist	Heerish Azuo Trauma Therapist	Kaveen Mohamad Therapist
Ako Abdulwahed Trauma Therapist	Baida Mirza Medical Doctor	Dr. Abdulkarim Abbas Psychiatrist	Galwan Haji Therapist	Hemin Ahmed Medical Doctor	Kazhal Karam Receptionist
Ako Mohammed Local Branch Manager	Bakhtiar Hassan Trauma Therapist	Dr. Adnan Tahir Psychiatrist	Ghalib Hamza Guard	Hero Ghafour Therapist	Khairy Ahmad Therapist
Amanj Hussein Medical Assistant	Bakhtyar Omer Pharmacist	Dr. Farsat Saadi Medical Doctor	Gharbia Bahry Therapist	Hive Muhammad Receptionist	Khalat Hamarashid Receptionist
Aras Majeed Trauma Therapist	Banaz Jabbar Therapist	Dr. Hawzhin Mahmood Medical Doctor	Goran Mohammed Therapist	Huda Al-Rasheed Therapist	Khaled Essa External Relations
Araz Ahmed Therapist	Bayan Azizi Board	Dr. Muhammad Mustafa Supervisor	Gulala Mohammed Nurse	Ibrahim Faraj Gardener	Khalil Mohammed Physiotherapist
Arazu Salah Therapist	Baydaa Meerzasaleh Medical Doctor	Dr. Perjan Taha Psychiatrist	Halwest Karim Therapist	Ibrahim Mohammed Trauma Therapist	Khonav Hasan Therapist
Arkan Hameed Therapist	Berivan Abdullah Therapist	Dr. Rushdy Mirza-Jaff Supervisor	Hana Hussein Accounting/ IT Officer	Idris Ahmed Medical Doctor	Khunaf Meho Receptionist
Aryan Abdalla Driver	Bestoon Hama-Rash Receptionist	Dr. Wahid Harmz Therapist	Hardi Dhahir Medical Doctor	Imad Habibullah Medical Doctor	Koher Mohammed Medical Doctor
Ashorina Giorgees Janitor	Bland Ameen Therapist	Ebtihal Mohamad Therapist	Hardi Jalal Medical Doctor	Isam Ahmed Therapist	Kwestan Ameen Janitor
Asma Muhamad Therapist	Chea Kader Therapist	Elham Ibrahim Therapist	Hardi Mohammed Psychiatrist	Jalal Hasan Medical Doctor	Kwestan Karim Medical Doctor
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Aveen Hameed Therapist	Chnur Husein Janitor	Entesar Suliman Medical Doctor	Hasan Khalid Therapist	Jihad Hama Medical Doctor	Lavan Omar Therapist
Avin Othman Therapist	Chnur Mustafa Medical Doctor	Essam Ahmed Therapist	Hashim Mohammad Lawyer	Jihad Mam-Aziz Therapist	Layla Tawfeeq Therapist
Awara Mustafa Therapist	Dana Gharib Medical Doctor	Fahima Khalil Receptionist	Haveen Ali Medical Doctor	Jiwan Hasan Therapist	Leif Hinrichsen Project Associate
Awder Said-Hamalaw Therapist	Dana Hameed Therapist	Fakhir Abbas Therapist	Hawdang Mohammed Receptionist	Juman Naoom IT Officer/ Librarian	Lena Otte Project Assistant
Ayad Murad Pharmacist	Daniel Crampton Legal Advisor	Farhad Ahmed Therapist	Hawkar Ameen Therapist	Jwan Rahman Therapist	Makwan Abdulkareem Medical Doctor
Azad Ibrahim Supervisor	Darin Meho Receptionist	Farhang Ghaffar Medical Doctor	Hawre Qadir Therapist	Jwana Faraj Therapist	Mariam Sanjush Student Assistant
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Meran Abda Pedagogue	Omer Omer Therapist	Sara Mahmood Therapist	Shawkat Saeed Physiotherapist	William Slif Accounting/ Administrative Assistant	Kazhal Hidayat Volunteer
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Mohammed Abdulla Trauma Therapist	Payam Hassan Receptionist	Sarmad Omar Medical Doctor	Sheerin Juma Nurse	Yousif Salih Local Director / Board	Pirko Selmo Intern
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Nazanin Salih Accountant	Rozhan Ali Trauma Therapist	Shahla Mohammed Therapist	Suham Mohammed Nurse	Aytan Osman Intern	
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Nihayat Abdulrahman Medical Doctor	Salah Shareef Driver	Shanga Ameen Medical Doctor	Taran Abdulkadr Administration	Banu Hilmy Volunteer	
Ninos Yonan Driver	Salar Ameen Medical Doctor	Shano Mhe-Alddin Receptionist	Tawoos Salih Cook	Bushra Mahyidin Intern	
Nizheen Qader Medical Doctor	Sally Habeeb Medical Doctor	Shano Saleh Physiotherapist	Vaman As'ad Therapist	Dr. Sinan Naoom Volunteer	
Nora Athnil Janitor	Salm Mohammed Therapist	Shara Ghafoor Therapist	Viyan Shauqi Therapist	Gashbin Hussain Intern	
Omar Rashid Driver	Samir Huossien Therapist	Shareef Ali Local Director / Board	Waleed Omar Medical Doctor	Johanna Scherf Volunteer	

