



Our Mission

The Jiyan Foundation supports survivors of human rights violations, defends fundamental freedoms, and promotes democratic values in Iraq and Syria.

Our Vision

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 opened Iraq's first treatment center for survivors of torture in the multiethnic city of Kirkuk. Since then, we have established a network of 12 branches throughout Iraq and Syria where more than 2500 traumatized women, children, and men receive specialist trauma and health care every year.

Our Programs

We promote the physical rehabilitation, mental well-being and social reintegration of survivors of human rights violations, and their family members, through five programs (► page 7).



Jiyan Foundation
for Human Rights

Annual
Report

2017/18

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Welcome.

Dear friends and supporters,

The years 2017 and 2018 have been challenging, and often painful, for the people of Iraq. This period was marked by the war against ISIS, but also by the resilience of a population trying to rebuild their lives. ISIS caused a lot of suffering for millions of people, and the stories told to us by survivors were among the saddest we have faced since the beginning of our work.

The violence and upheaval of these years have shown, yet again, how important our mission is. We were able to offer legal, medical and mental health care to more than 36,000 women, men and children. We expanded our services to twelve refugee and displaced people’s camps, and opened two new centers, in Alqosh and Mosul (➤ pages 8–15). In addition to providing urgently required psychotherapy, we gave people hope. "The day I saw the door of your center open, it gave me the feeling of safety and comfort," said one of our clients in Kirkuk.

We are happy that awareness for mental health services is slowly growing in Iraq. Much more needs to be done to establish an adequate health system in the region and re-build infrastructure

destroyed by years of conflict. But psychotherapy is becoming more established, and its necessity is acknowledged by more organizations and funders. This has allowed us to continue and expand our capacity building program (➤ pages 20–23).

We were also honored to be awarded the Hamburg Initiative for Human Rights Prize in 2018. It’s given to outstanding projects, initiatives or organizations that contribute to the observance of human rights. We are happy and proud that the importance of promoting human rights in Iraq is being recognized through the award.

Since the defeat of ISIS, people in Iraq have faced new challenges. How can justice be achieved? How can survivors move on from the violence of the past and start talking about the future? The Jiyan Foundation started new programs to help address some of these challenges (➤ pages 16–19).

Our work would not be possible without the support, commitment and energy of our partners and donors. Thank you – we look forward to continuing with you on this path towards a better future for Iraq.

Salah Ahmad
Chairman





Two Years in Conversation

The Jiyan Foundation helped more than 36,000 survivors of human rights violations in the last two years. Here, Yousif Salih (left) and Shareif Ali (right), managers of our centers in Kirkuk and Sulaymaniyah, and Friederike Regel, director of operations in Berlin, discuss the political developments that shaped our work in 2017 and 2018. They look at the challenges ahead, and talk about the Jiyan Foundation's plans for the future.

2017 was a year of intense fighting against ISIS. In July, the city of Mosul was declared to be liberated. What did this mean for the people?

Yousif Salih: When the extremists were pushed out of the cities, it became obvious just how much the population had suffered. Most relief organizations in Iraq had to stop working during the rule of ISIS, so people had been left alone with virtually no support.

Our team saw this firsthand when we went to Mosul and the Nineveh plains. Because our centers in nearby Dohuk and Erbil had remained open, we were among the first to go to these liberated areas. We were shocked to see the destruction, and how many people needed support, reaching from basic housing and access to electricity, food and water to infrastructure like schools and streets, and of course any kind of health care.

How did you assist people?

Shareif Ali: We quickly started offering medical and psychological support. We opened a new treatment center in Alqosh, in the Nineveh Plains, in July 2017.

In Mosul, it was more difficult. The situation there remained war-like after the liberation, so safety was an issue. And the official regulations were very restrictive. We started looking for a space to open a treatment center in 2017, but weren't able to offer medical and psychological care until late 2018.

Meanwhile, in October 2017, armed conflict erupted in Kirkuk when the Iraqi military reclaimed the city following a referendum for Kurdish independence. How do you remember this period?

More than 175,000 people were displaced within a few days. Our centers in Sulaymaniyah and Cham-chamal coordinated with other NGOs. With emergency funding from MISEREOR, we were able to distribute baby diapers, milk and water to families who had to flee and leave everything behind.

What effect did all this political upheaval have on the Jiyan Foundation?

Shareif Ali: We had to keep adapting to new circumstances. Because of the need for medical and psychological care in and around Mosul and Alqosh, we started working outside Kurdistan-Iraq for the first time. And in Kirkuk, the political context changed completely when the city fell under Iraqi control.

Yousif Salih: Overall, 2017 and 2018 were years of opening up to the Iraqi government, and developing a working relationship with its health ministry. The bureaucratic process was often difficult, but in retrospect, we gained valuable experience.

Friederike Regel: Meanwhile, it was a challenge to meet the increasing demand for our services. In 2017, we had long waiting lists. We hired new staff, and since then, our team has grown by 25%.

How did you manage this growth?

Friederike Regel: It quickly became obvious that, in order to maintain the quality of our work, we needed more structure and an organizational development process. From 2018, we introduced new levels of leadership, and restructured our programs to reflect our evolving services (► page 7).

We also developed new policies on safeguarding clients, whistle blowing, and risk management. This increases the trust and safety for our clients and staff, which is obviously very important for our sensitive work.

What challenges do you see ahead?

Shareif Ali: Many people displaced by ISIS and other violence still cannot go home. So far, the Kurdish and Iraqi authorities are not doing enough to rebuild homes, schools and hospitals. They need to invest much more to enable a peaceful future.

Yousif Salih: NGOs can also contribute a lot. Now that ISIS has been defeated, some organizations are withdrawing. We are concerned that international

attention might go with them, when there is still so much to do.

Many young people have been radicalized under ISIS. People from different communities don't trust each other, and some have become more separated. In Kirkuk, the violence between the Iraqi and Kurdish authorities has reignited old conflicts.

How will the Jiyan Foundation address these challenges in the coming years?

Shareif Ali: We will keep investing in capacity building. When psychotherapists complete our training programs and start working across the country, we will contribute towards improving mental health care in the region (► pages 20–23).

Yousif Salih: And of course we will continue to help our clients come to terms with their past experiences by offering medical and psychological support.

Friederike Regel: Our clients also have a huge need to look to the future. To help with this, we started two new programs: one to promote transitional justice, and another to encourage peaceful dialogue (► pages 16–19). For example, we bring together people from different religious and ethnic backgrounds. They talk about their experiences, and, over time, they see that they are not so different from each other.

We will expand this work in the future to promote democratic values, and involve young people more. As an NGO with staff from diverse backgrounds, we are in a good position to do this. And bringing people together to find ways to live in peace gives them a lot of hope.



Timeline 2017 – 2018

2017

January

An international alliance of 59 countries fights to liberate Iraq from ISIS.

Between 2017 and 2018 we support over 17,000 displaced persons.

March

We begin offering legal aid to vulnerable persons.

June

We open a center in the Nineveh plains as a response to the displacement of people fleeing ISIS and the fighting around Mosul.

July

Mosul is liberated from ISIS control by coalition forces.

August

Dialogue program begins with a public panel of religious leaders in Erbil.

September

More than 90% vote in favor of independence in a referendum in the Kurdish region.

October

We are forced to temporarily close our center in Kirkuk due to fighting in the city. Emergency aid is distributed to those displaced by fighting in Kirkuk and the surrounding area.



November

We receive an award from the Hamburg Initiative for Human Rights in recognition of our work.

December

Iraqi prime minister Abadi officially declares victory over ISIS in Iraq.

March

We host an exhibition in Halabja to mark 30 years since the chemical attacks on the city.

May

Parliamentary elections in Iraq are won by Shia cleric Muqtada as-Sadr.

2018

June

Start of our training programs for child therapists and clinical supervisors.

July

First round of training to help counselors in North Syria support their communities.

August

Staff in Chamchamal receive training in animal-assisted interventions, soon to be implemented in our healing garden.

October

Iraqi parliament elects Kurdish politician Barham Salih as president.

Our Mosul Center opens, providing support for traumatized inhabitants of the liberated but heavily damaged city.

The healing garden opens in Chamchamal.

Therapy Helped Me Find the Things That Give Me Strength

"When I first came to the Jiyan Foundation, my life didn't have any meaning," recalls Mahmood Jalal Barzo.



Mahmood is a 50-year-old father of two sons. In the 1980s, when he was an adolescent, Mahmood was arrested, imprisoned and tortured by soldiers of the Ba'ath regime. "At night they would wake me by hitting their keys on the bars of the cell," recalls Mahmood. "Then I knew they were coming to take me to the torture room."

"When he first came to us, Mahmood would still panic every time he heard keys jingling," says Nabaz Ahmed, psychotherapist at the Jiyan Foundation in Sulaymaniyah. "He suffered nightmares, he was unable to sleep and he felt angry a lot of the time, especially towards his elder son. He was not able to work and was worried about money."

Mahmood then started attending weekly therapy at the Jiyan Foundation. At first he found it hard to talk about himself and his feelings. He had low self confidence and he struggled to concentrate.

"I encouraged Mahmood to talk about his feelings, helping him see that his behavior was a normal reaction to traumatic experiences," says Mr. Ahmed. "We also examined his anger towards his son, analyzing the different aspects of it. We included his son in some of these sessions, which helped the two understand each other better."

