

Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	1	January	2023		31	December	2023

Charity name	Trauma Treatment International
Other names charity is known by	TTI
Registered charity number (if any)	1175429
Charity's principal address	15 Towton Road London, SE27 9EE

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Andrea Mcsparron (Thompson)	Chair		
2	Rob Lewis			
3	Jenn Keser			
4	Stephen White	Treasurer	Resigned Feb 2024	
5	Annis Cohen		Oct 2023	TTI board
6	Abdulkhadir Mohammed		Oct 2023	As above
7	Teresa Au	Treasurer	March 2024 (signed off the 2023 annual accounts)	As above
8	Alan Arul		March 2024	As above

Name of chief executive or names of senior staff members (Optional information)

Quen Geuter – CEO

Description of the charity's trusts

Type of governing document
(eg. trust deed, constitution)

Constitution

How the charity is constituted
(eg. trust, association, company)

Charitable Incorporated Organisation

Trustee selection methods
(eg. appointed by, elected by)

Appointed by trustees

1. Summary of the objects of the charity set out in its governing document

TTI Charitable Objects

TTI's vision: Everybody suffering from the trauma of collective violence receives the support and treatment they need to recover.

TTI's mission: To heal the trauma of people affected by torture, trafficking & slavery, persecution and war, wherever they are in the world.

The objects of TTI are for the public benefit, to preserve and protect good health and relieve the suffering of persons who suffer from psychological trauma as a result of their, or members of their families, having been subjected to mental or physical violence or abuse including (but not limited to) torture, human trafficking and slavery. In furtherance of these objects TTI shall have power to do all or any of the following:

- a) to provide treatment and assessment services for persons who suffer from psychological trauma as a result of their, or members of their families, having been subjected to mental or physical violence or abuse including (but not limited to) torture, human trafficking and slavery in order to eliminate, reduce or mitigate the effects of such psychological trauma and to relieve psychological distress suffered by individuals as a result of working with such persons;
- b) to assist other organisations to provide (or improve or enhance their ability to provide) services such as those described in paragraph a) above;
- c) to undertake research in order to improve the treatment and assessment of psychological trauma of the type described in paragraph a) above; and
- d) to educate the public, governmental and intergovernmental bodies and other organisations in relation to problems suffered by persons such as those described in paragraph a) above in order to contribute to the reduction of the incidence and effects of such psychological trauma and distress.

The following definitions apply in relation to these objects and powers:

"torture" as defined in The United Nations Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment)

"human trafficking" as defined in United Nations Convention against Transnational Organized Crime (UNTOC) and the Protocols thereto.

Who we help

TTI provides direct psychological assistance to those persons who suffer from psychological trauma as a result of their, or members of their families, having been subjected to collective violence. The term *collective violence* refers to mental or physical violence or abuse including (but not limited to) torture; human trafficking and slavery, persecution and war.

We also assist organisations that provide the above populations with social, psychological, medical and/or legal services and with organisations that are seeking to end organised violence or uphold human rights, such as legal teams, journalists and human rights defenders. In particular, we support organisation

partners to become trauma informed, to embed trauma informed practice and to mitigate against the impact of exposure to traumatic material within staff teams.

We work with all individuals who have experienced such atrocities, regardless of nationality, ethnicity, gender, sexuality, health and current legal status. We work with adults and those who experienced traumatic events in or close to adulthood (aged 18+).

2. Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

What are the benefits?

Individuals who have experienced severe atrocities such as torture, trafficking, slavery and war can develop mental and physical health difficulties of a complex nature. These difficulties frequently interact, leading to ongoing suffering long after the individual is released from the torture or trafficking situation, or has left the area of conflict. This often leads to withdrawal from others, social isolation, and an overall reduction in functioning as well as help-seeking behaviour and wellbeing. In low income settings, this has a direct impact on the individual's ability to survive. For families and children, the impacts are also devastating and family breakdown is common. Without adequate treatment and care, psychological suffering can impact subsequent generations.

