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**QKRMT**  
**KRCT**

Qendra Kosovare për Rehabilitimin  
e të Mbijetuarve të Torturës  
The Kosova Rehabilitation  
Center for Torture Victims

### KRCT's vision:

A society without torture, where human rights and fundamental freedoms are fully respected and protected.



Dr. Feride Rushiti is the founder and Executive Director of KRCT.

Under her leadership KRCT has grown rapidly, and during its two decades of operation more than 18,000 survivors of torture and their family members have benefited from rehabilitation, medical, psychosocial and legal services. In 2018 she was awarded the Women of Courage Award by U.S. Department of State for her outstanding courage and leadership in advocating for peace, human rights, gender equality and women's empowerment.



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## Healing and growth

Rehabilitation of the survivors of trauma

Since 1999, KRCT provides rehabilitation services for the survivors of trauma, especially from wartime sexual violence. Our work of healing is based on holistic care and the sensitive, survivor-centered approach offered in a safe and confidential setting.

Our ever-expanding services include:

- Psychological rehabilitation:
  - Individual and Group Therapy
  - Systemic Family Therapy
  - Ceramic Art Therapy
- Physical rehabilitation - medical services treating physical symptoms of the trauma
- Social rehabilitation - helping with community reintegration
- Psychosocial services for vulnerable groups - refugees, asylum seekers and repatriated persons.
- Confidential documentation referrals and monitoring of assisted cases
- Psychosocial support for survivors on a needs-basis outside of therapy sessions (i.e. Court hearings, Interviews at the Government Commission for Status Recognition )



## Dealing with the Past

Documentation of wartime sexual violence in Kosovo

In our efforts to serve the truth and justice for the crimes of sexual violence during the war, we are conducting a large-scale documentation of these crimes and making the statistics public through an online platform.

- The documentation of crimes of wartime sexual violence serves:
- The preservation of the truth of wartime sexual violence in Kosovo
- Access to justice for the survivors of wartime sexual violence in Kosovo
- The non-repetition of these atrocities and prevention of torture in the future through the education of the next generation and
- Knowledge exchange through the Manual for the Documentation of Conflict-Related Sexual Violence.



## Breaking the cycle of pain

Research and Systemic Family Therapy to heal transgenerational trauma

The trauma of wartime sexual violence is not restricted to the survivors themselves, but it impacts their families and communities, and it is passed down the generations.

To better understand this phenomenon and help break the cycle of trauma, KRCT is doing research in Epigenetic markers and Cortisol levels on the offspring of over 120 survivors of wartime rape in Kosovo who were diagnosed with PTSD during their pregnancies after the war.

The research indicates that the trauma is passed down to the children on a biological level through epigenetic changes in the mother's DNA. To reverse this, we have designed and implemented a ten-week Systemic Family Therapy Intervention.

This research and the intervention is going to help with larger-scale treatment of transgenerational trauma towards collective healing, but it will also serve us in educating the public and spreading awareness of the less visible consequences of trauma.

## Awareness-Raising Campaigns

KRCT created country-wide awareness campaigns to fight the stigma attached to survivors of wartime sexual violence and influence the institutions through public support for the rights of the survivors.

The "Hear My Voice" Campaign was launched in 2012 and it galvanized different layers of society to speak in support of the rights of the survivors of wartime sexual violence. Two years later, the survivors were legally recognized as civilian victims of war by the Kosovo institutions.

The "Be My Voice" campaign was launched in 2018 and created a paradigm shift in society with the introduction of survivor activists such as Vassilje Krasniqi Goodman and Shyrete Tahiri Sulimani. This campaign continues to have a global echo through the widespread adoption of its symbol, the Anemone flower, which is now part of the diplomatic protocol of the highest institutions in Kosovo.