



POVERTY

POVERTY
DISCRIMINATION

By Nina Rees

"THE POVERTY OF OUR CENTURY IS
UNLIKE THAT OF ANY OTHER. IT IS
NOT, AS POVERTY WAS BEFORE,
THE RESULT OF NATURAL
SCARCITY, BUT OF A SET OF
PRIORITIES IMPOSED UPON THE
REST OF THE WORLD BY THE RICH.
CONSEQUENTLY, THE MODERN
POOR ARE NOT PITIED, BUT
WRITTEN OFF AS TRASH."

JOHN BERGER



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Joseph Rountree foundation . Definition of poverty:

- ‘When a person’s resources (mainly their material resources) are not sufficient to meet their minimum needs (including social participation).’

Types of poverty

Absolute poverty:

- When a household does not have sufficient income to sustain even a basic acceptable standard of living / meet basic needs
- Absolute poverty thresholds will vary between developed and developing countries
- **Relative poverty**
- A level of household income that is considerably lower than the median level of income within a country
- The official UK relative poverty line is household disposable income (adjusted for household size) of less than 60% of median income.

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MY PERSONAL
EXPERIENCE
AND HOW IT
AFFECTED ME.

A notebook with a light brown cover and rounded corners. The cover features a quote in a black serif font and a photograph of a sunset over a forest. The quote is by Mother Teresa. The photo shows a bright sun low on the horizon, casting a warm glow over dark evergreen trees.

***Loneliness and the feeling
of being unwanted is the
most terrible poverty.***

~Mother Teresa

Mark Schutter ©2015

www.markschutter.com

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How being discriminated because of your economic status can affect you?

- Social isolation
- Low self esteem
- Guilt
- Feelings of guilt and worthlessness
- Anger
- Shame
- Fear
- depression



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WHAT CAN
HELP YOU
OUT OF
POVERTY?

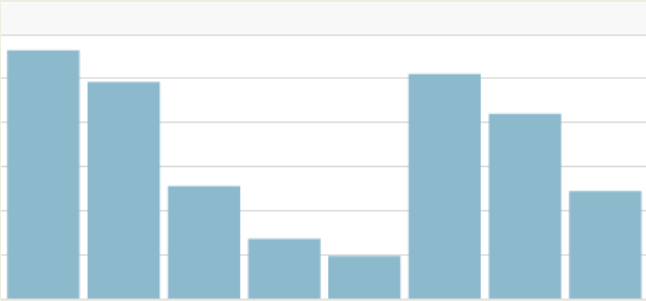
What can help break the cycle?

YOURSELF

EDUCATION

FRIENDS AND FAMILY

Statistics of poverty



- In 2016 Jackson found 200,500 people were referred to talking therapy in the 10% most deprived areas . This is compared with 92,000 in the least deprived areas
- Debt and poverty escalated since welfare reforms and benefit sanctions.
- Debt is often a factor in suicides.
- 35 % from the poorer area moved into recovery compared with 55% from none deprived areas
- Research has found that practice help has to occur before counselling can take place .

WHAT ARE THE BARRIERS TO THERAPY WORKING WITH CLIENTS FACING POVERTY?



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Barriers to therapy

- Do people actually need help?
- Unable to access due to lack of money
- Limited effectiveness due to clients personal situation.
- Delgadillo argues policy makers should be more realistic about what can be achieved by therapy
- He also argues therapists should have a more realistic expectations of client.

(Delgadillo,2016)





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How can my personal views impact on the therapeutic relationship?

- Frustration of the unfair world around you.
- Acknowledging the unfairness of the situation.
- Be with that client
- Work together with the client on validating and normalizing anger.
- Taking any issues that affect you to supervision.

(Jackson,2016)

Happiness is the key to life.
It doesn't matter how much
you have, what you spend,
make, drive or wear. It all
means nothing if you are
not happy within yourself.
Happiness is the richest
thing we will ever own.

-Rene Scalfani

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