

Public organization "Women's dignity" conducts free-of-charge reception of women with the purpose of rendering of the psychological, legal, medical, humanitarian help to them. In the centre sewing courses and courses on studying the computer are open, the training hall works. Our centre is attended by jobless women, women – widows, single women who in a great need of the help and support, sometimes they come with children. In a day in our centre come approximately 10–15 women. The centre works from 9.00 to 17.00, except for Saturday and Sunday.

With all women who come in our centre, the individual conversation and then and work are conducted. First with them the psychologist and the lawyer work. Women, conversing with the psychologist and the lawyer, very much frequently complain of bad state of health, on pains in a back, legs, a waist. In process of finding out of their problems and rendering by them appropriate psychological and a legal aid, women frequently go to the doctor – gynecologist, on medical-improving massage, on employment in a training hall.

The psychologist of the centre " Women' dignity" daily conducts an individual reception of women. She gives individual consultations, carries out individual conversations and individual psychotherapy. Also in each week group meetings are carried out, in one month lecture is once read and monthly the group of 8–10 women passes a course of group relaxive therapies. Women address for the psychological help suffering from posttraumatic stressful frustration. A source of stressful experiences at all women is war, unfortunate accidents, physical and emotional violence. The mental trauma also is connected with existential vacuum, frustration, impossibility to leave from a problem and at the same time impossibility to solve problem in a habitual way. The received mental trauma leads to deeper painful consequences as depression, disturbing frustration, psychosomatic diseases. Women lose interest to life and ability to take pleasure, feel feeling own or faults, suffer from high anxiety, high aggression, complain of a muscular voltage, weariness, headaches, pains in the field of shoulders, backs, infringement of memory, dream etc.

Work of the psychologist in the centre passes in the form of individual psychotherapy. As practice has shown, the individual form of psychosocial rehabilitation is the most important and effective form of psychological intervention. For the Chechen women the individual conversation has special value as education, customs and traditions do not allow to take out the problems for the common discussion to complain on close people, of destiny, on life, and on the contrary teaches them to bear strokes of bad luck, to resist to all misfortunes and problems. At individual conversation woman are more frank and are trustful, freely tell about the problems, secret desires, without fear of grins, sneers, condemnation or simple misunderstanding on the part of others. In addition, it is necessary to note, that the individual conversation is very thin work, which demands high professionalism and skill, the big expenses, human and time resources.

After the first conversation, the psychologist offers to pass a course of individual therapy. Women themselves choose time for therapy, and duration of therapy is no more than 40 minutes. In a day individual therapy there pass 3–4 women. For five months, 168 women passed individual therapy. Each woman has passed 7–8 individual therapies. The condition was considerably improved at all women. To 25 women after a break therapy is recommended to continue. Individual therapy passes according to principles and tasks of psychotherapy of a

trauma. The method of somatic therapy used as basic in the work of the psychologist. A method of somatic therapy the psychologist uses as a natural opportunity of the person to self-healing, to self-control, basing on internal resources of his organism.

As additional methods, some techniques and principles of existential therapies are used. In Gestalt therapy, the psychologist uses the techniques of dialogue, directed on change of an internal position of the person, and also work with feelings and a body. An existential therapy is used for analysis of semantic sphere of a trauma concerned with the attitude to own life, to the future, with search of new senses. For this purpose, the method of socrat dialogue is used. The woman may find unique sense in one of three spheres: in creativity, experience, and the conscious attitude to those circumstances, which the person may not change. The task of the psychologist is to explain, that the sense can be found in any circumstances and situations and that human life never loses it. Special techniques of work with imagination and images are applied also. The spent complex of corporal exercises maximum allows women to concentrate on the sensations and to reduce fixing on negative ideas on traumatic events.

Group meetings it some kind of an exchange of opinions, the information in this or that occasion between women about the usual political and economic situation in Chechen Republic. They are discussing not only problems, during these meetings the women try to relax, share positive experience to cheer up each other and as women expresses to receive a charge of vivacity up to the following meeting. Group meetings help women slightly to forget about the problems, which already became chronic ones (unemployment, absence of money, etc) and rouse sympathy and simple human understanding. With the help of group meetings all spectrum of psychosocial and everyday problems of women comes to light. Here we find out in what problems the help is necessary, and in what situations may do by own resources, what problems demands the urgent decision. At these meetings the woman discuss own problems, search decisions of these problems, makes plans for the future. These meetings carry psychocorectional loading. There is a hope for the decision, apparently, insoluble problems, install confidence of own forces and strengthen feeling own self-esteem.