"I am much better now," says Mahmood with a smile. "I understand my feelings more and I know what I need to get better. Therapy helped me find the things that give me a sense of pride and strength, such as my work as a barber or walking and hunting in the mountains."

Our Programs

By means of five programs, we promote the physical rehabilitation, psychological well-being and social reintegration of survivors of human rights violations and their family members. These programs are based on the idea that the rehabilitation of individuals, families, and communities is a crucial step towards building a peaceful civil society.



Program for Trauma Care and Health

Exposure to violence and human rights violations can lead to a variety of physical, psychological and social problems. We support survivors in Iraq and Syria by means of medical support, psychological treatment and specialized trauma care, as well as social work.



Program for Rights and Justice

The rule of law and respect for human rights form the foundation of democratic societies and are the blueprint for peaceful coexistence and prosperity. We offer legal assistance, litigation, collaboration with international human rights bodies, and advocacy for the rights of vulnerable groups. We also monitor closed institutions and disseminate human rights standards.



Program for Democracy and Civil Society

In order to progress towards a pluralistic civil society and to strengthen democracy in Iraq, we offer human rights education in schools. We also support networks of young activists and are involved in dialogue activities that bring together members of different ethnic and religious groups.



Capacity Building

By investing in staff training and offering seminars for external professionals, we can better respond to the complex needs of the people we support. We have built up specialized expertise in mental health and psychotherapy. Our counselors and therapists have trained in various methods of clinical intervention, trauma therapy, and supervision.



Monitoring and Research

Monitoring and evaluating our activities helps us to measure their impact, maintain high quality standards and continuously improve what we do. Together with partner institutions, we research the effectiveness of psychosocial support in conflict areas.



Mental Health Services for ISIS Survivors from Mosul

In 2017, Iraqi government forces regained control of Mosul from ISIS. After years of occupation and conflict, large parts of the city have been destroyed and the population is traumatized. Around half a million people were forced to flee. Many sought shelter in Kurdistan, where the Jiyan Foundation has provided medical and psychotherapy services.

Living in fear and without prospects

The tents at Hasansham camp stand in long rows. Clothes hang out to dry between them. This is where 22-year-old Shirin* lives with her parents and six siblings.

Shirin's family came to Hasansham in 2016. They had tried to flee before, but ISIS fighters abducted Shirin, held her captive and sexually abused her. When she was finally freed, the family fled to Kurdistan.

Like Shirin, all the residents of Hasansham are survivors of ISIS terror. Most of the people here have lost loved ones, and many were injured or abused. All have had to leave their homes. In the camp, they have shelter but they lack jobs and long-term prospects.

Since November 2016, a Jiyan Foundation team of medical doctors and psychotherapists has attended to people's physical and mental health needs in the camp. They have treated over 4700 patients.

One of them was Shirin. "When she first came to us, she was feeling very



Therapy session in Hasansham camp.

low and irritable, and she cried a lot," says Hassan Ibrahim, a psychotherapist at the Jiyan Foundation. "She showed symptoms of post-traumatic stress, and was haunted by her terrible ordeal in nightmares and flashbacks."

Ibrahim worked with Shirin over several months, sometimes seeing her for two sessions a week because her symptoms were so severe. "We started with relaxation exercises to reduce her irritability and to build trust," says Ibrahim. "I then used Eye Movement Desensitization and Reprocessing therapy (EMDR) to help process her trauma."

Throughout her therapy, Shirin lived in fear of returning to Mosul. "She said she never wants to live there again," says Ibrahim. "She is afraid that the terrorists and her nightmares will return." Many residents of Hasansham share this fear. Having lost everything, they are anxious about the prospect of rebuilding their lives.

Better health for a better future

"Parts of the city were almost completely destroyed in the conflict," says Omer Taha, who manages the newly opened Jiyan Foundation center in Mosul. "Houses and streets were bombed. There is only one hospital, as most medical infrastructure was destroyed.

And although the security situation has stabilized slightly, various militias still operate in the city."

With support from the German Foreign Office, the Jiyan Foundation began offering mental health services in Mosul in late 2018. In the first month, only a handful of people came. "Mental health is new to them. They don't know what it is, or hold prejudiced views about it," says Omer Taha. But after the team started promoting its services in the city and explaining how the treatment works, the number of people seeking help quadrupled.

"We offer therapy and medical care, and refer to specialists as needed," says Mr Taha. "We cover all the costs, including medicine and transportation. People in Mosul are very poor now, and they could not afford the treatment otherwise."

The Jiyan Foundation team in Mosul will reach out to those returning from Hasansham and other camps. For people like Shirin, this could be a lifeline. "Shirin is a lot better now," says Ibrahim. "But she needs more therapy. Her condition is severe, and she will need a long time to heal."

* The names have been changed to ensure anonymity.

DISPLACED PEOPLE NEED ONGOING SUPPORT

In July 2018, the Jiyan Foundation had to stop working in Hasansham, mainly because of difficulties in obtaining the necessary permits. The authorities gradually began reducing support for the camp, as they wanted its residents to return to the Mosul area. This was very difficult for the people in the camp. They have suffered severe trauma and many of them have no home to return to, and no future prospects.





Supporting Female Survivors of Sexualized Violence

The Jiyan Foundation offers gender-specific medical and psychological care to women and girls at its centers and by means of mobile teams. Since 2015 we have also run a trauma clinic for those who have returned from ISIS captivity.

The sewing machines are whirring. Seven women sit in a classroom, each feeding a piece of brightly colored fabric through a sewing machine. Their teacher walks between the rows of machines, giving instructions and encouragement to the women.

They are patients at the Jiyan Foundation trauma clinic for women in Sulaymaniyah province. Twice a week they attend a two-hour sewing class with a local tailor. "The vocational classes help our clients develop prospects for the future. They can use new skills to earn money when they leave the clinic,"

says Lavan Omar, a psychotherapist at the clinic. "This is an important part of surviving traumatic experiences, and regaining control of their lives."

Outpatient support is not enough

For women who have experienced severe sexualized violence such as systematic rape and enslavement by ISIS fighters, outpatient psychosocial support for an hour or two a week is not enough. This is why the Jiyan Foundation set up the clinic: Women receive

round-the-clock support there. They can leave their daily chores and stress behind and focus on getting better. They are looked after by an all-female team of medical doctors, psychotherapists, physiotherapists and nurses. All services are free of charge, thanks to funding from MISEREOR.

Most women at the clinic have physical health issues related to their abuse; these include localized pains, gynecological problems, and chronic bladder infections. Many cry a lot when they first come, others have concentration problems and keep forgetting simple things. Most have difficulty sleeping and suffer from flashbacks and nightmares.

Combining individual and group therapy

To help the women recover from depression, post-traumatic stress disorder and anxiety, our team offers individual and group therapy. Individual therapy helps staff understand each woman. In groups, all women participate in a structured stabilization program. "Being around other women decreases their anxiety," says Ms. Omar. "And it makes it easier for them to be apart from their family and home."

Partners and other family members are welcome to come for visits and are often included in the therapeutic process. If the women have children they can bring them along to stay with them. If needed, the girls and boys also receive therapeutic support. Our staff offer art, play, and group therapy for them.

Helping women help themselves

An average day for women being treated in the clinic also includes activities such as yoga and gardening, as well as relaxation classes. "We support the women in learning to help themselves, by teaching them techniques to regulate their stress and cope with feelings of shame," says Ms. Omar. "And in the vocational classes we motivate them to learn new skills."

Most patients stay for four weeks, but this can be extended to two or three months. After they leave, many women continue therapy – either at a Jiyan Foundation center or with our mobile teams, who offer mental health services in camps for those who fled from ISIS. "When they arrive at the clinic, the women look sad and are dressed in black. But when they leave they are like different people: They are happy and hopeful," says Ms. Omar.

In 2017 and 2018, we treated 384 women and children at our trauma clinic for women in Sulaymaniyah province. Throughout Kurdistan-Iraq, our teams have provided medical and psychological care to more than 21,500 women and young girls.

** The names have been changed to ensure anonymity.*



HOW WE HELPED LEILA*

When Leila first came to the Jiyan Foundation in April 2018, she was very distressed.

"She kept touching her head and complaining about a headache," says Aveen Aziz, psychotherapist at the women's clinic. "She avoided eye contact and she had very negative thoughts. 'I will never get better', she said."

Leila had been caught by ISIS fighters and held as a sex slave for months. After her escape, she sought help from the Jiyan Foundation because she had nightmares and flashbacks.

Leila spent three months at our clinic. She joined the stabilization and art therapy group, and had individual therapy. She also took sports, relaxation and sewing classes.

During her time at the clinic, Leila's condition stabilized and this helped her take charge of her healing. After she left, Leila returned to the camp where she lives in and now attends weekly psychotherapy at our center in Duhok.

Leila is learning to overcome her negative thoughts. She is determined to take control of her life. She sews and sells clothes to earn money, and she also works as a hairdresser. "Leila is a lot better now," says Ms. Aziz. "She is in the final stages of her therapy."





Therapy for Children and Young People

All Jiyan Foundation centers are open to children and young people, and a quarter of those we support are under 18. Shara Ghafoor, a psychotherapist at the Jiyan Foundation in Kirkuk, explains how therapy for children works and how it helps young patients and their families.

