



WORKING THERAPEUTICALLY WITH CLIENTS OF REFUGEE, ASYLUM SEEKER & MIGRANT BACKGROUNDS



St Barnabas Counselling Centre is proud to be hosting a series of CPD sessions to help build Therapist & Counsellor's awareness of considerations when working with individuals from refugee, asylum seeker & migrant backgrounds.

To Book: call St Bs on 01603 625222 or email admin@stbcc.org.uk

Venue: St Barnabas Counselling Centre, Derby Street, Norwich, NR2 4PU

Price: £55 per session

Session 1: Saturday 30 April 9.30-

'New Communities': Awareness of Refugee & Asylum Seeker Issues with a particular focus on the Resettlement Context (Challenges, Entitlements and Opportunities)

9.30am-12.30pm - New Routes Integration project

New Routes was established in 2004 as a small project addressing the integration needs of the first 30, isolated, dispersed asylum seekers in Norwich. They now work with a wide range of client groups – currently from 80 countries, speaking 60+ different languages – from ethnic minority residents to local teenagers.

This training session will cover the generic issues this client group face including insights into the context that led to them fleeing their countries of origin, to key challenges relating to their resettlement and entitlements.



New Routes Integration

Presenters: Cameron Cave (Health & Wellbeing Coordinator)

**1-2pm - Bridge Plus: Migrant Communities in Norwich/Norfolk:
Key issues and needs Q & A session**



The Bridge Plus+ is a Norfolk based black/Asian and minority ethnic (BME) organisation aimed at improving community cohesion through innovative community engagement activities and service delivery to promote race equality and community cohesion.

Presenters: Beatrice Humarau is The Bridge Plus+ Executive Coordinator (since 2018). 12 years' experience of providing one to one support (information and advice) to people from migrant and/or ethnic minority backgrounds.

Session 2: Sunday 29 May 12 noon-6pm

Race, Culture and Society in the Therapeutic Relationship

An opportunity to explore the cultural and societal forces that shape our identities, lives and worlds. The aim of the session is to promote the awareness, insight and understanding required to work competently and skilfully with diversity in the context of injustice and inequality. It will be thought provoking, experiential and grounded in theory.

Presenters: Tonia Mihill & Cathy Burton



Tonia Mihill: I work as Head of Therapeutic Services at MAP, a Youth Charity and have been a freelance anti-racist educator and consultant for over 25 years. I qualified as a Person-centred counsellor in 2007 and am a member of the Black, African and Asian Therapists Network (BAATN) with whom I have been a mentor since 2016. I situate my current practice in the context of a lifelong, active commitment to personal and community development and global justice and equality.

Cathy Burton: I am a person-centred practitioner working as a therapist, supervisor and trainer in Norwich since qualifying in 2006. I am passionate about the potential of the person-centred approach and very much value its place within the training context, to support and enrich relationships with self, colleagues, clients and others. A central focus for me is my commitment to non-oppressive practice in both my work and more generally within the profession, in service to creating real change, equality and accessibility for clients and trainee counsellors alike.

Session 3 : Saturday 25 June 2022 10am-4pm

Trauma, Treatment & Evidence Base:

Working therapeutically with Refugees & Asylum Seekers

RACE RETHINK

This seminar will seek to invite consideration of the politically contextualised nature of therapeutic work, where it benefits the psychological wellbeing of people claiming refuge. It will invite us to consider

our psychobiological relationship to work in this field, and how this might be informed by various local and geopolitical contexts such as the UK's Hostile Environment and broader sociopolitics.

It will discuss:

- Recent theory and research in relation to trauma and consider theory-to-practice links.
- Various dimensions of trauma and displacement through the lens of pre-flight and post-arrival.
- Psychosocial approach to therapeutic work
- Resilience and Recovery
- Experiences of therapist fatigue, vicarious trauma and isomorphism within team and supervisory relationships.



Jill Morgan is an accredited Humanistic Integrative Counsellor/Psychotherapist, Systemic Practitioner and Trainer. Prior to becoming a clinician, Jill academically specialised in post-colonial studies; developing a particular interest in hybridity, migration and diaspora. Themes of insider-outsider, working with(in) the interstice and supporting those that skirt the margins of society, continue to be common elements to her work.

Currently, Jill works with a small caseload of clients affected by journeys of refuge, asylum and trafficking; and in private practice in Birmingham, supporting clients with a diverse range of stories. Jill finds supporting clients affected by anxiety and trauma to develop second-order change: where they begin to relate to their symptoms differently – reflexive, not immersed – is an area of work that Jill finds rewarding.



Vedia Maharaj is a clinical supervisor, group therapist and a psychotherapist with approximately 20 years in field experience. Her theoretical approach is person centred with particular interests in complex trauma, complex loss, displacement and how this impacts somatic experience and psychological well-being. Vedia is a trainer on a range of topics that relate to the intersection of human rights, inequality, diversity and psychotherapy. Her key client groups include adolescents and young adults, women, refugees and people of colour. Vedia is committed to supporting black and people of colour therapists through her work at the Black African and Asian Therapists Network. Vedia is a contributing author to 'Black Identities and White Therapies' edited by Colin Lago and Divine Charura.

Session 4: Saturday 2 July 2022 10am-4pm (Online)

Working across languages and cultures (Multilingualism & using Interpreters)

Clients whose first language is not English are often doubly disadvantaged by their reliance on others to provide their voice and to mediate their communication. How can counsellors ensure that they are able to work effectively with appropriate interpreters in their practice? And what if a client doesn't need an interpreter?

The training session also considers how we can facilitate the exploration of clients' (and counsellors') multilingual and ethnic/cultural identities and heritages in therapeutic work.



Presenter Dr. Beverley Costa:

Psychotherapist and Senior Practitioner Fellow, Birkbeck, University of London <https://www.bbk.ac.uk/departments/linguistics/our-staff>. She set up Mothertongue multi-ethnic counselling service www.mothertongue.org.uk in 2000 and she founded The Pásalo Project in 2017 www.pasaloproject.org to disseminate the learning from nearly two decades of Mothertongue's service.

Guida Shields: Portuguese Interpreter who has worked with Mothertongue and in various other clinical settings for up to 14 years.

For this session you are invited to send in any key questions you may have for the Interpreter in advance (Melpo at director@stbcc.org.uk by 20th June 2022)