The group psychotherapy is a group methods of psychosocial rehabilitations aimed on the reaction of trauma and inclusion of mechanisms of control by stress, on a reduction of stressful frustration (fears, persuasive recollections, insomnia, night nightmares, irritability, depression), on correction psychosomatic frustration, on development of skills of balance. In group therapy relaxive methods are used (example, method of progressive relaxation of doctor E.Jakobsona, exercises on regulation negative emotions and others), group meditation also is applied. 9-10 women take part in group psychotherapy. Group psychotherapy carries out 4-5 once a month and in the certain days (Wednesday). For five months 24 group psychotherapy are carried out. The condition was considerably improved at 30 women. Improvement or any changes are feeling not by all women. 15 women require the further therapy. For them group therapy proceeds, and they pass two, and sometimes three courses of psychotherapy. Time of duration of therapy is 8-10 minutes.

At the end of each month, the psychologist reads lecture. The theme of lecture and date of its realization announce beforehand. Lecture reads 45 minutes, and all persons are invited interested in it, but they are listened by constant visitors. Sometimes women offer a theme for lecture, and the psychologist with pleasure lectures on the ordered theme. For example, last

lecture was on a theme "how to define, that the child was injured ", and it was read at the request of women. The purpose of all lectures is to explain , that any psychological problem has the decision, but only it is necessary to know, in what it consists and how it to solve. Psychosocial rehabilitation of women is at a loss that, in the first, many women do not realize that they require the psychological help, and some of them identify the psychological help with medical (psychiatric) intervention and consider that patients require such treatment only. Second, the majority of women is so suppressed by household problems and considers what to go to the psychologist and to spend precious time inadmissible luxury.

Daily in the centre lawyers conduct reception. To the lawyer women address for oral consultation, for the help in preparation of documents on indemnification on house, establishments of the property right and reregistration the real estate (houses, apartments), official registration of papers on reception of debts concerning with payment, which was formed because of military actions in Chechen Republic. Approximately 50 up to 70 women address in one month. Almost no women anywhere work, test material difficulties, among them it is many widows and mothers of large family. Not only that very much frequently these women in state institutions face with a carelessness, roughness, groundless red tape documents, with sendings and refusals for the insignificant reasons, they also are compelled to pay and to pay considerable money, both in reception of oral consultation, and in registration of insignificant documents, let alone any serious affairs. Our centre conducts reception free-of-charge and does not leave any reference of women without attention.

Women address to the lawyer on different problems. Room questions stand on the first place. In Chechen Republic it is many apartments, which some citizens occupy illegally, these are so-called refusal apartments (an apartment on which indemnifications are already received and they have carried over the state). At purchase of such apartment, it is found out, that some owners apply for this apartment. To find the lawful owner of an apartment is a difficult problem as all applicants for this apartment have documents from which, it is natural only one has lawful right on an apartment. The lawyer of our centre solves such difficult and very delicate questions for our republic repeatedly. It is necessary to note, that always these questions are solved for the benefit of women, the lawyer up to the end protects their rights and interests. Work of lawyers differs by special complexity in conditions of republic. Each individual problem occupies a lot of time. The lawyer frequently should accompany with the woman in various administrative and legal bodies and carry out practically a role of the lawyer. It occupies a lot of time and strength; therefore, usually the lawyer conducts initial reception in the centre when the second lawyer already is engaged in questions, which have already arrived.

Frequently women address for consultation concerning their inclusion in lists on reception of the humanitarian help. The matter is that, many women and members of their families exclude from these lists for the different reasons, and these reasons not always are lawful for such decision. Sometimes these reasons are absurd. For example, if the family has the TV set, or the old automobile this family, in opinion of workers of committee, does not require the help. In such situations the lawyer makes the written reference in the international committees (the Committee of the Red Cross, the Danish Council on refugees) with the request to include them in lists with the indication of the reasons on which they should allocate the humanitarian help. Sometimes it happens also such, that the woman has come on reception on one question, and on a course is found out, that she does not know, that she has the right to reception of the

humanitarian help. The lawyer directs such women to the Danish Council, preliminary having issued all necessary documents for such help.

