

*I'd like to go away alone
Where there are other, nicer people,
Somewhere into the far unknown,
There, where no one kills another.*

*Maybe more of us,
A thousand strong,
Will reach this goal
Before too long.*

Alena Synkova 24.9.1926 – Survivor

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Trustees

Aida Alayarian
Sudi Ghaffary-Anaraki
John Denford
Gloria Jones
Josephine Klein
Roland Littlewood
Eric Rayner
Lennox Thomas
Stuart Turner

The report you are reading from the Trustees, Director, staff and volunteers was presented at our Open Day, which was held on 19th July 2003. The statistical details and accounts correspond with the financial year 1st April 2002-31st March 2003.

Report from Josephine Klein

I am glad to welcome you all to our Open Day. I hope you will be able to stay for the delicious lunch, and I hope you will take the opportunity to see for yourselves our wonderful spacious new premises.

It has been a difficult year, and a wonderful year. Difficult because all our administrative support, and in fact everything except the actual consultations with our clients was done in an office the size of a broom cupboard. Into this we squashed our fundraiser, our volunteer co-ordinator, our interpreter, our important visitors and visiting funders, as well as the regular work of the organisation. It must have been trying. Now at last we are able to expand rationally according to the logic of the work. Aida will tell you how we are seizing our opportunities. Very special thanks to Aida who kept her cool, her immeasurable benevolence, her spirit of enterprise. Thanks to her the Centre is thriving and growing.

This is my last appearance on this platform. I retired from the Chair of the Board of Trustees last year. It has been a wonderful experience to work with Aida, both of us learning from each other, Aida an

unfailing spring of ideas, love and energy. But I have reached the age when one tires and retires. We were very fortunate to find Dr Stuart Turner to take over the Chair and its responsibilities. He is a distinguished medical man, remarkable for his work with and for people who have encountered disaster. The suffering caused by traumatic events like train crashes and floods and other upheavals, often does not cease after rescue, but resonates for months and years thereafter, making the victims' lives a burden to them. It is remarkable to think that until recently such distress used to continue unrecognised and uncared for.

Until he put me right, I had assumed Dr Turner's concern for refugees had grown out of an appreciation of post-traumatic plight. But in fact Stuart's concern for refugees predates this development – it must have been his understanding of the repeated trauma of the refugee's life - the dreadful events in one's own country to start with, then the courage required to leave home forever, then the often dreadful journey in search of asylum, then the trauma of repeated rejections which do not end even when one has found a safe haven – it must have been this knowledge that made him more sensitive to the experience of surviving other disasters.....like overturned ferry-boats and earthquakes...and being expected to behave as though nothing has happened to you the day after. Traumatic Stress Disorder has now come to be recognised as a major source of continuing disability and people can now receive help for it. Stuart started, and until very recently headed the first NHS Clinic devoted to such help.

We know Stuart to be a man who can imaginatively empathise with the situations he encounters, and who can also define it in terms that his medical colleagues and other authoritative people can recognise as valid. We are very lucky to have him help us move into the second stage of our adventure.

This work is so important, and it is comforting to see it expand. Many of you here today remember from personal experience that time of devastation and uprooting, when the foundations on which you had based your existence - that if you worked hard and were kind in the way you had been taught, you would receive kindness in return – these foundations were gone from under your feet. Had they been delusory? Were there ever foundations to build on? Is it of use to try again? Where to find the strength? The Refugee Therapy Centre attempts to find the setting where, after grief, people may gather some hope and strength to try again.

Report from the Chair Stuart Turner

I feel it is a privilege to be asked to chair the trustees for the Refugee Therapy Centre. I know how difficult it will be to follow Josephine, who put so much of herself into the development of this project, but I am delighted that she has agreed to remain as trustee (and honorary minute secretary). I have served the charity already as a member of the Clinical Advisory Group so I know very well the strong and effective leadership that Aida brings to the Centre and this is well reflected both in her report and in her whole approach to this work. She is well supported by the large numbers of people, mostly volunteers, who work both within and without the Centre, many of whom I have now been able to meet.

