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**TREATING TORTURE SURVIVORS AMONG ASYLUM SEEKERS AND REFUGEES:
A CONTEXTUAL AND MULTICULTURAL INTERVENTION AND ISSUES**

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A growing body of research shows that many refugees are survivors of torture and political violence in addition to their adverse migration experiences. The psychological and physical sequelae may hinder their recovery and integration. Furthermore, several factors pose significant challenges for mental health providers when assisting in the rehabilitation and integration of torture survivors (i.e., cultural humility, culture-related taboos, and acculturation stress) as well as assessing and documenting the alleged torture (Istanbul Protocol).

The purpose of this presentation is twofold. First, intervention strategies incorporating a contextual and multicultural approach will be considered (e.g., mindfulness, interpersonal, emotional regulation, and stress tolerance skills). Second, challenges when treating and evaluating torture survivors will be discussed (e.g., Istanbul Protocol).

Keywords:

refugees, torture, contextual, Istanbul Protocol

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