



SUPPORTING AND  
EMPOWERING  
REFUGEES

# The Refugee Council Wellbeing Service

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*Therapeutic Services*





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# The Refugee Council

## Overview of our work

Advocacy and Influencing

Resettlement Programme

Integration and Employment

Therapeutic Services

Destitution Services

Children's Services





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# Therapeutic Services

Who we support	Where
Adults seeking asylum	<i>London and Birmingham</i>
Separated children	<i>London, Kent, Birmingham, Leeds and East of England – WW4RI</i>
Refugees (granted status)	<i>London, Sheffield, East of England WW4RI</i>
Resettled Refugee Families	<i>Sheffield and South Yorkshire</i>



# What we do

## One-to-one therapy:

- Short-term (normally up to 12 sessions)
- First stage of trauma recovery
- Psychosocial model

## Group work:

- Closed small groups
- Open psychosocial groups
- Psychoeducational workshops
- Psychosocial outings

## Training:

- Introduction to Mental Health and Wellbeing Support for Refugees and Asylum Seekers
- The Therapeutic Care Model – Trauma-informed Practice with Refugees and Asylum Seekers: *Adults and Families*
- The Therapeutic Care Model – Trauma-informed Practice with Refugees and Asylum Seekers: *Separated Children*





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# Refugee experience – *a psychosocial perspective*



Papadopoulos (2002)





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# Impact on mental health

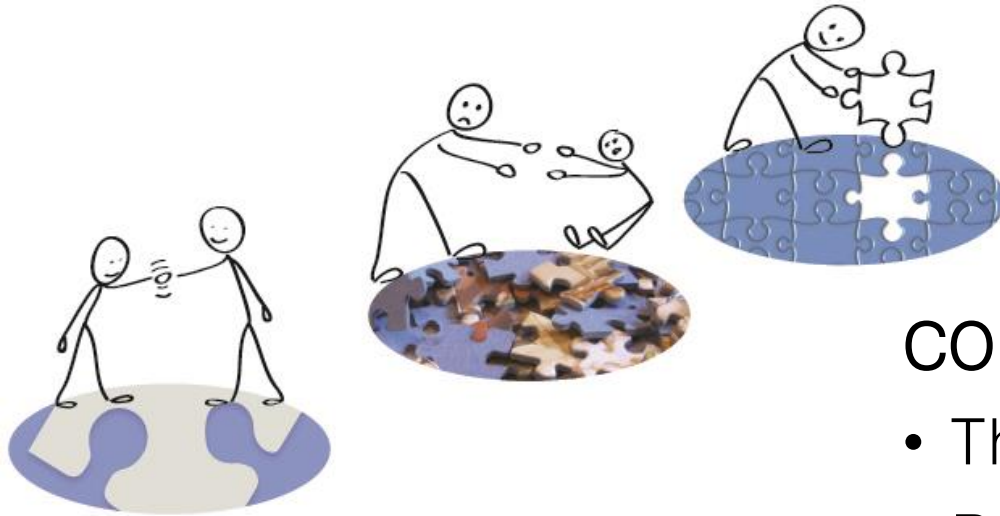
- **Trauma:** Trauma can have lasting impact on a person's well-being and development.
- **Resettlement:** Delays in asylum decision and difficulties in access to appropriate education, accommodation, psychological support and other services.
- **Isolation:** Social isolation and alienation from the community around them can exacerbate mental health conditions.
- **Acculturation:** Although refugees might often be safer and more settled when they are in the UK, the loss of their previous lives and all that they have known can continue to unsettle them as they try to adapt to a new environment.





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# The Refugee Council Therapeutic Model



CONNECTION, SAFETY, STABILITY

- Therapeutic relationship
- Bearing witness
- Psychoeducation

# Not just talking...



- Creative arts therapies
- Play
- Body work
- Relaxation/Mindfulness
- Exercise/movement
- Creating positive experiences
- Creating connections