**Working with Survivors of Trauma**

#### **Overall aim**

#### To raise awareness of how to work with highly traumatised refugees, asylum seekers and vulnerable migrants, including young people with and without families. Multi-agency training for professionals, frontline workers and volunteers from wide-ranging settings including education, housing, police, health, social care, early help, voluntary sector etc. These modules are facilitated by professionals who have worked with refugees, asylum seekers and vulnerable migrants for many years.

#### **Learning objectives**

#### The various modules will enable participants to:

#### • Explain the definitions used with the client group

#### • Describe the contexts that asylum seekers and refugees operate from

#### • Detail symptoms of severe and complex PTSD and know how not to retrigger clients

#### • Use basic techniques to work with clients suffering multiple unresolved losses without triggering overwhelming reactions in the client

#### • Use some mental health first aid techniques

#### • Protect oneself from vicarious traumatisation

#### • List common reactions in listeners to narratives containing overwhelming events

#### • Work more effectively and supportively with interpreters

#### • Describe the basic principles of mental health report writing

#### • Have a sense of the journey to integration and healing

**Training modules**

**Understanding issues facing refugees**

This is a helpful and practical session, with essential content on how you may recognise symptoms of trauma, and tips on how to be supportive. The workshop will provide an overview of who refugees, asylum seekers and vulnerable migrants are and where they are from. It will look at how complex trauma is caused (by events in their home country, their long journeys to safety, the UK asylum/immigration process and associated events). And what happens psychologically and physiologically to an individual as a result of complex trauma, bereavement and loss. Finally, it will enable participants to have a sense of the journey to healing and integration when working with individuals affected by trauma and complex loss.

**Moving forward**

This workshop will look at some basic strategies which you can use to aid your clients’ recovery including mental health first aid; how not to retrigger; how we work with complex PTSD in counselling; how to aid mourning when there are multiple unresolved griefs; how to facilitate integration (internally and externally) and how to help your client to move on and look forward. Finally, we will look at cultural norms in the UK and how to work with people from other cultures in the most effective way.

**Boundaries and empowerment**

This session will provide an overview of the impact on the individual of the loss of identity and self and how this affects their ability to relate a coherent narrative and concentrate. It will also cover complex grief, its presentation and how to support clients with this. In this context, it will explore why boundaries are important, what we are communicating through establishing clear boundaries, and what is empowering for our clients and our interventions with them.

**Safe but not settled**

What happens to newly recognised refugees? What issues do they face when an individual’s asylum support ceases in terms of finding housing and employment? What is the impact of family separation on refugees in the UK? What happens to a failed asylum seeker? What is the impact of the hostile environment? This session will endeavour to address these and other questions facing asylum seekers and refugees as they seek to settle and integrate into the UK. It will also give a beginners’ guide to the basic terminology and key legislation surrounding this client group. Finally, it will look at common social issues facing refugees and other vulnerable migrants and how they have been addressed with the use of case studies provided by the Refugee Resource Citizens Advice Service.

**Working with separated young people**

This module explores good practice and developing the skills, knowledge and confidence needed to work ethically and effectively with separated children and young people who have been affected by trauma and violence.

**Working with children and families**

This module explores good practice and helps develop the skills, knowledge and confidence needed to work ethically and effectively with children and families who have been affected by trauma and violence.

**Self-care and vicarious trauma**

People working with clients who have complex lives and multiple problems as well as possibly being multiply traumatised can start to suffer vicarious traumatisation, despair and disempowerment. In other words, burnout. This is when symptoms which the client experiences get transferred to the person working with them. Participants will learn about what vicarious (or secondary) trauma is and risk factors, as well as identify some strategies for looking after themselves and to use in their teams and organisations.

**Working with interpreters in a clinical setting**

This module focuses on effective communication skills and good practice for using interpreters in therapeutic settings. It will look at the rationale for using professional interpreters as well as the limitations and challenges you may encounter and how to deal with those. Looking at the Refugee Resource model it will give tips, based on lessons learnt from our well-established interpreting service, of how to work more effectively with interpreters as both translators and cultural brokers.

**Cost of the training**

* *£400 per half day*
* *£800 for a full day*
* *£75 per hour for one to one supervision*

**More info and booking**

### To find out more about this training or register your interest for the next time is runs, please contact Lucy Nichol (Services Delivery and Development Manager): lucynichol@refugeeresource.org / 01865 403299.

### *If you are unable to pay the full amount, please do speak to us as we can offer discretionary discounted or free spaces where appropriate.*