We are also aware of the impact on organisations and their workforces that are exposed to trauma on a daily basis. Therefore, assisting organisations that work with people affected by organised violence or with significant levels of traumatic material through their work is a key aim of our organisation. The effectiveness of an organisation to deliver its goals can be impaired by the environment in which they work. For example, psychological mechanisms such as vicarious traumatisation, burnout, transference and countertransference, as well as exposure to traumatic material and working in low resource settings can all impede successful implementation of projects.

TTI works to achieve four key outcomes:

1. All victims of collective violence receive the evidence-based trauma support or treatment they need, without undue delay.
2. Everyone exposed to collective violence through their work is protected from traumatic stress.
3. Society understands that victims of collective violence suffer psychological trauma and responds appropriately.
4. Clinical expertise in trauma treatment is disseminated globally, to upskill psychologists, mental health practitioners and those in high trauma contexts.

Why do TTI's purposes aim to benefit the people we have identified?

TTI has established a TTI Associate Pool, which is made up of highly skilled clinical psychologists with expertise in trauma. Through the expertise of these associates, we are able to deliver evidence-based services to individuals and organisation partners.

We have implemented programmes that demonstrate the positive impact of addressing the psychological needs of victims, for example, improved psychological wellbeing (such as a reduction in PTSD symptoms), vocational and social functioning.

Additionally, vicarious trauma and burnout reduce the effectiveness of organisations that work with victims of organised violence and potentially cause harm to those they are seeking to help.

How does TTI decide who to work with?

TTI uses the following criteria when making decisions about who to work with:

Provision of assessment and consultancy to services to organisations working with victims of organised violence

- Does the organisation work with victims of organised violence?
- Is an assessment of the organisation working with victims of organised violence requested by members of the organisation or the management?
- Is there a likelihood of burnout and vicarious trauma within the staff teams?
- Is the management of the organisation open to facilitating an assessment of needs and do they express willingness to put any recommendations into place? Will they commit to follow up assessment or monitoring?
- Does TTI believe that an occupational / clinical psychological intervention with the organisation is likely to have an impact on the beneficiaries of the organisation within a reasonable timeframe?
- Will a TTI intervention have a sustainable impact?
- Does the organisation share similar values to TTI?

Treatment

- TTI works with Referral Partners. These are organisations that work directly with victims of trauma and that meet the eligibility criteria set out below. We also work with organisations working to end human rights abuses and promote accountability for those who perpetrate them and whose staff may be exposed to trauma due to their work.
- A key focus for the TTI Trauma Clinic is to provide therapy to partners involved in strategic litigation cases. For example, to support victims in strategic litigation cases to be able to more effectively participate in legal procedures by providing reliable witness testimony.

In order to be eligible to access treatment at the Trauma Clinic, beneficiaries must be:

- Referred by a Referral Partner
- 18 years of age or older
- Suffering with psychological difficulties caused by the type of trauma we treat
- Speak fluent English or have access to funds through the referral partner to cover costs of an interpreter.
- If attending therapy via a video platform, have access to reliable internet connection, a laptop, and a private and quiet space

We are unable to provide treatment to:

- People who are not referred by a TTI Referral Partner
- People whose psychological difficulties are primarily the result of other types of trauma or adverse events or are the result of childhood trauma
- Those who are at high or immediate risk of suicide or at risk of causing harm to others
- Those who are currently suffering with severe psychotic symptoms
- Those whose alcohol or drug use prevent them from engaging in treatment

What sort of service or facility does TTI provide?

TTI selects psychological interventions that are most appropriate to use, according to the available evidence base most appropriate to the circumstances. Interventions are likely to have been recommended by The Inter-Agency Standing Committee Guidelines (IASC) on Mental Health and Psychosocial Support (MHPSS) in Emergency Settings (IASC, 2007), but not limited to these.

TTI service provision involves working with local partners to deliver evidence based psychological interventions for mental health problems in populations traumatised by organisational violence (specifically

those traumatised by violence such as torture, trafficking or slavery or their families.)

TTI prioritises collaborating with other organisations to complete a shared goal or vision. We believe that collaboration with organisations that work with the same beneficiaries maximises all parties' effectiveness in service provision.

Where does TTI provide services?