How is psychotherapy for children different from therapy for adults?

One big difference is that young children can't express their suffering in words: they show us how they feel through their behavior. So we need to observe children to see how they behave, and that can tell us how they are feeling. Children who are struggling can become quiet and withdrawn, or they might avoid contact with other children. Others can't control their aggression and shout or hit other children.

How does therapy for children work?

We have a play room with toys and musical instruments. We let the girls and boys play, and initially

we might just observe them and give them time to develop trust in us. It's important that they feel safe. When I talk to them, I always ask simple and open questions. This gives them space to open up, and they don't feel pressured or judged. We also use art therapy and let children paint and draw. This shows us how they are feeling, and sometimes they will start talking as a result. It's always up to the child to decide if he or she wants to talk or not.

Do you involve the parents?

Yes, it's essential to involve the parents. It helps us understand the child's past experiences and family environment. We also explain to the parents how therapy works, and what their children need. And

we encourage them to examine and reflect on their own behavior.

What are the typical problems faced by children in Kirkuk?

Children come to us with a wide range of issues and problems. In our center in Kirkuk we support local families, and we also visit the nearby Laylan camp for displaced people and offer mental health care there. The families in the camp have fled from ISIS and have been living in tents for years, but they can't go back to their cities and villages because their homes have been destroyed. It isn't safe for them yet. Many children in the camp suffer from post-traumatic stress disorder, anxiety, and adjustment disorder.

Local families have problems too. There is tension between the different ethnic and religious groups, which has increased since Iraqi government forces took over Kirkuk in October 2017. The situation causes stress for families. When parents are stressed and anxious, they can't look after their children well or give them the love and support they need. Many boys and girls we see in our center suffer from hyperactivity, anxiety, and depression.

How does therapy help children?

We use different therapeutic approaches which are all helpful. Eye movement desensitization and re-processing (EMDR) is a method that works well with children, helping them to process traumatic experiences. As I mentioned, play and art therapy allow us to understand the children, giving them an outlet for their feelings. We also use relaxation exercises to help them become calmer. We can't change people's living situation, but therapy helps children and their families cope and feel better.

In 2017 and 2018, we provided psychological care to more than 1,500 children and young people throughout Iraq.

** The names have been changed to ensure anonymity.*

Shara Ghafoor has been working with the Jiyan Foundation since 2016. She is trained in EMDR and currently participates in a training program for child and adolescent psychiatry and psychotherapy.



HOW WE HELPED EIGHT-YEAR-OLD SHAKHOWAN*

"I first met Shakhwan when his mother brought him to us in Laylan camp," says psychotherapist Shara Ghafoor.

"Shakhwan had fled from Hawija with his family. He had seen people killed by ISIS fighters. As a result, he slept badly and had nightmares. He was angry and aggressive with his mother, and he avoided contact with other children.

I initially saw him once a week. He was often tired, so I showed him breathing exercises that helped him rest and relax.

We also involved his parents in family therapy. Life in the camp was hard for them: They had no work or money. The boy's father used to take out his anger on his mother and beat her.

When Shakhwan's parents understood how the violence at home affected their son, they began changing their behavior.

I also used play and art therapy with Shakhwan, and EMDR to help him process his violent memories.

Shakhwan enjoyed the sessions. 'I love coming to see you every week', he once told me.

He is calmer now. He plays with other children. He still comes to see us once a month, but he is already much better."





Access to Justice Through Legal Aid

Our free legal counseling helps vulnerable people in North Iraq get fair trials and increased access to protection and justice. A team of eight legal counselors supported more than 1000 persons like Sara who do not have the financial means to hire a lawyer.*

A day in the life of our legal adviser

Noor Muhsin, 29, has worked as a legal adviser for the Jiyan Foundation in Sulaymaniyah for two years.

- At 7 a.m., I wake up, get dressed and have breakfast.
- 8 a.m. I walk to the Jiyan Foundation center and read client court notes. I wanted to be a lawyer to help people. When I was a child, I saw bad things happening and wanted to know more about human rights.

- 8.30 a.m. I go to court. A large part of my work involves helping women get the rights they are entitled to when they divorce their husbands. In some cases they are denied contact with their children, and it touches my heart when I can help reunite a woman with her child.
- Once a week, on Tuesdays, I offer legal counseling to female prisoners. Some of them have killed their husbands after a long history of domestic violence. They face long prison sentences.
- On Thursday mornings I provide legal advice to women who fled violent relationships at a local shelter.



Seminar for police officers in Sulaymaniyah.

- On Wednesdays, from 9 a.m. to 3 p.m., I visit a Syrian refugee camp to provide one-to-one legal counseling. I also run seminars for refugees to inform them of their rights in Iraq. I make these visits with our psychotherapists. We cross-refer clients. I can help people legally, but they need to talk to someone about what they are feeling.
- 11 a.m. or 12 noon. There are usually one or two people waiting for me at our center. We offer free and anonymous legal counseling to anybody who asks to speak to a lawyer. Some people are afraid and feel intimidated.

- 1.30 p.m. My working day at the Jiyan Foundation ends, but I often stay late. I'm passionate about what I do.
- 2 p.m. I go to a shared office to continue working. I want to start a master's degree in December to help me become a better lawyer.
- 7 p.m. I head home to my family - my mum, dad and three siblings. Sometimes I go out with friends or read up on cases.
- 1 a.m. Before bed I like to read. I love psychological books.

** The names have been changed to ensure anonymity.*

HOW NOOR HELPED SARA*

"Sara's father died when she was 12, so she went to live with her uncle, aunt and cousins.

Almost as soon as she moved in with him, her uncle threatened, emotionally abused, and sexually harassed her. Every day she felt afraid and unsafe.

At 24, Sara fell in love with Mahmood. He asked her uncle for permission to marry Sara, but he refused. Instead, he threatened to kill his niece.

Sara fled, made a legal complaint against her uncle and went to live in a shelter for women fleeing violence.

I met Sara on one of my regular visits to the shelter. 'I am desperate and afraid,' she told me. I wanted to listen to her and help her.

Sara needed a residence card to live in Sulaymaniyah because she is not Kurdish. She also needs proof from the Baghdad government that she hasn't been married before. Then she can marry the man she loves.

I am working with the authorities to get Sara a residence card and settle her dispute so that she can live in peace.

Sara tells me: 'I feel stronger and hopeful now. I am very grateful that the Jiyan Foundation has helped and supported me.'





A Path to Transitional Justice in Iraq

The Jiyan Foundation is setting up a coalition of civil society organizations in Iraq. The aim is to help victims of recent human rights violations demand justice and some form of compensation for their ordeals. Bojan Gavrilovic, head of the Program for Rights and Justice at the Jiyan Foundation, discusses our approach and achievements so far.

Can you explain what transitional justice is?

It means coming to terms with past human rights abuses after the end of a dictatorial regime or civil war by means of mechanisms like criminal tribunals and reparation programs.

Reparation is making good the harm done through compensation, restitution, rehabilitation and guarantees of non-recurrence. Wars are always about something from the past, a trauma that isn't spoken about. The idea of transitional justice is to talk about human rights abuses and

bring perpetrators to justice so that we can move on, but not forget. So that in 100 years there will be no more war. It's about breaking the cycle of violence and making a different future possible.

Can transitional justice help victims to heal?

Research shows that when perpetrators are punished and victims are involved, it helps the healing process. Support measures such as medical and psychological care are crucial, but nobody can heal

if they don't feel safe, which is why guarantees of non-recurrence are so important.

Transitional justice involves survivors and includes mechanisms like truth commissions, reparation programs, and restoring civil and political rights. This should provide survivors with more stability and support them in achieving their ambitions.

What justice has there been so far in Iraq?

Iraqi law doesn't recognize crimes against humanity or genocide and so far there has been no attempt to establish a tribunal, either national or international.

Nationally, some criminal trials are taking place, but these are based on anti-terrorism laws that resemble revenge rather than justice. The law which provides compensation for victims of terrorist acts is not being put into practice, especially for women. Internationally, the United Nations entity active in Iraq, UNITAD, is only gathering evidence on crimes committed by ISIS.

Why did the Jiyan Foundation start working on transitional justice in Iraq?

Our physical and mental health assistance is tremendously important in stabilizing the lives of survivors of human rights abuses in Iraq. But treating these problems alone will not tackle the disease itself. There have been several attempts to establish a reconciliation program in Iraq, but so far none have worked – mainly because they employ a top-down approach.

What has been achieved in the last year?

We trained lawyers in Iraq on transitional justice and collected their feedback on what they think might work. This helped us put together a position paper. It identified a gap between the pressing need for human rights compliant criminal proceedings and reparation programs, and the inadequate legal framework and mechanisms within Iraq that are expected to meet this need.

We have now secured initial funding to set up a Coalition for Just Reparations. This will be a network of organizations representing different communities in Iraq, including minority ones. All of them have suffered at the hands of ISIS and other armed groups and need to come together to demand reparations from the government.



Public information event on the right to reparations for survivors of the Halabja chemical attacks.

Why do we need a strong civil society for transitional justice to work?

To help people be more aware of their rights and to demand reparations for victims. A coalition will put reparative justice for human rights violations in Iraq on the national and international agenda.

What's the next step for setting up the coalition?

We hope to set up the coalition by the end of 2019 and define its activities. Then we'll work for it to be acknowledged by the Iraqi government.