It seems to me that the work of the Refugee Therapy Centre is underpinned by two key elements. Neither alone would be sufficient but together they constitute a very powerful combination.

The first is the quality of the therapeutic work. Here, the Centre has been able to develop rapidly and has been well supported not only by the supervision structures but also the feedback obtained from each and every person who has treatment here. There are plans to develop the training work of the Centre and to expand the number of people who can use some of these therapeutic approaches. One of the interesting developments in this field is the growth of group interventions in several treatment centres and the Refugee Therapy Centre is no exception. We hope to foster collaboration and joint learning as these models grow and develop.

The second element is its commitment to human rights. The wonderful aspirational statements of the Universal Declaration of Human Rights make real sense in a setting like this. For many refugees it does not feel as if "all human beings are born free and equal in dignity and rights" or that "no-one shall be subjected to torture or to cruel, inhuman or degrading treatment". Yet, when people come to the Refugee Therapy Centre, they do know that they will be treated with respect and given real choices about treatment. First and foremost, they will have the opportunity (if this is what they want) of receiving help in their own language. The Refugee Therapy Centre, in its work with children, young people and families is leading the way in ensuring that effective choices exist for people and that these are of a high standard.

It is incumbent on me as well to consider the financial context for the Refugee Therapy Centre. We have grown rapidly and the demand is there for further expansion of our services. One of the challenges facing us over the forthcoming year will be to increase our ability to raise the funds to develop these services. I hope and expect that we will be successful but we do need ongoing support from our many friends to make this happen. Please do continue to help us if you can.

Report from the Clinical Director **Aida Alayarian**

The year 2002 –2003 has been significant and wonderful for the Refugee Therapy Centre. Since we held our first Open Day last year we have continued to grow.

There have been a number of major developments in the administrative area of the Centre. In June 2002 Lloyds TSB Foundation granted us a year's funding for the post of Volunteer Co-ordinator, enabling us to advertise for, interview and recruit someone to manage this vital area of our work. The job was offered to Anisa Nura, a committed volunteer of over a year. Her vitality and dedication to the job and the example she sets as a young refugee are a credit to her.

Another major development has been occurred in the Centre's accommodation. In May 2003 we moved into our new offices in Houses number 6 & 7 of Manor Gardens. We now have 2 main individual consulting rooms, a large group, training and family room, a kitchen and three offices for our staff and volunteers, with an area for clients to wait in peace. The space afforded by the new offices is paving the way for many new developments in both the administrative and Clinical work of the Centre.

I would like to thank Frank Wood Director of Manor Gardens for this. I would also like to express my deepest gratitude to everyone who helped in moving, but especially to Charlotte, Sam and Anisa. I am also grateful to Simon, of Green Works, an office furniture charity working with young homeless people, from whom we received so much in furnishing our new offices marvellously at a very reasonable price.

Since last year a few colleagues have left us; Sandra Gould, the Centre's administrator, went to work in media and is doing her therapy training; Linda Sakr, an Arabic speaker and Leyla Metin, a Turkish speaking therapist are also not currently working at the Centre due to their training commitments. We all are looking forward to their successful completion of their training and their return to the Refugee Therapy Centre. Milana, a Spanish speaking therapist also left us to join a pastoral counselling training course closer to her beliefs.

I am delighted to welcome a few newcomers to the Centre. Charlotte Harris joined us in May and is doing wonderful work; she gelled and advanced herself so astonishingly like she has been with us from the beginning.

We also encountered some difficulties that we have found the strength to deal with. When we advertised for refugees and asylum seekers to come as voluntary workers at the Centre, Julianna Hoxha was one of the first. She worked at our office first one day and then two days a week as a volunteer. We owe

her a huge debt of gratitude. She was studying at college for an accountancy qualification and she kept our books. She had worked for us for almost a year when she had a lovely baby, Mailind. For a few weeks we missed her at the Centre, but she came back just 5 weeks later and we all enjoyed having her baby in the office as well! She was happy studying and working here when suddenly the police came at 4 o'clock in the morning and put her, her husband and her 5 month old baby on a plane back to Kosovo. We grieve for her. It has been very painful reality for all of us at the Centre. We miss both Juliana and her baby boy Mailind.