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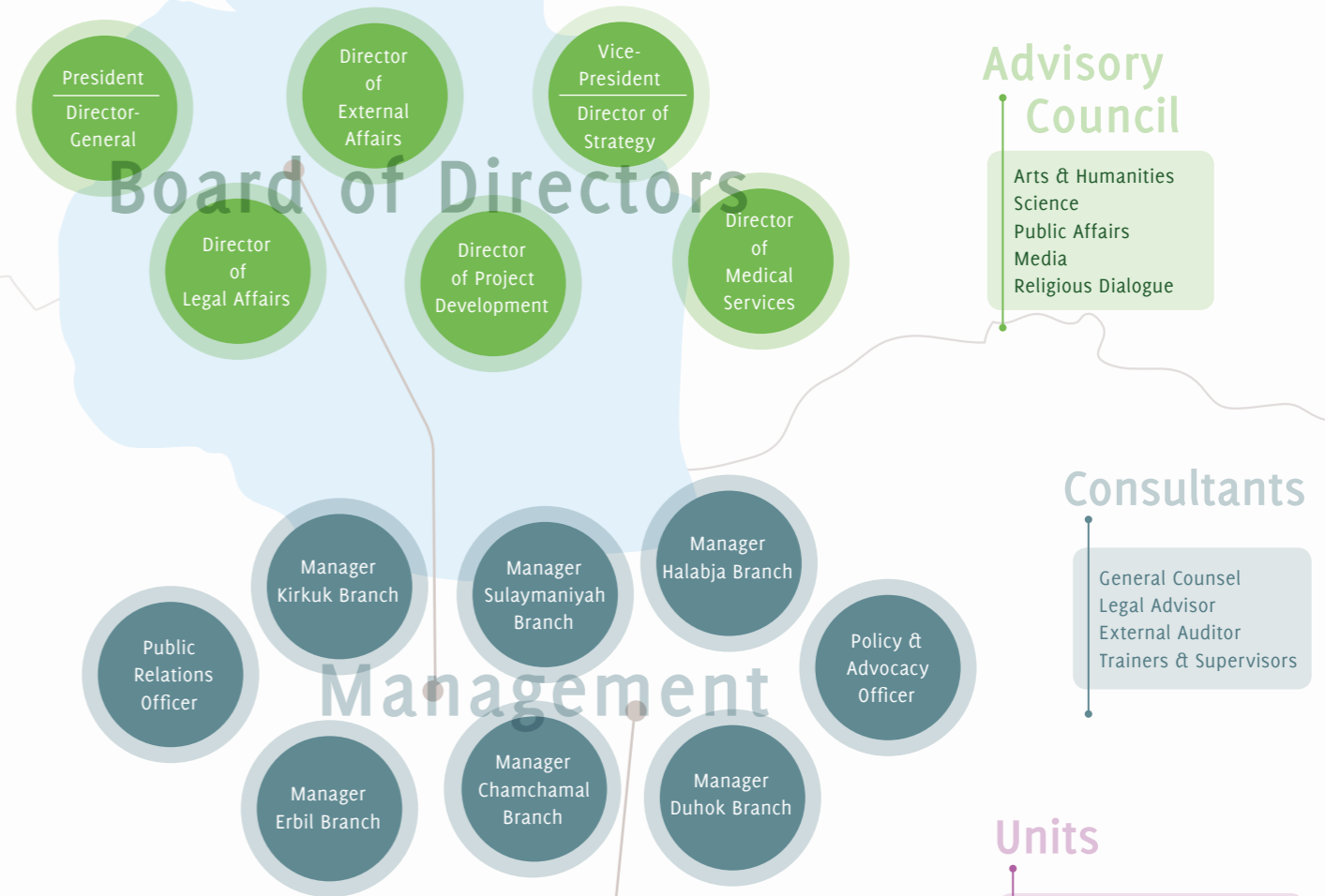
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- Branches
- Mobile Teams
- ▲ Sub-Branches for refugees and displaced persons
- Iraqi Kurdistan