UK

TTI is developing a range of services that are being provided as direct interventions to victims of organised violence and organisational partners within the UK. This includes working in partnership with UK-based organisations that support victims of organised violence. In 2023, TTI worked with 35 organisations some of which are internationally focused and some of which work solely in the UK. These organisations reflected the needs of victims of trafficking, slavery, refugee and migrant communities, human rights defenders, journalists and war crimes investigators, hostage and torture victims.

Our work is with both UK-focused organisations and UK-based organisations with global reach. As such our interventions and provision of services are not restricted to only working with beneficiaries who live in the UK. We receive referrals to work with victims of trauma all over the world.

International

In 2023 we worked with an organisation based in Myanmar to provide trauma training and supervision to local mental health practitioners working with rescued victims of trafficking and slavery. We also developed partnerships with organisations in the US and Europe.

As all our services are delivered online, we are not restricted to a specific geographic region.

How does the organisation address these needs?

TTI delivers projects and programmes based on five strategic priorities:

- a) **TREATMENT:** Improving access to evidence based trauma treatment for victims of collective violence, wherever they are in the world.
- b) **EDUCATION:** Increasing knowledge of trauma and trauma informed practice in homes, communities and workplaces.
- c) **ADVOCACY:** Elevating the trauma agenda, and advocating for evidence based and trauma informed treatment and structural change. and Empowering those exposed to trauma to safely voice their lived experience, to access justice and inform service design.
- d) **MANAGE, MITIGATE and PREVENT:** Supporting organisations working in trauma exposed contexts to understand and manage the risk of trauma, promote staff wellbeing and deliver trauma informed services.
- e) Promoting the diversity and skills of mental health practitioners, wherever they are in the world and Supporting capacity building within communities in high-trauma contexts to treat trauma, where state or other provision is lacking.

How has the organisation identified these needs and what evidence or information has it used?

TTI collaborates with others who have identified a need and expressed a desire to work with us. TTI has considerable experience working in the UK and internationally with victims of collective violence.

We also utilise socio-political information such as news of escalating conflicts; information about trafficking and

slavery 'routes and hotspots'; contexts where there are significant numbers of the population facing torture. Sources include scientific research publications, reports of International NGOs documenting human rights abuses (for example Amnesty International or Human Rights Watch) or health challenges in different contexts (for example International Committee of the Red Cross or Médecins Sans Frontières).

TTI undertakes specific research and consultation from time to time with specific cohorts or networks of organisations with a specialism in an area of interest. For example, in 2022-2023 TTI has carried out research and developed a coalition of partners to develop trauma-informed approaches to hosting of refugees.

The trustees have had regard to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the CIO's aims and objectives and in planning its future activities. In particular, the trustees consider how planned activities will contribute to the aims and objectives that have been set.

Which partners / agents will the organisation work with or fund and how will it select them?

TTI works with partners according to the criteria outlined above as well as following due diligence processes and risk assessments, in accordance with how decisions are made about carrying out any project. In addition, TTI will consider the applicability of its methods for the particular cultural context, the availability of resources, the safety of working within the area concerned in terms of risk to staff resulting from conflict, disease, political oppression or a breakdown in the rule of law.

Decisions relating to activities with partners will also be made according to the same criteria.

TTI will not provide psychological services where it is clear that the beneficiaries' current situation maintains or worsens their wellbeing. This includes any setting whereby the context or setting is directly contributing to psychological distress, over and above the effect of any trauma that they have or are experiencing.

TTI will not work with beneficiaries, if doing so will positively impact those who cause psychological suffering, or enable further suffering (for example TTI will not work with those who are still enslaved or detained).

3. Summary of the main achievements of the charity during the year

The key achievements of TTI during the year 2023 can be summarised as:

i) TTI Trauma Clinic

Ongoing growth of TTI's Online Trauma Clinic for victims of torture, hostage and horrific events, with ten referral partners and 25 referrals provided with 162 treatment sessions.