The other volunteers we enjoyed working with during the last year are Alon, Ambroisine, Beatrice, Denise, Geraldine, Katherine, Jennifer, Shahrzad and Zina. They all moved on in the direction of their career and we wish them all the best. We welcome Natalie, Florence and Haimanot, who all recently joined the Centre as admin volunteers. I cannot thank enough all those friends and colleagues who have worked for us and given their time over the years, all of which has made the Centre such a benefit to the Refugee Communities as well as health and social services. My thanks go to all our volunteers who have helped us in different aspects of our work and development during last year.

I would like to take this opportunity to express gratitude to all our funders, private donors and supporters for trusting and supporting our work. Without them we would not live to tell the tale.

My special thanks go to the Clyne Family Settlement Trust who trusted in us when others would not, when we struggled for stability. Their trust, faith and financial support over the last 3 years truly has made it possible for the Centre to survive and grow to what it is today.

I also wish to thank the Leigh Trust for their generous donations, interest and support over the last 2 years. Their support eased the burden and gave us the breathing space to gain stability and establish ourselves as an organisation. Without all the help and support from the Clyne Family Settlement Trust and the Leigh Trust we would not have been able to achieve anything you see to day, and for that we are indebted to them.

I would like to express my gratitude for the grants received in the past year; from the Health Action Zone (HAZ) and the Trust for London for training for refugees and asylum seeker volunteers to learn new skills, from the Lloyds TSB Foundation for the post of Volunteer Co-ordinator and also Islington Primary Care Trust for their commissioned ongoing services.

I also would like to express my appreciation to John Blackwood, our financial consultant for bringing order and perspective to our financial service.

I'd like to express my gratitude to the members of our two steering committees: Maureen Fox, Kate Harris-Thompson, Renos Papadopolous, Adrian Webster, Shahida Akram, Abdullahi Farah, Elahe Rambarzini, Carmen Rojas and Amelie Tate, who are the body of knowledge and who's input is vital to us in our ongoing assessment, evaluation and development of the service we provide.

I also thank Josephine Klein for all the support she has provided to me so generously and tirelessly, and also for her kind offer of supporting our new venture with therapists running groups. I also would like to thank Lennox Thomas for the supervision groups he has undertaken, which is vital to our work.

And last, but not least, I would like to offer my appreciation to all members of the Trustees for their continued support. My special thanks go to Gloria Jones for the time and energy she has dedicated to

the Centre, she is an invaluable asset. Whilst it was sad to lose Josephine as our Chair, we have found a new balance with Stuart Turner as Chair, in which we have the best of both worlds. In their new roles, they are ideally placed to provide the intellectual and emotional support on which the Centre's well-being depends. Thanks to you both.

Clinical Work as from 1st April 2002 – 31st March 2003

In line with the administrative expansion of the Centre there have been some major developments in the Clinical work of the Centre.

Women's Groups

One of the year's clinical developments was the formation of an Albanian-speaking women's group, the first of its kind in the UK. The women in this group have all suffered atrocities and loss as a result of the events in Kosovo and have received individual therapy at the Centre. They now meet as a group to share their experiences and gain relief and support from speaking in their mother tongue. The space and support that the group offers works towards combating the feelings of isolation many of these women feel living in the United Kingdom and with the uncertainty they experience about their immigration status.

