

### How you can refer to us:

If you have a child you are worried about you can refer them to us yourself. You can also advise them that they can either contact the Centre themselves, or ask their parents or the head teacher to do so.

We will need their details (name, address, age, languages spoken, country of origin, reasons for referral) and any other background information you are aware of that might be helpful to us.

When a child is referred to us, we will also invite their parents/carers to the Centre during the assessment process.

### Languages

We try to offer psychotherapy and counselling in the languages spoken by refugees and asylum seekers. Currently we offer:

Albanian, Amharic, Arabic, Dutch, Deri, English, Farsi, French, German, Italian, Kinyirunda, Lingala, Luganda, Serbo-Croat, Somali, Swahili, Swedish, Tigre, Tigrinya and Turkish.

#### Board of Trustees:

Aida Alayarian, John Denford, Josephine Klein,  
Lennox Thomas

#### Patrons:

Mr Jeremy Corbyn MP, Ms Eva Hoffman,  
Prof Roland Littlewood, Mr Claude Moraes MEP, Dr Eric Rayner and Prof Andrew Samuels

Chair: John Denford

Clinical Director: Aida Alayarian

Company Limited by Guarantee Registered No.: 3895072  
Registered Charity No.: 1085922

### Address:

1A Leeds Place,  
Tollington Park,  
London N4 3RQ

Tel: 0207 561 1587

Fax: 0207 281 8729

[www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk)



### How to find us:

#### Tube

We are a few minutes from  
Finsbury Park Station  
(Victoria and Piccadilly Line)

#### Buses

4, 19, 29, 106, 153, 210, 236,  
253, 254, 259, W3, W7

### Our office hours:

Tuesday – Saturday  
9:00am – 6:00pm

REFUGEE  
THERAPY  
CENTRE

## Information for Teachers

Do you have children in  
your class who are refugees or  
asylum seekers?

Are you concerned about their  
behaviour?

Are you worried they are not  
making friends?

Are you unsure about  
what extra support you can  
give them?

As a teacher you may know that refugee and asylum seeker children can have a difficult time at school. They may be adapting to a very different environment and may feel isolated, not knowing where to turn for help.

Some may confide in you about traumatic experiences they have endured, or the differences they may be experiencing between the cultures of their family and home, and of their wider surroundings. It is important to take their concerns and needs seriously, and to try to seek help for them and sometimes their family.

The most common problems you may observe in the classroom are:

- **Withdrawal:** most asylum seeker / refugee children don't speak English well at first, and can find it hard to talk and make friends, or understand their lessons. This can make them feel isolated and lonely and they may seem withdrawn. Refugee/asylum seeker children are often the most socially excluded and marginalised children in this country.
- **Bullying:** Refugee / asylum seeker children may be bullied at school for many reasons, such as not being able to speak English, having a foreign accent, or perhaps dressing differently – some Muslim girls wear head scarves for example.
- **Problems with their studies:** for many refugee/asylum seeker children English is their second language, so they often have difficulties with studying and homework. Also their parents are unlikely to speak English, and so may be unable to help them with their work. Where possible, a good idea may be to arrange learning support classes at school.

- **Anger:** while some asylum seeker/refugee children may become withdrawn and quiet, others may feel angry and frustrated with their situation. They may also exhibit violent behaviour as a consequence of this. Remember, they are living in a different culture and being forced to learn a new language, and often their parents do not have enough time for them because they are preoccupied with things such as Home Office decisions or housing problems.
- **Trauma:** on top of all these problems, many also have to cope with the negative experiences they may have had in their homeland: war, losing a loved one, rape, torture, etc. As a result of the trauma they have been through, the inner worlds of young refugees may be populated by abuse and horror that often bears little or no resemblance to people around them here in the host country. However, their inner worlds dominate their responses and can prevent them settling into the new environment.

### How we can help

Asylum seeker and refugee children who are in a very vulnerable position may benefit from our support, counselling or psychotherapy. Psychological intervention may help young refugees to come to some understanding of their situation, of how and why they project their feelings of persecution onto those around them, and of how they can change, bringing hope to their lives. It can also play an important role in combating the social exclusion they suffer and in helping to prevent serious mental illness.

We are a charity that provides support, counselling, and psychotherapy to refugee and asylum seeker families.

## The Refugee Therapy Centre

The overall aim of the Centre is to help refugees and asylum seekers to deal with psychological issues in an effective and appropriate manner.

The Centre also aims:

- To provide a safe space so that clients can rediscover their abilities and rebuild their confidence to be active members of the community
- To provide psychotherapy and associated treatments
- To give priority to children, young people and their families
- To develop the capacity of practitioners working with refugees and asylum seekers to provide effective and appropriate therapeutic help for specific psychological needs
- To provide initial skills training for refugees working for the Centre, for example in support work, counselling, administration and book-keeping