"The transformative impact of my TTI therapist's intervention is so profound ,I struggle to encapsulate it in words."

ii) All Rise: trauma treatment for female Afghan judges, lawyers and human rights defenders

22 Afghan women have been supported through trauma treatment in partnership with International Bar Association's Human Rights Institute, International Alliance for Women's Rights and Methoria/ Last Rights, funded with thanks to many donors who contributed to the successful crowdfunding campaigns since 2022.

iii) Trauma Management in the Workplace Training (Homes for Ukraine)

In 2023, we ran a series of online courses on Trauma Management in the Workplace, aimed at organisations

supporting Ukrainian refugees and their British hosts.

Participants were taught to spot the signs of burnout and secondary trauma in staff members, and how their organisations could become more trauma-informed in their approach and support processes.

In a feedback survey, 100% said they would recommend the training to others. One praised the “practical examples of how working with people

iv) Trauma-informed hosting coalition advocating for refugees and UK hosts

9 UK organisations have joined forces with TTI to create the Trauma-Informed Hosting Coalition, aimed at advocating for victims of trauma being hosted in the UK and those around them.

iv) Work with partner organisations to become trauma informed and to protect workforces from stress, burnout and vicarious trauma caused by repeated and extensive exposure to traumatic material through their work.

1. **London Catalyst** project provided bespoke trauma-informed support to Women for Refugee Women as a pilot to explore the benefits of providing embedded psychologists within an organisation for a period. The project was a success and showed that embedded support has the benefits of being flexible to changing needs as well as enabling supported culture change needed to foster adoption of trauma informed practice within trauma exposed organisations. The success of this pilot was pivotal in enabling TTI to secure funding from **City Bridge Foundation** to roll out embedded trauma support to 12 organisations across London over the next 3 years.
2. TTI trained 300 individuals in courses including Trauma Management in the Workplace & How to Work Safely with Traumatic Material
3. We supported 33 organisations to become trauma-informed
4. We delivered 243 individual and group sessions for trauma exposed staff and teams within 8 organisations.

“I often come away from the sessions feeling so much lighter and like I can see a way forward. With this hectic, trauma-facing work I have felt close to the brink of burn out at times, but the therapist just recognising the signs of that and helping me see where I am at has made a huge difference and prevented me from going into a much worse place.”

100% gave us a satisfaction rating of 5 out of 5, and 100% said they would recommend our services to loved ones.

100% said they were more able to manage work-related stress as a result of our sessions.

Brief statement of the charity’s policy on reserves

Reserves Policy:

To be able to have sufficient funds to be able to close down the charity if the Trustees determine is no longer a going concern. Given there are now 3 employees but no substantial office costs, the trustees have determined that they require funds to pay annual charges and three months running costs to £51,000

Details of any funds materially in deficit

As the charity grows and develops, e.g appointing staff, securing premises, the level of reserves will be reviewed and revised accordingly taking into account any additional liabilities.

N/a

Further financial review details (Optional information)

•

The charity's principal sources of income continued to be a mixture of restricted and unrestricted grants and donations, with some income carried forward from the previous year.

In 2023 we secured funds from Karl Johan Persson, Matrix Chambers; MSN Family Trust, City Bridge Foundation and London Catalyst and crowdfunding as well as from income generated from services. Funding secured in 2022 from CFC Insurance and Alan Lane Foundation enabled us to complete key projects supporting Ukrainian and other refugees being hosted in the UK and the All Rise project was delivered, thanks to funds raised from the All Rise Crowdfunding campaigns in 2022 and one larger individual donation towards that project.

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

Full name(s) Andrea Thompson

**Position
(eg Secretary, Chair, etc)** Chair

Date 11 June 2024

Independent examiner's report

To the trustees of

Trauma Treatment International Charitable Incorporated Organisation

I report to the trustees on my examination of the accounts of Trauma Treatment International Charitable Incorporated Organisation ('the CIO') for the year ended 31 December 2023.