HOW INTERNATIONAL LAW FAILS SURVIVORS' RIGHT TO REPARATION

United Nations Human Rights Law states that victims of mass atrocities have a national right to reparation. But it is unclear how they can access it as there is no international mechanism for individuals to enforce these rights.

This leads to a commitment gap. When non-state actors commit violence, the government of the affected country can refuse any responsibility. Meanwhile, the international community refers the victims to their respective government for reparation claims.





Encouraging Peaceful Dialogue

The Jiyan Foundation's dialogue program brings together people from different communities to rebuild understanding and trust. During open discussions and reciprocal visits to places of worship they share similar experiences and voice their wish for a more peaceful future.

"We have gathered here because we believe in living side by side in peace," says Hussein Qasim Hadad. He is a leader of the Bahá'í community, a religious minority in Iraq, and is speaking at a panel discussion in the Mar Yousif Church in Sulaymaniyah.

The panel is discussing the relationship between different groups in Kurdistan-Iraq. Hussein sits with two Christian priests, a Muslim imam, two representatives of Zoroastrianism and a leader of the Kaka'i faith. They are talk-

ing about the future of their war-torn country: How can Iraq be rebuilt after years of violence? And how can the different groups living in the country work together to bring peace?

The consequences of decades of violence and oppression

Iraq has always had a very ethnically and religiously diverse population, however, members of different ethnic and religious groups sitting and talking

together is unusual. The Jiyan Foundation has made this happen as part of its dialogue program, which was launched in 2017. The program facilitates open discussions which are aimed at working through conflicts and developing understanding and solidarity.

Decades of violence and oppression have caused tensions between the different ethnic and religious groups. These tensions increased as a result of ISIS rule, which banned all religions except their own radical interpretation of Islam. ISIS brutally abused and often killed followers of other faiths, or forced them to convert under threat of violence.

Members of the Yazidi and Christian communities were particularly targeted by ISIS. Since 2014, thousands have left the country, resentful at being forced from their ancient homelands, and fearful that their culture might not survive. Of those who stayed, millions sought safety in Kurdistan-Iraq. This caused new tensions, as host communities and displaced people were forced to live together in a small territory while competing for limited resources.

Dialogue as a step towards reconciliation

The Jiyan Foundation's program is a step towards reconciliation. It encourages clergy members of various religions to visit each other's places of worship. This has included a Zoroastrian temple in Sulaymaniyah, a mosque in Erbil, the center of Yazidi faith in Lalish, as well as a Yazidi temple, a Christian church and a Muslim mosque in Duhok.

"Before the visit to Altun Mosque in Erbil," recalls Delman Kareem from the Jiyan Foundation, "the imam asked religious leaders to bring pictures of their holy symbols. He displayed these in the mosque to show peaceful coexistence between religions."

People in the region often look up to their religious leaders. "When the leaders come together in their holy sites, it sends a strong message of peace, and inspires people to follow their example,"

says Friederike Regel, project coordinator at the Jiyan Foundation.

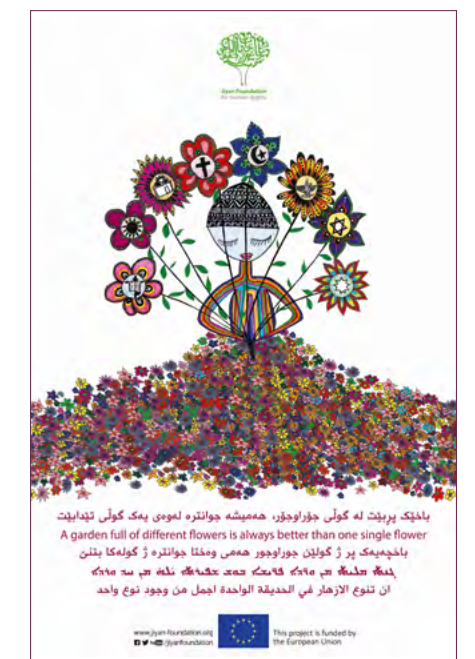
However, experience shows that reconciliation programs need to involve people at all levels of society. For this reason, the Jiyan Foundation conducted 26 dialogue groups in schools, community centers, displaced people's camps, and government offices in 2017 and 2018.

In the city of Alqosh in the Nineveh Plains, for instance, 31 young Christians and Yazidis came together in September 2018 for an art workshop to paint a 'tree of hope'. The tree symbolizes their hope that, despite violence and hardship, they can build a better future. In December 2018 at a second event in the same city, Yazidis, Christians and Muslims met with displaced people from various religions. They shared stories and pictures and got to know each other's beliefs and traditions better.

Program participants have provided very positive feedback. "The workshops and dialogue groups helped people see that despite their differences, they have many values and experiences in common," says Delman.

Most participants agreed that the country cannot be rebuilt without young people from different groups working together. This is why the Jiyan Foundation is setting up a youth network. A pilot workshop for young activists held in December 2018 was well attended, with young people determined to help shape the future of Iraq.

Left: As part of its dialogue program, the Jiyan Foundation launched a social media campaign on the values shared by members of different communities in Iraq.



Poster campaign promoting dialogue and religious diversity.

The dialogue and reconciliation program involved 40 dialogue groups, public panel discussions and visits to holy sites. These reached over 800 people from different ethnic and religious backgrounds, displaced groups and host communities, in six provinces of Iraq.





"Traumatized People Will Not Get Better on Their Own"

Studies suggest that more than half the population of Iraq has experienced psychological trauma – yet there are far too few psychiatrists, psychotherapists and counselors in the country. Dr Derek Farrell, trainer and member of the Jiyan Foundation advisory board, explains what this means for the people and why it's important to train local professionals.

Dr Farrell, at present there is no adequate mental health system in Iraq. What are the consequences for people, many of whom have experienced violence and trauma, if they cannot have treatment?

Studies from several countries suggest that traumatized populations will not get better on their own. They will remain traumatized, and this will cause problems such as addiction and violence. It can also lead to urges for revenge and retribution. Leaving people untreated could lead to a cycle of violence, where people who have been hurt inflict

suffering on other people, and so on. Traumatized individuals will also become physically sick if they are left untreated. We are already seeing an increase in cardiac diseases, some forms of cancer, cardiovascular problems and strokes, liver and kidney problems and diabetes.

How does the Jiyan Foundation contribute to developing the Iraqi mental health system?

In addition to offering treatment, the Jiyan Foundation builds capacity in the region by training



In 2017–2018, we

- ▶ provided 28 different trainings.
- ▶ saw 55 graduates complete our courses in EMDR, trauma therapy and psychotraumatology.
- ▶ launched new courses in child and adolescent psychotherapy and psychiatry, and in supervision.
- ▶ offered about 200 seminars led by trained Jiyan staff for more than 4,000 external professionals in Iraq.

local professionals. This is much more efficient in the long term than bringing in experts from outside the country. Local psychologists from within a community understand the language, the dynamics and the nuances of their communities much better. For this reason, the Jiyan Foundation prefers to empower local people to work with their own populations.

What type of training does the Jiyan Foundation offer?

The focus is on specialist trauma interventions. One example of this is Eye Movement Desensitization and Reprocessing (EMDR), one of the treatments of choice for post-traumatic stress disorder. Rather than requiring patients to talk about their trauma, EMDR exposes them to stimuli like eye movement and hand tapping while they think of it. This jumpstarts the brain into processing the experience. EMDR has been used for 30 years, so there is plenty of evidence to support its effectiveness, and it is applicable across countries and cultures. The Jiyan Foundation has trained two classes of therapists in the technique.

You've mentioned the high level of trauma among the population. Do trainees prepare for this in their training?

It's true that as a therapist working in Iraq you assist highly vulnerable and distressed individuals. For instance, I remember one young therapist who was working with a Yazidi woman after she had witnessed her sister dying in an honor killing. He was doing excellent work with her, employing a compassionate, validating, and nurtur-

ing approach. But it was a very distressing case that showed how difficult it can be to be exposed to the patient's trauma.

The staff themselves are also part of the traumatized population. They have had difficult experiences too. Training at the Jiyan Foundation includes self-care and self-awareness to give staff the opportunity to reflect on these experiences in their role as therapists.

How do you think training will develop in the future?

The conflicts in the region are ongoing. The demand for psychological services will remain very high, especially among people from Mosul and those who have fled from Syria. The Jiyan Foundation will train more qualified staff to help address those needs. This "train the trainers" approach will contribute to developing mental health care in the region.

Dr Derek Farrell is a senior lecturer in psychology at the University of Worcester in the UK and an expert in EMDR. He has trained Jiyan staff, in cooperation with Terre des Hommes and Trauma Aid, since 2015.





How Supervision Improves the Quality of Mental Health Care

Two therapists are sitting face to face. They both work at the Jiyan Foundation's center in Kirkuk. Every week they get together for one hour in a quiet room. On the right is Chenar Ahmed, a psychotherapist and supervisor. He listens to his colleague carefully, reviews cases with her and discusses any challenges she might be facing with clients.

"Clinical supervision is important and necessary," says Chenar Ahmed. "It gives therapists another perspective on their client's condition and progress, and allows them to evaluate their treatment plan."

In addition, supervision creates a space where therapists can practice self-care. They can step out of their role as a therapist, connect with their feelings and assess their own situation. Is a particular case affecting them? Does it trigger difficult memories or emotions? Are

there problems at home that are causing them stress?