## Chart

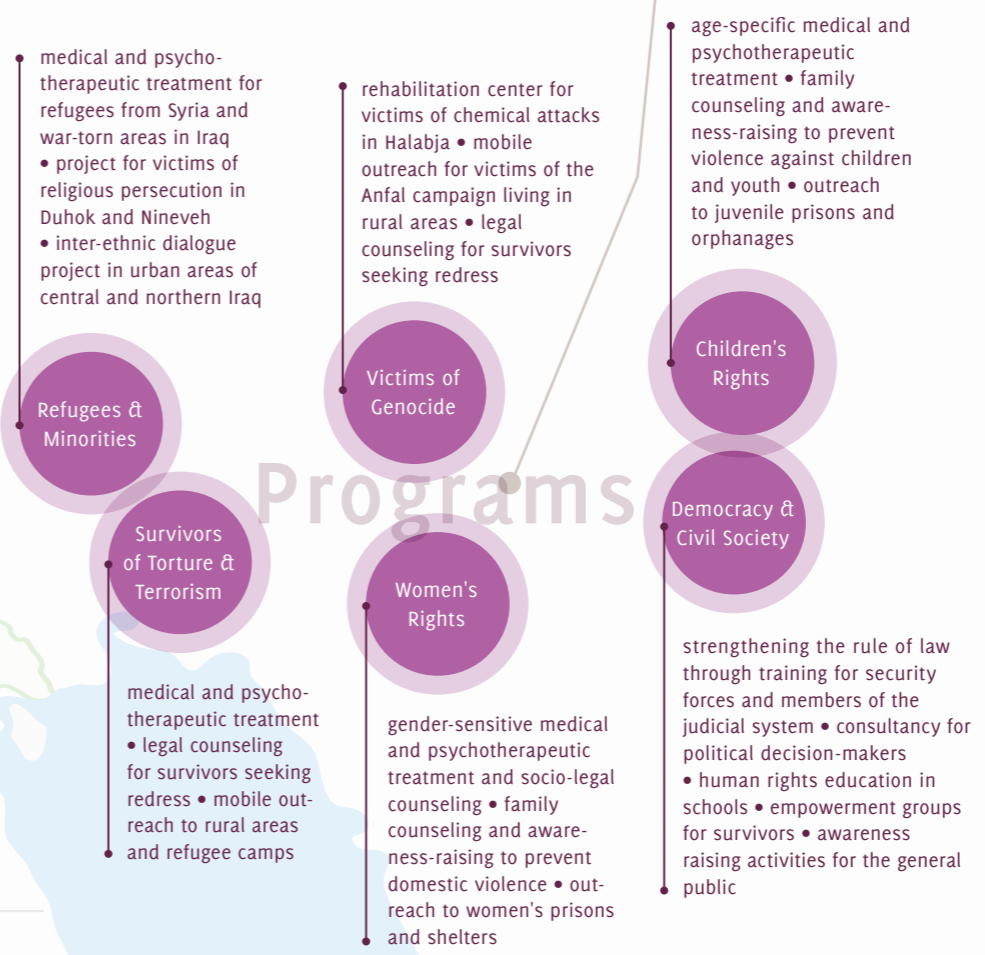


## Units

**Advocacy & Policy Change**  
advocating for the implementation of human rights conventions and standards in Iraq • lobbying for the rights and needs of survivors • monitoring human rights in Iraq • reporting to international bodies

**Professional Training & Research**  
capacity building and mentoring for members of the systems of education, health and social affairs, for civil society initiatives and human rights advocates • documentation, research and publication

**International Cooperation**  
transnational cooperation and joint human rights projects with NGOs outside Iraq • global fundraising and advocacy to support democracy and human rights in Iraq • consultancy for civil society initiatives in the Middle East and worldwide



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*The Jiyan Foundation helps women, children, and men from all walks of life build a self-determined, healthy future. We welcome you to support us. Below you will find ways to make a financial contribution.*

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BIC/SWIFT: GENODEF1ETK  
IBAN: DE48830944950003319644

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Donations can also be made through Paypal at [paypal@jiyan-foundation.org](mailto:paypal@jiyan-foundation.org).

**Betterplace**  
You may also support one of our projects at [betterplace.org](http://betterplace.org): [www.betterplace.org/en/organisations/9002-jiyan-foundation-for-human-rights](http://www.betterplace.org/en/organisations/9002-jiyan-foundation-for-human-rights).

Betterplace is a German-based donation platform and forwards 100% of the donation to the cause.



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## Design

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