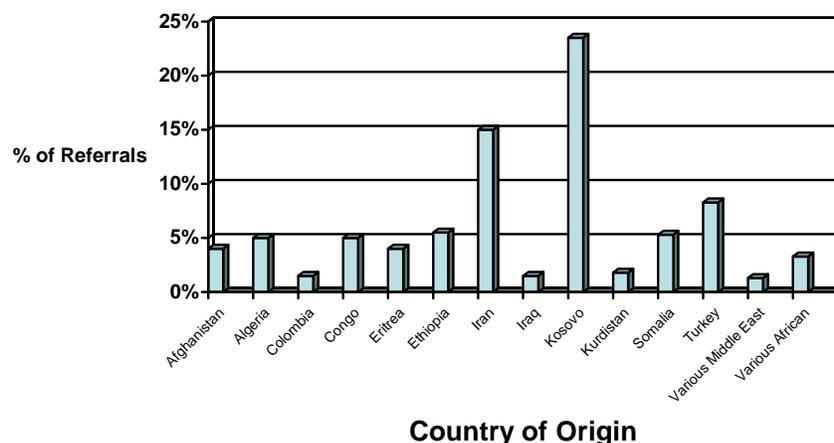
I'm happy to say that such is the success of the Albanian-speaking women's group and the opportunities and space which our new offices are offering, that just recently we held the first meeting of the Farsi-speaking women's group. The French-speaking, Amharic and Tigrinian-speaking women's groups are scheduled to begin in September and we have great hopes for these new ventures. We are also exploring the idea of a group for men who experienced torture or state violence.

In total we presently have 31 therapists working with us. We have 16 therapists who are working at the Centre offering therapy in languages such as: Albanian, Amharic, Arabic, Deri, English, Farsi, French, Greek, Italian, Kurdish, Lingala, Spanish, Serbo-Croat, Tigre, Tigrinia and Turkish. 15 volunteer psychotherapists/consultants are working outside the Centre, who mainly speak English.

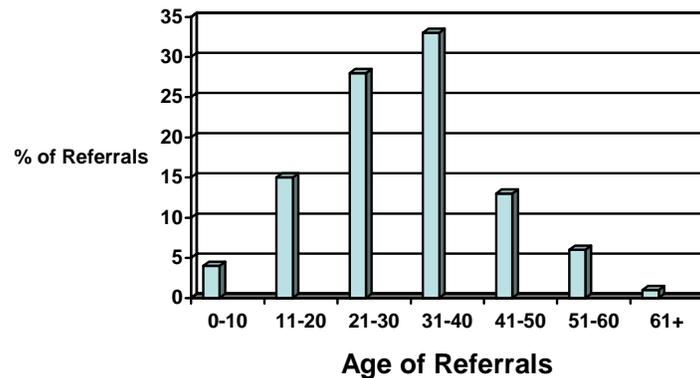
Summary of Services Offered from 1st April 2002 – 31st March 2003

- Total number of clients referred to us: 199
- Number of clients offered assessment: 138
- Number of clients pending funding and further information: 38
- Number of clients awaiting assessment due to language: 13. These are mainly Arabic, Somali and Turkish speaking clients.

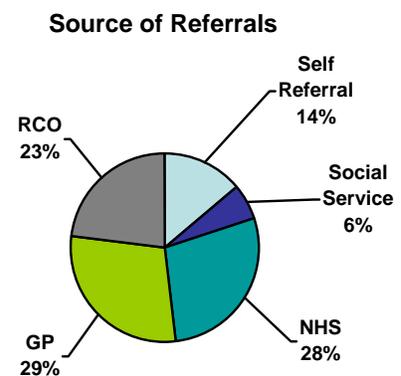
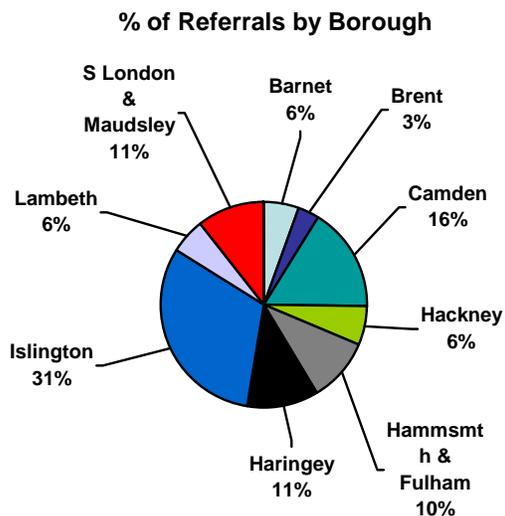
The country of origin of clients referred are shown below:



The age of clients referred ranges from 3 months to 65 years. The spread of age groups referred to us is illustrated below:



The source of referrals.