Any of these issues could affect the relationship between the therapist and client. Clinical supervision gives therapists the chance to address them and improve the quality of their work. This is important for the personal and professional development of mental health workers and directly impacts on the well-being of their clients. "Because the aim is to help the client," says Chenar Ahmed.



Improving the quality of clinical work

In 2017 and 2018, the Jiyan Foundation set up an internal supervision system with the help of an experienced trainer from the US-based Center for Victims of Torture. As a result, every Jiyan center now has an internal supervisor like Chenar Ahmed. Like him, they regularly meet with colleagues on a one-to-one basis.

Therapists benefit from supervision more if they can talk in confidence. But confidential peer support has its limits when your supervisor is also a colleague. The staff might struggle to share certain issues with someone they work with every day. In such cases, external supervisors are clearly advantageous. They can observe team dynamics from a distance, be more impartial advocates for the staff's well-being, and are able to look at broader issues within the organization that might have an impact on the quality of clinical work.

Training local experts in clinical supervision

Due to a lack of qualified experts in the country, the Jiyan Foundation currently relies on external supervisors from abroad. These are psychotherapists with extensive experience and training as supervisors. They regularly join the teams in each Jiyan Foundation Center by means of digital video and audio communications. If funding allows, they fly in once or twice a year for a personal meeting.

Peter Klentzan is one of the external supervisors working with the Jiyan Foundation. The experienced trauma therapist from Bavaria in Germany has mainly focused on supporting the work of the women's clinic in Chamchamal.

"Supporting the staff in this way is especially important, as all the patients they work with are severely traumatized," says Peter. "In the clinic, there is a particular need for supervision due to the trauma experienced by the women there and resulting demands on the staff."

In 2018, the Jiyan Foundation launched a two-year course in supervision for 20 of its staff. As part of their training, participants are starting to supervise colleagues from other centers, increasing their expertise with every hour of practical experience. When they graduate, they will be the first trained supervisors in Iraq, and can support individuals and groups from a range of backgrounds.

STAFF CARE IS MORE THAN SUPERVISION

Self-care and clinical supervision help prevent our staff from feeling too stressed. But the main responsibility for staff well-being lies with the organization. Staff care includes reliable contracts, clear responsibilities, regular working hours, holiday entitlements and opportunities for unpaid leave, financial security, transparent structures, a friendly working environment, and possibilities for professional development. Team members must feel they are valued and should know who to turn to if problems or challenges arise. Only then can an organization thrive, particularly in a mental health context. While the Jiyan Foundation has always been committed to these standards, a process of organizational development has formalized them since 2018.





Researching and Monitoring Impact

Scientific and evidence-based psychotherapy practice is vital to helping more people in Iraq recover from trauma. Below are outlined three key research studies the Jiyan Foundation has been involved in. The studies help us establish which support people need, and influence the practices used to deliver it.

Improving support for mental health professionals

The number of institutions providing mental health support to people in Iraq and Jordan increased by 14% from 2013 to 2015. It was not clear how professionals were being selected and trained, what support they provided and whether or not clients felt that it helped them.

This is why the Jiyan Foundation, in partnership with the Charité Hospital

in Berlin, conducted a study to improve and expand unified mental health and psychosocial support services for people in Jordan and Kurdistan-Iraq.

Researchers interviewed 31 mental health experts and 204 recipients of support, including Syrian refugees and internally displaced people. They found that only half of the professionals received training lasting longer than one week and most used unspecific techniques.

The study highlighted the need for better training and support for professionals and more resources to allow them to evaluate their practices.

Getting the best psychological care for displaced children

In September 2018 we carried out research with Psychiatrists Without Borders to assess the needs of children in two refugee camps in Syria. The families in these camps had fled from areas under ISIS control in Syria and Iraq. We wanted to know what psychological issues affect the children and what type of treatment they need.

It might seem obvious that children who have lived under ISIS control experience severe trauma and need support. But we cannot say if they have a psychological disorder unless we ask specific, standardized questions.

For our study, eight trained interviewers talked to 71 children between the ages of 10 and 15. They found that more than a third (36%) of the children showed symptoms of a major depression, and just under a third (31%) displayed symptoms of post-traumatic stress.

Several international health organizations provide generalized psychosocial group support to children like these to help them cope, but children suffering from such severe psychological disorders need specialized, longer-term treatment.

Based on the results of the study, we are calling on donors and international aid organizations to provide better access to psychotherapy and other specialized mental health care in Syria.

Understanding psychological distress in Syria

Despite years of civil war, there was no research into the psychological impact of violence on the general population of Syria until 2016.

Since then, the Jiyan Foundation has carried out a study to help organizations plan and offer psychological

THREE WAYS WE'VE OVERCOME CHALLENGES TO MONITORING PSYCHOTHERAPY PRACTICE IN IRAQ

1. We have translated the most frequently used global questionnaires given to psychotherapy clients in order to monitor their symptoms – such as the "Patient Health Questionnaire" from English to Kurdish and Arabic.
2. Instead of a numeric scale, the assessment forms employed by the Jiyan Foundation to identify mental distress use well-researched images to help those from lower educational backgrounds identify the severity of their symptoms.
3. We have adapted the sessions of Eye Movement Desensitization and Reprocessing (EMDR), a special trauma therapy technique we use. Therapists spend more time educating people about how the treatment works as our research revealed that many people didn't understand it.

support to people affected by the war in Syria.

The study found a direct relationship between the level of exposure to violence in Syria and poor mental health. Almost half of the 387 people from different areas of the country who responded to an online survey displayed symptoms of post-traumatic stress. Over a quarter (27%) displayed a low suicide risk.

The research, published in the journal *Transcultural Psychiatry*, illustrates the enormous need for psychological support and trauma care for survivors of the war in Syria.

Salah Ahmad, chairman of the Jiyan Foundation, speaks at a conference on psychotherapy practice in Kurdistan-Iraq and Jordan.





Healing Spaces for Distressed Communities

The Jiyan Foundation community garden in Chamchamal is now open. Using an approach that includes guided contact with animals, children like Jala are able to start talking about the trauma they have experienced.*

While six-year-old Jala* strokes Saif the cat, she talks about the fear she has felt recently. Other animals, including geese, chickens, donkeys and dogs, are nearby. Psychotherapist Aras Hewa Majeed is with Jala, listening, reflecting back, and acknowledging the feelings behind what she is saying. Jala, Saif and Aras have been spending an hour together every Tuesday for two months now.

Before they started to meet in the Jiyan Foundation healing garden in Chamchamal, Jala suffered regular panic attacks. She had experienced physical violence and verbal abuse. Jala was also

terrified of animals – especially cats. Since coming to the healing garden this has changed. "Before, I never wanted to be near cats. I was so afraid," says Jala. "Now I feel happy and wonderful to be with Saif and the other animals in the garden. I enjoy feeding, stroking and brushing them."

Animal-assisted interventions

The healing garden opened in October 2018. It offers a safe space and a peaceful environment to the thousands of children like Jala, and also adults in



Chamchamal who have suffered traumatic experiences. They have faced six decades of violence, persecution, and forced displacement.

Guided encounters with animals are core to therapeutic work in the healing garden. Supervised interaction with an animal helps to connect people to the environment and experience emotional attachment, care-giving, and unconditional acceptance. Importantly, building trust with animals can help an individual develop trust in people.

"Animal-assisted therapy can be a bridge between a therapist and a very traumatized client," says chairman Salah Ahmad, who is supervising the three therapists working in the healing garden. "Patients become friends with the animal first and start to feel safer and stronger. This allows the therapist to connect with the client when other techniques may not have helped. After this stage of the process, they can start to work on the trauma symptoms."

Connecting and growing

People can also look after their own small plot of land in the garden, which has animal stables made out of traditional clay and uses water recycled from nearby houses. In this green space, people traumatized by severe psychological and physical violence can connect with

the natural world. This can give people hope and a renewed sense of purpose.

Indeed, Jala's mother has seen a considerable improvement in her daughter since she started to come to the healing garden. "Her anxiety has lessened and she is always talking about the animals and the garden," she says. "She can't wait to go back there."

** The names have been changed to ensure anonymity.*

HOW WE HELPED SIX-YEAR-OLD JALA*

"When I first met Jala, she was having nightmares and was very fearful because of the trauma she had been through," says psychotherapist Aras Hewa Majeed.

"In the healing garden, I worked with Jala using a four-step animal-assisted process. The first step was to walk around the garden together to get acquainted with its animals. Then Jala was gradually introduced to Saif the cat.

At first, Jala was anxious and didn't want to be close to the cat. I suggested she try to notice how Saif moved from a distance, and what he looked like. I asked if she wanted to call him by his name or to know about his family. This helped Jala develop a friendship with the cat and she began to feel safe.

After that, sessions focused on Jala deciding how she wanted to be with Saif. This gave her a sense of her capacity to make decisions. We talked about only touching Saif if he shows it's okay. And if Saif moves away, we respect his wish to be left alone. This helps Jala to realize that the same 'rule' can apply to her.

The next step was to share her feelings with Saif. Jala told the cat about her nightmares and fear. This helped her to express herself.

Finally, Jala would take a more active role in her care for Saif. She would take his paw, touch and brush him. This showed the trust they'd built. Jala felt more confident, happy and motivated.