It is many people in Chechen Republic basically from socially unprotected layers of the population receive scanty pension. Women frequently do not know, to whom and where to address on this question. Our lawyer helps with preparation of necessary documents and their submission in the appropriate bodies for increase of the size of pension. Women address on problems of guardianship above children who do not have parents as well collectings of the alimony address. The lawyer of our centre helps in solving these problems. Many of these problems (room, family) are solving in the judicial order. It means that the lawyer prepares for statements of claim, complaints in court, participates in the further process before removal of the decision on the appropriate question.

In the centre advisory reception of women by the doctor – gynecologist is conducted; survey and treatment the doctor carries out in a polyclinic. The doctor renders the medical–improving help, appoints and gives out medical products, carry out routine inspection of visitors about diagnosis – pregnancy, an anemia pregnant. Visitors with the given pathology are allocated in group for rendering assistance in the project "Support of new life ". " Support of new life " is a rendering of material aid to pregnant women who are in a great need. For half–year in our centre two such actions are carried out. 35 women participated in the action. All of them were given the humanitarian packages including sanitary–and–hygienic belongings: diapers, a set of napkins for newborn, clothes for newborn, vitamins and a children's feed. At distribution of the humanitarian help we give all women the personal card with the indication of a surname, a name, a patronymic, the address where they register , and what and how many product is given , and the woman undersigns this card.

The gynecologist will regularly carries out employment at school "Mother and Child " where to young mums are given theoretical and practical advice on a care of child. For women in The Temporary Accommodation Center gynecologist reads lecture on different themes, for example: " Bases of sexual education ", " hygiene of teenagers ", preventive maintenance of undesirable pregnancy " and others. The gynecologist visits patients in–home, sometimes our gynecologist should accept emergency labours in–home as at night to leave in a maternity home still dangerously to cause first aid it is impossible because of absence of telecommunication. Even if the woman also will find an opportunity to call by the mobile phone quick help does not come to time. Faster and better variant to find the doctor and invite him home.

The female centre conducts the general monitoring a social status in Shatojskom area. In this connection we have collected the list of patients a tuberculosis in high–mountainous villages Shatoevskogo which have no an opportunity to be treated or have no access to treatment, with aim rendering them medicamentous and food aid together with other organizations. Some times we went in region, met a management of public health departments of this region, with the doctor of regional hospital. In high–mountainous villages we have registered 19 persons. The reason of that why these people do not address to doctors for the help, is, that treatment is very expensive, and they hardly make both ends meet. They live far from hospitals. Our centre also is not capable to help these people because of financial problems. We distribute this information; we draw to it attention of local administration, the public, and the international public. The project of rendering to such people of the medicamentous help in the near future is

discussed. This problem demands the urgent decision. Our centre has acted with the initiative of construction of new school in Shatojskom area, on a place destroyed one in mountain village Nohch-Keloj. The organization "Stern Stunden "has allocated for this purpose 3 thousand euro + private donations of 2 thousand euro. On such money, certainly, it was not possible to make, however we could unit efforts of local administration, inhabitants herself, due to their voluntary work and an inventive of the Head of rural administration Vahi Zybiev, the school is under construction. Regularly we organize meetings with the Head of administration of village Nohch-Keloj Vaxa Zubiev on construction of school. The base is at present completed, walls are made of local materials, and the roof is made. We are planning to buy windows and doors for the Premium which Bazaeva Liphan receives December 10 in city Vaimir (2500 \$). For the further works while there are no means.