Responsibilities and basis of the report

As the charity trustees of Trauma Treatment International CIO you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the CIO's accounts carried out under section 145 of the 2011 Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination that give me cause to believe that in any material respect:

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Caroline Sharp
FCA, DChA
LONDON
SE7 8PF

Date: **11 July 2024**



CHARITY COMMISSION
FOR ENGLAND AND WALES

**TRAUMA
TREATMENT**
INTERNATIONAL

Charity Name
Trauma Treatment International

No
1175429

CC16a

Receipts and payments accounts

For the year from 01-Jan-23 To 31-Dec-23

Section A Receipts and payments

	Unrestricted funds	Restricted funds	Total funds	Unrestricted funds	Restricted funds	Last year
	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £	to the nearest £
A1 Receipts						
Grants and donations						
Karl-Johan Persson - Core costs	60,000	-	60,000	59,994	-	59,994
MSN Family Trust/CIVA - Trauma clinic	-	35,000	35,000	-	18,533	18,533
The Fore	9,600	-	9,600	20,200	-	20,200
City Bridge Foundation	-	7,871	7,871	-	-	-
Matrix Causes Fund/Prism - Associate training	-	3,000	3,000	-	3,000	3,000
The Prism Charitable Trust	-	-	-	-	18,000	18,000
Allen Lane Foundation	-	-	-	-	6,350	6,350
London Catalyst	-	-	-	-	3,000	3,000
London Community Foundation/MOPAC Partnership with Escaping Victimhood	-	-	-	8,860	-	8,860
All Rise again Crowdfunder	-	2,260	2,260	-	51,616	51,616
JustGiving - Ukraine Project design	-	-	-	-	15,197	15,197
Other donations	242	-	242	143	-	143
			-			-
Invoiced services	50,095	-	50,095	32,356	-	32,356
	-	-	-	-	-	-
Sub total (Gross income for AR)	119,937	48,131	168,068	121,553	115,696	237,249
Total receipts	119,937	48,131	168,068	121,553	115,696	237,249
A3 Payments						
Core staff positions						
- Salaried	20,659	42,091	62,750	-	-	-
- Consultant	34,200	-	34,200	33,793	38,400	72,193
Consultant and associate fees - Clinical	40,024	21,050	61,074	14,434	21,394	35,828
Consultant fees - Non-Clinical	12,110	12,100	24,210	-	-	-
Interpreters and Translation	-	2,659	2,659	-	-	-
Recruitment, training and induction	1,152	1,165	2,317	-	2,488	2,488
Associate supervision	275	-	275	-	675	675
Travel & Subsistence	99	-	99	214	-	214
Office/IT/Communications	9,695	2,850	12,545	5,981	11,440	17,421
Governance and Board costs	164	-	164	2,068	-	2,068
Accounting and book-keeping	2,250	500	2,750	-	-	-
Independent examination	1,100	-	1,100	900	-	900
Fundraising	1,600	-	1,600	5,840	-	5,840
Sub total	123,328	82,415	205,743	63,230	74,397	137,627
Total payments	123,328	82,415	205,743	63,230	74,397	137,627
Net of receipts/(payments)	(3,391)	(34,284)	(37,675)	58,323	41,299	99,622
A5 Transfers between funds	-	-	-	(2,892)	2,892	-
A6 Cash funds last year end	66,335	105,113	171,448	10,904	60,922	71,826
Cash funds this year end	62,944	70,829	133,772	66,334.86	105,112.68	171,448

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	
B1 Cash funds	Bank account 1	3,269		
	Bank account 2	59,675	70,829	
	Total cash funds	62,944	70,829	
	(agree balances with receipts and payments account(s))	- 0		
B2 Other monetary assets	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	
	Work invoiced Dec 2023, paid 2024	2,750	-	
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	Invoices payable Dec 2023, paid 2024	General	8,773	
	Overpayment from funder	General	2,280	
	HMRC December 23 paid Jan 24	General	3,285	
CIO Notes required under the Charitable Incorporated Organisations (General) Regulations 2012:				
1. No guarantees were given by the CIO where potential liability under the guarantee is outstanding at the date of the statement				
2. There were no debts outstanding at the date of the statement which are owed by the CIO and secured by an express charge on any assets of the CIO				
Signed on behalf of all the trustees				
Signature		Print Name	Date of approval	
<i>Andrea Thompson</i>		Andrea Thompson	11-Jun-24	