The work has helped Jala know that she can manage her trauma symptoms and feel less powerless."





Mental Health Care and Capacity Building in Syria

In 2018 we started working in Syria by training mental health workers and assessing the needs of the population. Pirko Selmo is head of monitoring and research at the Jiyan Foundation in Berlin and regularly travels to Syria. He explains what the Jiyan Foundation has achieved in Syria and how we will help people there in the future.

Why did the Jiyan Foundation start carrying out projects in Syria?

It is something we had been wanting to do for years. What started as a peaceful protest in Syria in 2011 soon turned into a brutal civil war, and one of the largest humanitarian disasters in the world. As a result, the need for psychological support is huge in Syria but there is virtually no mental health care in the country.

Health clinics have been bombed and those who work in them attacked. Local and international health organizations cannot reach people

who need help because it is not safe, or the government won't give them access.

How is the Jiyan Foundation able to intervene?

We work in the northern region, an area not controlled by the Syrian government. The autonomous administration of the region allows external organizations to work there in cooperation with local partners. This suits our approach, because we feel it's essential to empower Syrian NGOs. So we've teamed up with three partner organizations.

The security situation in the north is relatively stable at the moment, so most parts are safe and accessible.

What have you achieved with your local partners in 2018?

We talked to representatives of local organizations to learn more about the needs of the people and to understand what help was in place. This revealed many small initiatives to support the local population led by very motivated university graduates in social work, psychology and education.

We wanted to support these local efforts, so together with our partners PEEL and Psychiatrists Without Borders, we offered a ten-day introductory training course in mental health in Qamishli in July 2018. Our aim was to build up local capacity and allow graduates to develop more skills because opportunities for training are limited.

We taught participants how to recognize signs of mental health problems, including post-traumatic stress disorder and suicidal thoughts, and we also introduced therapeutic methods and relaxation techniques to provide tools they can use to start helping people.

How has the training been received?

The participants gave very positive feedback. They are eager to gain knowledge and learn new skills, and they have asked for more training. A ten-day course is not enough – but if we can offer regular training we can have a big impact.

Since we didn't have much time to address questions regarding specific challenging cases during the training, we started a supervision group for participants who were already doing counseling. Once a week, I offer online supervision to the group. We discuss their cases and any questions they have about specific methods or the progress in their patients' treatment.

What plans does the Jiyan Foundation have to develop its work in Syria and support people there in the future?

We want to provide long-term psychological support to local people and those seeking shelter in the north. That's why we are setting up a center in Amuda near Qamishli, a town with many refugees and displaced people who have fled from ISIS and lived in camps for years. The local population

there has suffered from the war and ISIS terror too. Many people went missing in the region: ISIS abducted them and no one knows where they are even today. This is a huge burden for the families.

Our services will be open to everyone. In addition, we will offer more training for mental health workers to keep building local capacity.

You grew up in Kobane in northern Syria and came to study psychology in Germany in 2009, two years before the war started. What does this work mean to you personally?

I love what I do, and I would help people who need psychological support anywhere – but given the choice, I'd help the people in Syria because the need there is so great. I feel for my community and it makes me happy that I can help through my work for the Jiyan Foundation.

WHY WE WORK IN SYRIA

By December 2018, more than 360,000 people had died as a result of the war in Syria, and over 1.5 million have suffered permanent disabilities.

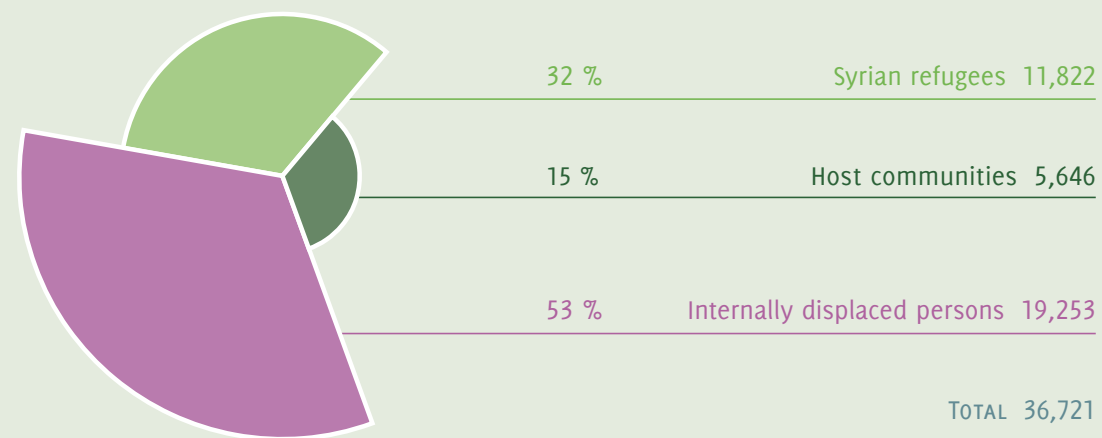
Around 12 million Syrians have lost their homes and livelihoods.

More than six million people were forced to flee within Syria, and more than five million sought shelter abroad.