In the centre works masseuse. On massage there come the women suffering from osteochondrosis of cervical lumbar, an osteochondrosis of a lumbosaral joint department and a radiculitis. The women receive a direction on massage from doctors of a polyclinic and from the psychologist of our centre. Monthly masseuse gathers group, which passes a course of medical-improving massage. The group consists on the average of 15 women. Massage carries out each day, from 10.00 till 13.00 and each woman passes 10 sessions of improving massage. Time of one session 20 minutes. In a day 5-6 women come on massage about. In addition, massage is received by teenagers from our sponsored school, which suffer frequently teenage scolioses. They have not practically opportunities to go on paid massage. At schools and in hospitals of republic practically there is no such service free-of-charge. Women frequently complains of headaches, pains in legs, a waist, joints. A source of all these illnesses is psychological, social and ecological conditions in Checchen Republic. The masseuse frequently on these themes carries out conversations with women, explains a technique of acupressure at various diseases.

In second half of day, the training hall works from 13.00 to 18.00. Two groups of women attend training hall daily. The first group from 13.00 to 15.00, the second from 15.00 to 17.00. The number of constant visitors of a training hall is 10-15 women. In the centre for a long time and successfully three-monthly sewing courses" work. Very skilful expert conducts these courses. The group consists of 12 women, age of women from 18 to 30 years. Employment carries out daily, from 14.00 to 17.00. For three months of training the women master the basic receptions of work: work with sewing machine, study to cut and sew clothes. After the termination of these courses, the women receive the certificate confirming a received speciality. This speciality allows women to sew in-home, and thus to earn to itself on life. Some of women will be able to work in studio. Recently in republic small studio for tailoring began to open. Young women with such trade are claimed. The problem, which there is on these courses, is shortage of sewing machines (one machine for two). Nevertheless, we soon hope to receive from our friends a gift some more machines.

Since September, first three-monthly computer rates are open. The skilled expert conducts rates. Two groups are typed. Employment carries out each day, from 9.00 to in each group on 10 women, age from 18-40 years. On the termination of rates the certificate confirming a received speciality will be given out. The problem, that the main requirement which employers claim is this skill to use the computer, but it is not enough computers, them only 5 (one for two persons).

Training of employees to the English language proceeds in the centre. In the centre employment carries out three times in a week for three hours in a day. Teacher of Chechen State University conducts these lessons. The group is engaged under the textbooks "The Textbook of the English language " by Bonk N.N and Headway" by John and Lis Soars. To the last audiocassettes, on which set of monologue, dialogues and exercises are applied. This rate is necessary to expand a lexical stock, to learn to communicate freely with various grammatic structures, to improve a pronunciation and understanding of speech on hearing.

Problems: In our centre women with diseases of heart, a hypertension, suffering the chronic diseases demanding constant reception of expensive medicines frequently address, and means for their purchase are not present. Our organization for such patients makes individual purchases of medical products but to assist all requiring the centre is not capable. In the centre is not present diagnostic equipment, and ill women are compelled to address in the paid diagnostic center (gastroscopy,bronchoscopy, cardiogram) If our center had a diagnostic equipment to find the expert in the republic there is no problem.

We have problem of absence of shower rooms. After employment in a training hall it would be desirable to take a shower. At a building it is possible to construct shower, but we have not finances. Very frequently, we remain without electricity. Because of often failures in electricity there are constant malfunctions to computers, that in turn creates difficulties in official registration of papers, in a duly spelling of reports etc. Now there is an installation of the phone, we hope, it will improve our communication (connection) with local administrative bodies and with sponsors.

Except for the described work in the centre different cultural and celebratory actions: the concerts of famous singers (example, Umarova Rosa), concerts organized by schoolchildren, concerts organized by women, literary meetings (verses of Chechen poet Apti Bisultanova), reading (the book of Swiss writer Ireny Brezhna about the Chechen women), and so on are carried out. The female centre also helps orphans of our area. Our center works with journalists, with the purpose of distribution information about a social status of women of our republic and many other things. Unfortunately, enumeration of all makes our report too long.

Our wish: it was very hard for us in the spring because of a delay of financing and, actually salaries. Our employees more anywhere do not work because of 8 hour entertaining in the centre, and, hence, other source of the income is not present. We do not complain, and are on the contrary very grateful to our sponsors for their help and support, for sensitive attention and sympathy. We thank you for each woman who receives from us the help, due to you. Very much, we hope that our cooperation will be long and fruitful. We are very thankful to you! Health, happiness, good luck. The God keeps all us!