All our clients at the Centre are regularly given the opportunity to provide feedback on the service we offer and on their experience of therapy and coming to the Centre, all of which is vital in informing the way we evaluate and shape our work. The following texts are extracts of feedback from clients, some of whom are sharing with us their experience of flight, of coming to a new country and of finding the Refugee Therapy Centre. They expressed their wish for their feedback to be published as widely as we can.

Vjollca's tale

"I have lived a bitter youth, filled with sufferings and black clothes on my body. The sufferings started when two of my children died. I wanted to commit suicide because for me, life was over. I did not care about my life any more. And yet, life does go on. I had three other children and it seemed that somehow I was happy, I could be happy with my life.

When my father was only 47 he was killed and his death opened up a new wound in me. Depression started to take a hold of me and my life. I had nothing inside me or around me to stop the feelings and all I could think of was dying.

Then the war came and my two brothers were killed. This was the greatest catastrophe for me. When you see two young people lying on the floor, covered in blood, can you overcome depression then?

I do not remember it well, but I ended up in a psychiatric hospital. I wouldn't eat. All I could do was cry. A while later my husband decided that we would leave and so we came to England. When I first came here I felt very depressed. Again, the thoughts of death were strong and I attempted suicide twice. Around this time I started to work with a group of doctors and psychologists and I started to achieve good results.

Unfortunately, I had another misfortune. My mother died, even though she was young. The pain for me was that I couldn't go to my mother when she died. The depression started to do its job again and in this state even a small worry gives me strong headaches and thoughts of suicide.

So, it came to the point in my life where I had to ask myself. Is there life? Does it have to be lived? If so, how and where should I find the strength to live a quiet life?

A number of people helped me to find the answers. With the advice of Dr Seltzer I got a bit better. But a light and great hope for me was the Refugee Therapy Centre, where I go every fortnight for a women's group. Dr Alayarian and the interpreter have done wonderful work with me.

Now I have started to go to school and have given up smoking. The fact that there are people in my life who are working with all their strength and calmness for me so that I can have a happy life, gives me hope for living. So I have decided to work with all my strength, with the help I receive from the group, so that I may never be a depressive again.

I want to thank everyone who helped me to live and enjoy my children and family again.

I thank the English people for having their ancient democratic society."

This is the story of Emma, who with her two children and husband has been coming to the Centre for the past 18 months.

"We left our country and we left the war. We left home and we ran away to the mountains, me and my brother. I was 15 and my brother was 11. We turned up in the next country and then we met my sister and her husband. My sister's husband spoke to other people to arrange for us to jump on a lorry. We didn't know where we were going. We were on the lorry for 4 days and only once did we change lorries. We ended up in England.

In mid-August 1999 I met my future husband totally by chance, because neither he nor I knew we were in the same country. In September 2000 I gave birth to Eve my baby girl and she lived 7 months. In March 2001 my daughter died and we were very sad. From that day I didn't feel well because I spent most of the time crying and very often I got dizziness. I didn't know where I was during the night and I had nightmares and I got up during my dreams, seeing different people but I wouldn't remember them because I could only see people's shadows, without faces.

Just Thank God we are referred to the Refugee Therapy Centre and Thank God you as organisation are helping us so much, beyond belief. I could not believe last year that I could smile any more in my life. This is how I feel and with full respect I tell you Thank You very much."

Some words from the Gezimi family

"The good points about therapy are that it is helping us a lot and that we are happy to be taking part in therapy, because we can talk and it is taking the sadness away. We can talk openly and freely. Thank you for your help."

Words from some young people

Maryam told us:

"The therapy helps a lot, I feel good now, because I am talking in my original language, many thanks Refugee Therapy Centre."

Abiolla says:

"I get to talk and express my feelings. Having someone to listen to my problems is very helpful. I have been trying to put the past behind me and look in the future."

Nelson says:

"Sometimes it is easier to talk with a stranger than with someone you know, to tell your feelings open without fearing. When I am sad and come to the Refugee Therapy Centre, therapy helps me understand a situation, it helps me to find a way to pass the problem."