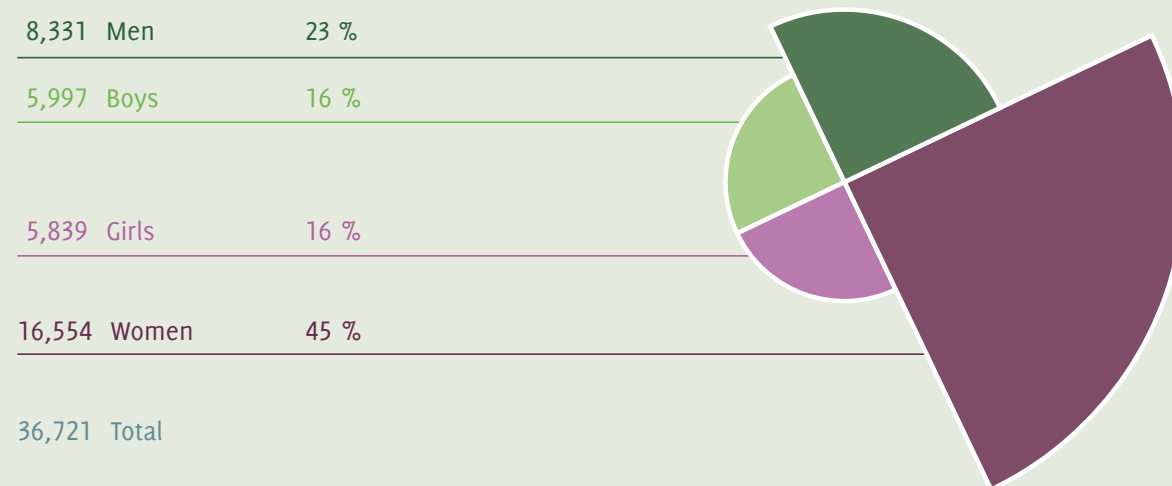


Statistics 2017 – 2018

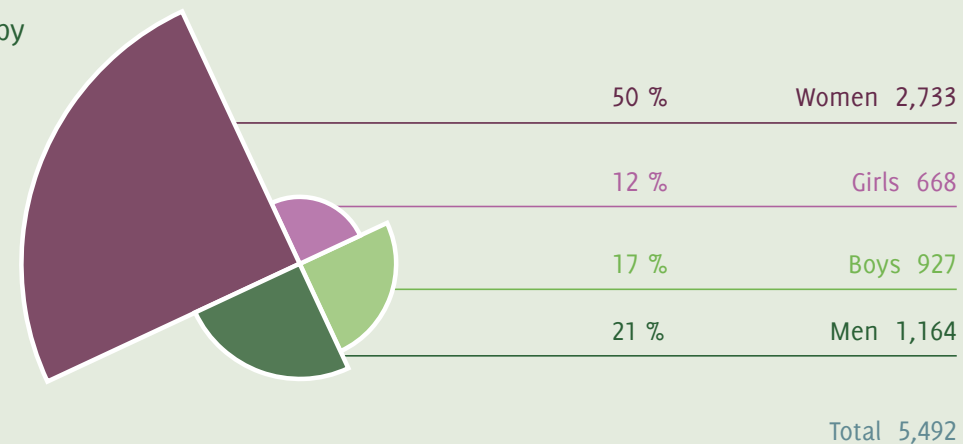
➤ All clients based on target group



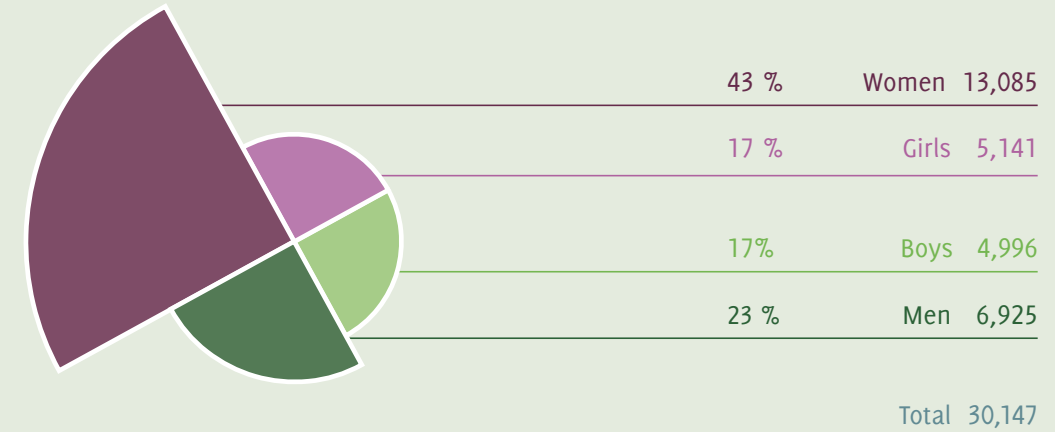
➤ All clients based on gender



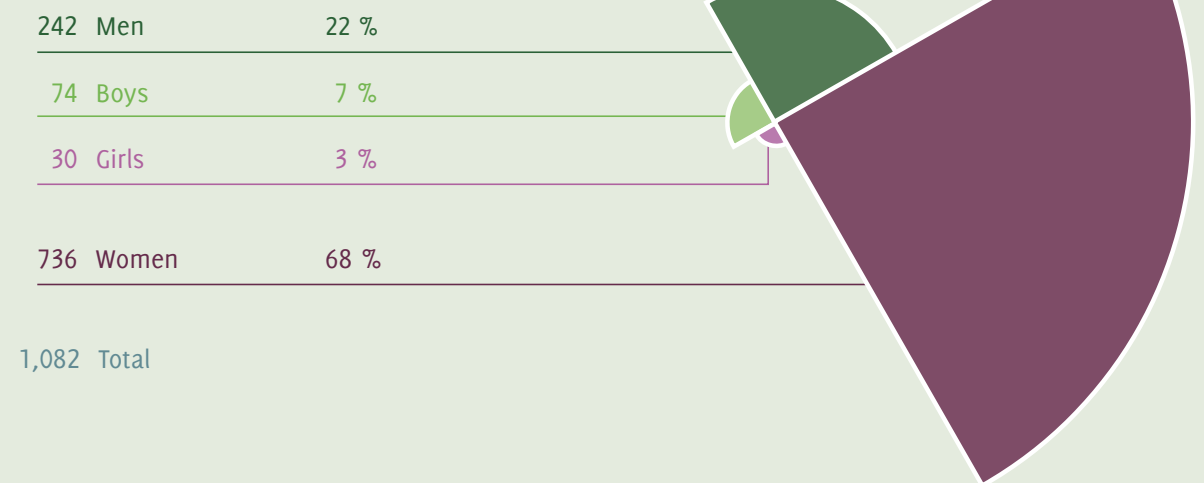
➤ Psychotherapy



➤ Medical assistance



➤ Legal counseling and representation



Some Figures



➤ **18,835 students and pupils** attended our human rights education seminars in schools.

➤ Our therapists conducted more than **95,121 sessions** of therapy.

➤ **14,121 people** participated in awareness-raising, self-help and empowerment groups.

➤ **3,770 people** took part in public events on human rights issues and inter-religious and inter-ethnic dialogue.

➤ Our staff trained **5,811 teachers**, social workers and other professionals on human rights and health issues.

➤ Our work was covered by **140 media outlets**, including TV and radio stations and newspapers.

Team



Members of our team during a seminar in Berlin.

Accounting / IT / Administration

Narmin Salih
Adnan Mohammed
Bestoon Hamarash
Darya Yahea
Hana Hussein
Juman Naoom
Mamand Hasan
Maryam Karamati
Mohammed Ahmed
Sherko Ghadrpoor
Skala Majeed
Skalla Abraham

Capacity Building

Lena Otte

Chairman

Salah Ahmad

Community Outreach Officer / Social Workers

Bahzad Murad
Bano Ali
Faisal Haso

Drivers

Araz Mohammed
Aryan Abdalla
Fadi Eshaq
Hedayat Abdullah
Karim Kareem
Mohammed Shafeeq
Muneer Wardah
Omar Rashid
Rane Baho

Rebaz Samad
Salah Shareef
Sardar Rashed
Shahab Ali
Sherko Mahmood
Waad Fouad

Interns

Ako Ibrahim
Ali Haydar Sari
Banaz Majeed
Barez Mustafa
Chyavan Naaman
Cinur Ag
Essa Abdulrahman
Hadya Aziz
Hawzhin Mostafa
Hozan Hussein
Jasper Kiepe
Kochar Abdulla
Marina Zellner
Meredith Blackwell

Nina Kamal
Nyan Azad
Sabaz Ahmad
Samuel Couturier
Shadman Hiwa
Srood Subhi
Suzan Yousif

Janitors / Guards / Cooks / Gardeners

Chnur Husein
Fathel Dahar
Fatma Abdullah
Fouad Ismael
Ghaida Yousif
Ghalib Hamza
Ibrahim Faraj
Jairan Karim
Kwestan Ameen
Nora Athnil
Qamar Yaseen
Rana Yousif
Sana' Mikhaeel
Tawoos Salih
Zhino Karim

Lawyers

Ali Ahmed
Awara Ahmed
Dawlat Ali
Gona Mustafa
Hasan Omar
Hashim Mohammad
Hazha Othman
Hiwa Fatah
Hoshang Ghafar
Noor Ali
Othman Mahmood
Shayma Samin
Zhyar Abdalla

Legal Advisor and Trainer

Bojan Gavrilovic

Local Directors / Branch Managers

Ako Mohammed
Azad Qader
Omer Abdulrazaq
Rabea Yonis
Rospin Baito
Sdeeq Hasan
Shareef Ali
Yousif Salih

Medical Doctors / Medical Specialists

Akam Saeed
Arsalan Dhahir
Atyaf Al-Abdulraheem
Basoz Omer
Chnur Mustafa
Dr. Adam Adam
Dr. Farsat Saadi
Dr. Harem Abdulqader

Farah Ghazi
Farhang Ghaffar
Hardi Dhahir
Hardi Jalal
Hardi Mohammed
Haveen Ali
Hemin Ahmed
Idris Ahmed
Jalal Ahmad
Jalal Hasan
Jihad Hama
Jutyar Hussein
Kurda Muhamad
Kwestan Karim
Laith Kishter
Maha Aziz
Makwan Abdulkareem
Mariam Daniel
Najat Hasan
Nareen Elias
Nigar Saeed
Ranj Abdulrahman
Rebin Rashid
Rebwar Abdalrahman
Salar Ameen
Sally Habeeb
Sargon Oshana

Sarheed Muhammed
Sarmad Omar
Shadia Faidhulla
Sharief Mirza
Sinan Anwer
Sirwa Al-Jaf
Solan Sherko Mahdi
Suham Rashid
Wafa Rahim
Waleed Omar
Yadgar Abbas
Youshia Warda
Zainab Rasheed
Zhino Rashid
Zozan Islam

Monitoring & Evaluation Officers

Allen Jaleel
Nazanin Salih

Nurses

Gulala Mohammed
Sarya Ali
Shayma Othman
Sheerin Juma
Suham Mohammed

Pedagogue

Meran Abda

Pharmacists / Medical Assistants

Amanj Hussein
Ayad Murad
Bakhtyar Omer
Khairi Rasho
Miqdam Hagi
Sarwat Abdulqader

Physiotherapists

Abdul Hussein
Abobakr Al-Salhi
Hazha Tahir
Hevi Ahmed
Khalil Mohammed
Kozhin Mohammed
Rebwar Hama
Shano Saleh
Shawkat Saeed

Project Assistants

Annette Rosner
Azad Hisso
Bayan Nahmat
Janda Yousef
Rebin Ahmad
Sukaina Hussein

Project Coordinator

Friederike Regel

Project Manager

Leif Hinrichsen

Psychiatrists

Ammer Checho
Dr. Abdulkarim Abbas
Dr. Adnan Tahir
Dr. Jaafar Ahmed
Dr. Perjan Taha
Dr. Redar Amin
Jamal Omer

Psychologists /
Psychotherapists

Akar Mohammed
Aras Majeed
Araz Ahmed

Arkan Hameed
Asma Muhamad
Asmaa Salih
Aveen Aziz
Avin Othman
Bakhtiar Hassan
Bashar Mohammed
Bland Ameen
Bushra Muheidin
Chenar Ahmad
Chya Abdulrahman
Chya Mohammed
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Hawar Moheemmed
Hawkar Ameen
Hawre Rasool
Hawre Sabir
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Hedi Dhahir
Heerish Azuo
Hemn Hassan
Hero Ghafour
Huda Rasheed
Ibrahim Mohammed
Issa Issa
Jihad Azeez
Jiwan Hasan
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Jwana Faraj
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Maryam Ismail
Mayan Hussein
Mohammed Abdulla
Mosleh Kareem
Nabaz Ahmed
Nada Khidida
Nahyat Naamo
Narin Rahim
Narmin Mohammed
Niyan Isamael
Nyan Isamael
Omer Abdullah
Omer Mohammed
Pakhshan Radha
Payam Mahmood
Rangin Mohealdin
Rian Eedo
Rizgar Ibrahim
Rizgar Rahman
Rozhan Ali
Rozhgar Rasul
Sakhar Hero
Salm Mohammed
Samir Huossien
Sara Thanoon
Sarwan Abdul-Qadir
Sazgar Mohammed
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Shadya Amin
Shahla Hesein
Shang Mostafa
Shara Ghafoor
Sharmeen Hasan
Shayma Hama-Sharif
Shaymaa Ibrahim
Sheler Mohammadian
Sherwan Hesen
Shorash Mohammed
Sivan Mahmood
Skala Rashid
Suham Ghafoor
Thamir Khalaf
Vaman As'ad
Viyan Shauqi
Warjin Mho

