



Building Trust and Communication Through the Survivors of Torture Program

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Internship in Psychology

My PSYC 390 course prepared me to incorporate fieldwork at a human service organization, our classroom material and discussions, and personal reflections to focus on the needs of the community while navigating through my own personal needs and contribution goals for the future. In class, I had the wonderful opportunity to learn from and discussing the goals and ideas of my peers while also reflecting on my own unique internship experiences.

Goals and Objectives I Had in Mind:

- Learn about and provide specialized care with respect to the clients' backgrounds and unique situations
- Inform myself about how healthcare professionals assist patients undergoing the political asylum process
- Familiarize with different kinds of documentation that clients may need to complete upon receiving medical/dental/financial services
- Familiarize myself with educational, medical, and psychological therapy services throughout Chicago

Survivors of Torture Program

The Marjorie Kovler Center is a part of the Heartland Alliance in Chicago. It is dedicated to providing survivors of torture with opportunities to "heal, access justice, and rebuild their lives with dignity." It specializes in trauma-informed care for survivors of torture and serves as a trusted resource of integrated treatment and services to reach vulnerable populations who have been victims of government-based torture and violence, including asylum-seekers, immigrant and refugee adults and their children. Clients enrolled in the Survivors of Torture program receive medical, mental health, and social services, as well as assistance with food, housing, and employment when needed.

Select Task and Activities I Engaged in:

- Participated in a seminar on psychological affidavits and political asylum processing for refugees and asylum seekers
- Made phone calls to various healthcare services (ex. dental providers) for the clients in need of root canals, crowning, etc.
- Constructed a resource map for the Kovler clients/staff as a part of my Learning Project for my Engaged Learning course

Reflecting as an Intern

I am glad that my past experiences have familiarized me with many of the paperwork and assignments that I worked on during my time as an intern. This made me very enthusiastic to help the staff and clients to the best of my abilities while also learn more about casework from a psychological perspective. Moreover, I really enjoyed and bonded with the case management team. This is particularly because we started each morning off with a half-hour Zoom conversation, where not only did we clarify what tasks we were to work on for the rest of the day, but also got to know each others' lives better through casual topics! This was especially meaningful to me and brought me closer to my supervisors and co-intern. I also enjoyed attending topic-specific seminars where I met more incredibly experienced and accomplished individuals in psychological healthcare and academia! Lastly, I loved working with the clients despite it being a predominantly remote opportunity. I tried to make every effort to communicate with them via phone and text, using French-speaking skills whenever I could not find the proper word or phrase in English.