Grace told us:

"I did not know what to expect, but therapy has helped me to express my feelings. It makes me less angry and more relaxed and confident. It makes me able to talk about things that I've never spoken about before. At first I was uncomfortable speaking, but I trust my therapist very much, now I can talk about anything I wish.."

Ibrahim told us:

"I thought I would have found it more difficult to talk about my problems with somebody I never met before, but it is helping me in difficult moments. It makes me feel not alone, it increases my hope about the future."

Report from the Volunteer Co-ordinator Anisa Nura

I started working at the Refugee Therapy Centre in the beginning of November 2002 as a part time Volunteer Co-ordinator. Although this position was fairly new to me in the beginning, it was very fortunate that I was familiar with the Centre, as I had already been a volunteer at the Centre as an interpreter for almost a year and as an admin volunteer for around 3 months.

The aim of the Refugee Therapy Centre for volunteers is to support and encourage young refugees and asylum seekers who want to volunteer to develop their skills and abilities. It is also very important to provide the opportunity for them to contribute to their communities while gaining valuable experiences and skills. My activities as the Volunteer Co-ordinator at the Refugee Therapy Centre involve:

1. Recruiting, inducting and co-ordinating volunteers for general work at the Centre.
2. Ensuring Centre volunteers come from as broad a range of refugee communities as possible.
3. Allocating roles to volunteers.
4. Overseeing volunteer expense payments.
5. Fund-raising for costs associated with a growing number of volunteers.
6. Maintaining databases of volunteers, extracting reports, mailing letters etc. from the database as required.

In collaboration with a number of supportive organisations, such as Islington Volunteer Centre, it has been possible to let the public know about the Refugee Therapy Centre. Through the advertisements in the charity jobs web-site and outreach work, and of course now via the Refugee Therapy Centre web-site, a number of volunteers have expressed their willingness to offer their services to the Refugee Therapy Centre. The volunteer database, volunteer pack and volunteer leaflet created in the past year are all assisting in helping us to recruit suitable volunteers.

This year approximately 23 new volunteers have applied to work at the Refugee Therapy Centre. From these, 14 were offered an interview at the Centre and 10 of these applicants have been offered the opportunity to work at the Centre. Unfortunately, with the limited space available at the Centre it was

only possible to accommodate small numbers of volunteers. 6 volunteers have been active at some point in the year at the Centre and 4 more are expected to start soon.

The volunteers have been able to help in different areas such as general administration, interpreting, fundraising, bookkeeping and support work. Working closely with Refugee Community Organisations has insured that volunteers at the Refugee Therapy Centre are young between 17 and 25, and from a refugee background.

As far as my experience of working at the Refugee Therapy Centre is concerned, when I first started working here as an interpreter, it was hard to understand how important the Centre is to so many people. Working at the Centre made me aware of the existence of a lot of feelings and sufferings that a lot of refugees go through everyday, but also of the importance of being heard. It feels great to realise the potentials and capacities that refugees and asylum seekers have, and it feels great to be part of the work that is being done at the Centre.

From People who Work at the Refugee Therapy Centre

Rachel Adema, Psychotherapist

“My association with the Refugee Therapy Centre continues to be valuable and enriching. I have found the experience of working in a language other than the one I was trained in both fascinating and thought provoking. It is also extremely hard work.

Our work as psychotherapists involves, I feel, a constant flow between an empathic striving to understand the other through a recognition of some sameness and an acknowledgment of difference and separateness. To be a refugee implies, amongst many things, the experience of being initially a stranger in a foreign land, of being displaced and belonging nowhere, of having to struggle to integrate in a new life while finding a way of mourning for an old one. Such an extreme experience of difference can seem to negate those things that link us all through our shared humanity. However, many of us who are not refugees as such, do know how it feels to be displaced, to not quite belong or to struggle to keep in touch with our own culture while learning to fit in with a new one. Those of us who seek to ‘help’ these often traumatised people need to find a way of not feeling so overwhelmed by the extent of the differences and feelings within ourselves that resonate with the refugee’s state of mind. When I am working in a language that is not my ‘mother tongue’, and maybe also not the patient’s, we do not have the luxury of sharing a common basic vocabulary, not only of words but also at times, of tradition and culture. This means that we do not have the comfort of being able to convey raw emotional states in reassuringly familiar terms. Interestingly I have found that the constant effort to find the words that will be understood and that lead to a feeling of being understood, make me more at ease with that delicate balance between sameness and difference.

