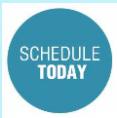


Asylum/Refugee Response

Week 8



Schedule for Today



- Background
- Counselling Responses
- Guest Speakers: Project Bloom
- Tutorial
- Next Week?

Refugee

The definition of a refugee according to The 1951 United Nations Convention Relating to the Status of Refugees is:

- **"A person who owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, owing to such fear, is unwilling to avail himself of the protection of that country; or who, not having a nationality and being outside the country of his former habitual residence as a result of such events, is unable or, owing to such fear, is unwilling to return to it."**

▪ <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/the-truth-about-asylum/>

Asylum Seeker(Person Seeking Asylum)

- A person who has left their country of origin and formally applied for asylum in another country but whose application has not yet been concluded. Wherever possible, we prefer to describe someone as a person seeking asylum as we feel that the term asylum seeker is dehumanising.
- <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/the-truth-about-asylum/>

Refused Asylum Seeker

- A person whose asylum application has been unsuccessful and who has no other claim for protection awaiting a decision. Some refused asylum seekers voluntarily return home, others are forcibly returned. For some, it is not safe or practical to return until conditions in their country change.
- <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/the-truth-about-asylum/>

Migrant

- Someone who has moved to another country for other reasons, such as to find work.
- <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/the-truth-about-asylum/>



Refugee Council UK

- Let's take a look at some interesting facts and statistics
- <https://www.refugeecouncil.org.uk/information/refugee-asylum-facts/>



Welsh Refugee Council

With 25 years of experience, the Welsh Refugee Council is committed to protecting the human rights of asylum seekers and refugees in Wales. We work to:

- evidence our effectiveness to stakeholders,
- positively influence perceptions of asylum and migration in Wales,
- meet the needs of asylum seekers and refugees in Wales and
- create active participation of asylum seekers and refugees.

▪ Welsh Refugee Council <https://welshrefugeecouncil.org.uk/what-we-do>



Welsh Refugee Council

- **Our Mission**
- To improve the lives of asylum seekers and refugees in Wales through the delivery of specialist support and influence on policy and practice.
- **Our Vision**
- To create a Wales where refugees are welcomed and have access to protection, safety and dignity.



City of Sanctuary

City of Sanctuary UK

City of Sanctuary holds the vision that the UK will be welcoming places of safety for all and proud to offer sanctuary to people fleeing violence and persecution

City of Sanctuary began in October 2005 in Sheffield. In September 2007, with the support of the City Council and over 70 local community organisations, Sheffield became the UK's first 'City of Sanctuary' – a city that takes pride in the welcome it offers to people in need of safety.

City of Sanctuary UK <https://cityofsanctuary.org/>

Charter <https://cityofsanctuary.org/2017/05/16/city-of-sanctuary-conference-and-agm-2017/>



- Swansea City of Sanctuary <https://swansea.cityofsanctuary.org/>
- Swansea became the UK's second official City of Sanctuary in May 2010. It formally adopted its constitution in February 2012.
- Newsletter Jan 2019 <https://mailchi.mp/787dcaa42eec/scos-newsletter-january-2019>

Swansea Women's Asylum and Refugee Support Group ('The Women's Group')

- Swansea Women's Asylum and Refugee Support Group ('The Women's Group') is one of the longest running local support groups for asylum seekers and refugees in the city.
- They were established in 2006 and, apart from a year's break, have been running at least one activity a month ever since.

The group and its activities are wholly run by and for Asylum Seekers and Refugees with the support of a British Chair. They were set up to encourage wider social and civic engagement of members and their focus has always been on multiple collaborations/network building. They collaborate closely with many groups, including but not limited to:

<https://www.scvs.org.uk/swansea-womens-asylum-refugee-support-group-may19>

- The Waterfront Museum
- SASS (Swansea Asylum Seeker Support)
- UiD (Unity in Diversity)
- ACC (African Community Centre)
- Swansea City of Sanctuary
- BME Skills Project
- EYST (Ethnic Youth Support Team)
- Women4Resources
- Hay, Brecon and Talgarth Sanctuary for Refugees
- Bridgend Quakers
- Chinese Christian Church
- WOW Women's Film Club
- Wales PEN Cymru

Equality, diversity and inclusion in the counselling professions

Good Practice in Action 056 Research Overview
Updated March 2019

13.1 Asylum seekers and refugees (p.35)

- One group that is often excluded from psychotherapeutic provision and research is asylum seekers and refugees. The studies gathered here indicate that:

Therapeutic techniques must be culturally and racially sensitive (Caroppo et al., 2009, p339)

- A careful reflection on therapeutic techniques when dealing with migrants, refugees, and asylum seekers.
- Western treatment techniques cannot always be used in the same way that colonisers imposed behavioural rules, religious beliefs, education and health systems on colonised populations
- it is well to note that ceremonies, traditions and bodies of migrants and refugees may have already been judged as 'inferior' from the point of view of Europeans whose historic duty was to free other races from barbarity, ignorance and poverty

Caroppo et al. (2009) also explain that from a psychoanalytic standpoint:

- migration implies departure and separation from one's home culture. This can be highly traumatic as the separation leads to a crisis since there is a separation with the past and with the homeland
- this can affect physical and mental health as it brings about a disorganisation that must be dealt with



- when arriving in the adoptive country, manic defences such as denial may take place in order not to experience loss and abandonment
- as a migrant strives to adjust to their new social and working life, a "postponed" or late-onset depression may result long after the migration experience occurred.

Renner (2009) asks

- Would psychotherapeutic work among asylum seekers and refugees be effective?
- An Austrian nongovernmental organisation offered therapy to 37 asylum seekers and refugees from Chechnya or Afghanistan; 85% of the participants selfreported significant improvements.

Kruse et al. (2009)

- Evaluated the effects of trauma-focused therapy on war refugees from Bosnia. Seventy refugees who met criteria for posttraumatic stress disorder (PTSD) were recruited and divided into two groups: 35 refugees were offered therapy and another 35 were given usual care.

Results

- After 12 months, those refugees in the therapy group self reported significantly lower scores on the PTSD scale and a measure of psychological symptoms.
- **The results suggest that therapy reduces refugees' PTSD symptoms even if their residence status in the country of asylum is not secure.**

Guest Speakers:
Project Bloom

- There are lots of asylum seekers and refugees in Swansea from a number of countries. For many the journey has been all about survival. Our vision is to help those arriving begin a new life here in Swansea, to thrive and bloom!
- Bloom welcomes asylum seekers and refugees to our City and focuses on helping them integrate and flourish. Bloom works through home visits, friendship, creating volunteering opportunities, resources to help create comfortable and safe homes and so much more.