Warzer Ali
Yasa Mohammed
Yousif Qadir
Yusra Ali
Zaid Ali
Zaneera Sameen
Zarya Ali
Zewar Ahmad
Zuhad Yasseen

Public Relations Officer

Delman Kareem

Receptionists

Darin Meho
Deeman Mohammed
Evon Uaqanda
Fahima Khalil
Fatimah Ayoob
Hive Muhammad
Maryam Qoro
Paiman Ahmed
Payam Hassan
Randa Jajo
Savinya Hamahali
Zryan Hasan

Research and Monitoring

Pirko Selmo

Research Assistant

Stephanie Schweininger

Supervisors

April Gamble
Azad Ibrahim
Azad Ismail
Dr. Muhammad Nasser
Teresa Porslid

Vice Chairman

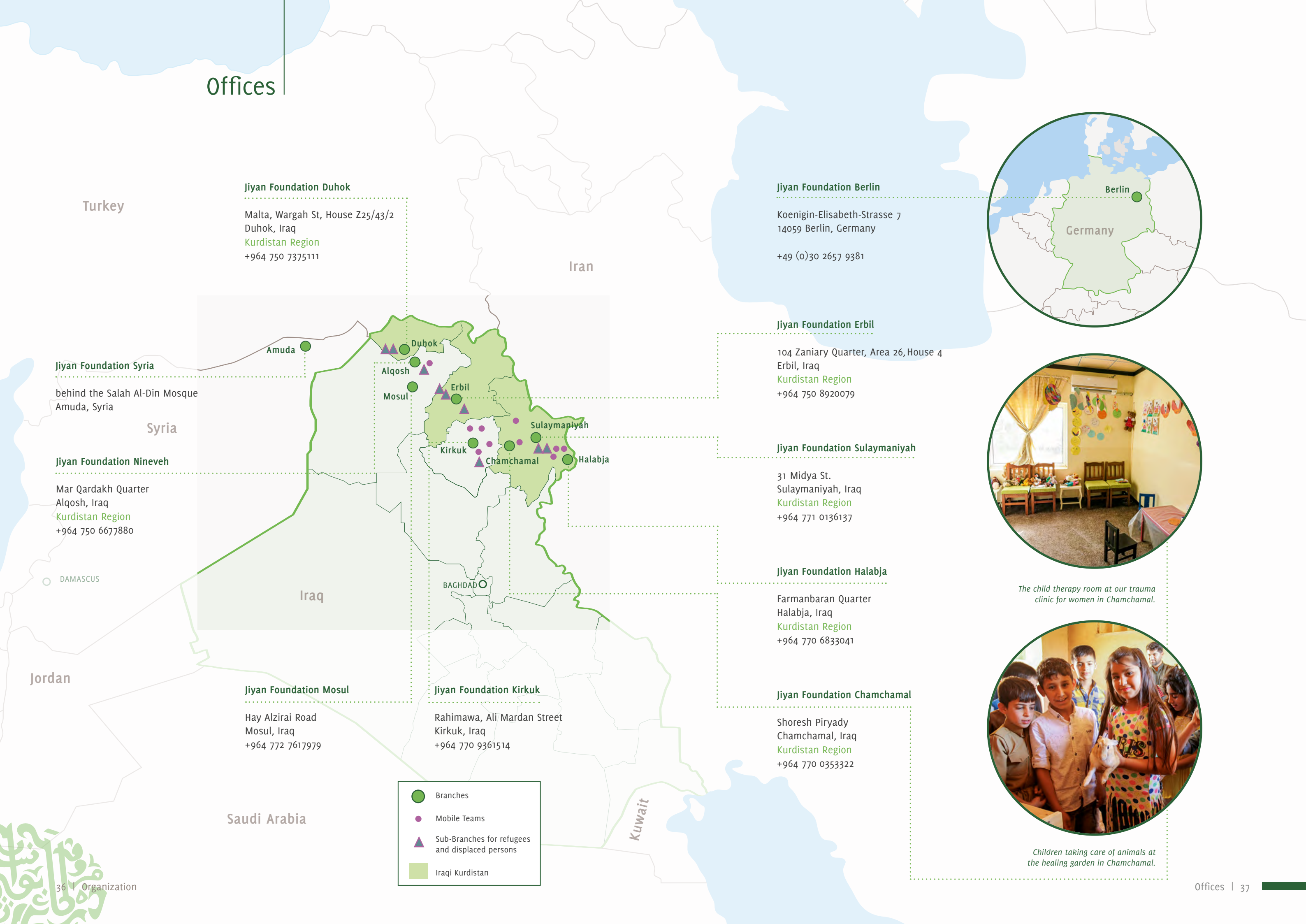
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Volunteers

Ahmed Fatah
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Gulan Faiaq
Hero Mohammed
Hiran Muhammad
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Karim Hassan
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Sara Mawlood
Sara Rafa
Sarwa Arif
Sazan Ahmad
Shokhan Ali
Sophie Metz
Zhilya Aziz



Offices



Turkey

Jiyan Foundation Duhok

Malta, Wargah St, House Z25/43/2
Duhok, Iraq
Kurdistan Region
+964 750 7375111

Jiyan Foundation Berlin

Koenigin-Elisabeth-Strasse 7
14059 Berlin, Germany
+49 (0)30 2657 9381



Jiyan Foundation Syria

behind the Salah Al-Din Mosque
Amuda, Syria

Syria

Jiyan Foundation Nineveh

Mar Qardakh Quarter
Alqosh, Iraq
Kurdistan Region
+964 750 6677880

Jiyan Foundation Erbil

104 Zaniary Quarter, Area 26, House 4
Erbil, Iraq
Kurdistan Region
+964 750 8920079



The child therapy room at our trauma clinic for women in Chamchamal.

Jiyan Foundation Sulaymaniyah

31 Midya St.
Sulaymaniyah, Iraq
Kurdistan Region
+964 771 0136137

Jiyan Foundation Halabja

Farmanbaran Quarter
Halabja, Iraq
Kurdistan Region
+964 770 6833041



Children taking care of animals at the healing garden in Chamchamal.

Jiyan Foundation Mosul

Hay Alzirai Road
Mosul, Iraq
+964 772 7617979

Jiyan Foundation Kirkuk

Rahimawa, Ali Mardan Street
Kirkuk, Iraq
+964 770 9361514

Jiyan Foundation Chamchamal

Shores Piryady
Chamchamal, Iraq
Kurdistan Region
+964 770 0353322

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How You Can Help

Our work would not be possible without the generous support of funders and donors like you. We welcome you to join our efforts and make a gift towards our work in Iraq and Syria.

Over the coming years, a major focus will be on developing our work in Mosul. Three years of ISIS rule and the months-long battle to liberate Mosul have left many women, men and children in the city homeless, traumatized, bereaved, and wounded. Thousands of these people need medical and psychological care. However, much of the city's infrastructure was destroyed and most clinics have stopped working or are operating with very limited resources.

That is why the Jiyan Foundation established a treatment center in Mosul in 2018. Our doctors and psychologists there treat survivors free of charge. Many people who come to us suffer from trauma, anxiety, depression or chronic pain. We support them in regaining good health and developing their future perspectives.

You can help provide medical and psychological treatment to the people of Mosul by donating to our center today. Thank you!

“ We offer therapy and medical care at our center in Mosul, and we refer our patients to specialists as needed. We cover all the costs, including medicine and transport, because people in Mosul are very poor. Most could not afford treatment without our support. ”

Omer Taha • Center Manager

Ways to give

We support women, men and children from all walks of life to build a self-determined, healthy future. Here are different ways to make a financial contribution to our work.

Donations are tax deductible within the SEPA area. Please leave your postal address in the transfer reference or e-mail us at donate@jiyan-foundation.org.

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It's quick and easy to donate via our website www.jiyan-foundation.org. You can make a donation by credit card, SEPA direct debit or PayPal.



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IBAN: IQ30097825163006820001

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donate@jiyan-foundation.org

Contact

Jiyan Foundation for Human Rights
104 Zaniary Quarter, Area 26, House 4
Erbil · Kurdistan-Iraq





Koenigin-Elisabeth-Strasse 7
14059 Berlin · Germany

info@jiyan-foundation.org
www.jiyan-foundation.org

Media Relations

press@jiyan-foundation.org
tel +49 (0)177 1701 081

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Design

Anna Magdalena Bejenke
info@sinn-sucht.com

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Outlook

During the next two years, the Jiyan Foundation will ...

- forge a national **COALITION FOR JUST REPARATIONS** supporting survivors of human rights violations in Iraq
- set up a **NETWORK OF YOUNG ACTIVISTS** promoting peaceful co-existence and dialogue among different ethnic and religious groups in Kurdistan and Iraq
- design a deradicalization and reintegration program for former **CHILD SOLDIERS** enslaved by terrorist groups
- expand its medical and psychological services in northern **SYRIA**, in cooperation with local grassroots organizations
- create an international **TRAINING AND RESEARCH INSTITUTE** advancing capacity building in intercultural psychotherapy



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www.jiyan-foundation.org