I am grateful to the Refugee Therapy Centre for this experience which I am sure still has so much to teach me. I look forward eagerly to the French speaking women’s group and to all the new things I am sure to learn from it.”

Sam Alayarian, Finance and I.T. Administrator

“I have been working for the Centre since it opened and I have had different duties since I have been here. I started with working in finance, then as my A-levels approached and my time was cut short I was forced to leave for a while. However, during this period I still used to come in occasionally to set up new computers and to do some ‘handy man’ jobs, such as putting up shelves etc. I came back as finance administrator again last year as I decided to quit my old job in order to have more time to work at the Refugee Therapy Centre. I worked along side Juliana Hoxha until she was sadly deported. I have been receiving training from John Blackwood in order to run the finance of the Centre. I am hoping to join a course in September in order to further my knowledge. This could involve learning about dealing with payroll and more about the Sage accounts. It is a pleasure to be part of this organisation and to be given the opportunity to contribute to the work here in some way.”

Patricia Oretzya Gurvceag, Trainee Psychotherapist-in-Placement

“I started in the Refugee Therapy Centre early this year. I was surprised by the inter-cultural atmosphere of the place, starting from the Clinical Director, followed by the administration, supervisors, other therapists, and of course, the clients.

I have discovered that the Refugee Therapy Centre is for clients like an extension of their family in England, the family that was left behind, or is not with them anymore. It is the link between their culture and the English

culture; also, the link between their past experiences and the future they would like to create for themselves. It is a source of hope and especially support, maybe the only they have in this country.

I must say that I know all of this not only from my client's opinions, but from personal experience. As a foreigner myself, by choice rather than by circumstances, I have felt personally very welcomed in the Centre. It has been a great source of learning, of personal and professional support, and a place in which I have had the chance to meet wonderful people.

I feel very grateful to be part of this team."

Charlotte Harris, Personal Assistant to Clinical Director

"I came to be working at the Refugee Therapy Centre as much by accident as anything else. After some anthropological research with Afghan refugee children in Pakistan was suspended due to the situation there, I found myself looking for work but still very much interested in working with and for refugees...and so I found the Refugee Therapy Centre. I don't think that even when I was given the job, I really had a sense of what happens here and this is the case for so many people, I think. Unless you take the time to look closer, you do not really understand how the Centre is working for refugees, in creating an accepting and nurturing space, in witnessing the transformation of their lives. It is a pleasant eye-opener to discover this organisation, thriving and depending on a group of people from all cultures and backgrounds who give of their time and support so quietly to make things happen. I have been fortunate in finding a job that enables me to contribute to this in some way."

Tirril Harris, Psychotherapist

"What I want to talk about briefly today is not so much about the work of psychotherapy here in the Centre but about how much I myself have gained from doing that work. So far we have talked about what the Centre has done for clients, but I would like to emphasise what it does for us therapists. It is an enriching experience both for our practice and for our broader perspective about what it is to be human.

I have been seeing a teenage girl, who came originally from Rwanda, whom I will call Ade, and we have been working in French. That means we are both working in a second language. Apart from admiration for her courage I have learnt a number of exciting new things from her. For example our European languages are so impoverished – even the mellifluous French – when it comes to naming different family members. We just have the word 'oncle' ('uncle') or 'tante' ('aunt') and so, if we want to know who were referring to, we have to add their given names afterwards like Auntie Mary as opposed to Auntie Nora. Also in these times of family planning we probably only have two aunts. Ade had a great many more than two, and because she had separate words in her native tongue for father's sister, father brother's wife, mother's sister and mother's brother's wife she was always perfectly clear in her own mind who she was talking about and felt she did not need to give me their different given names. But of course in French she referred to them all as 'ma tante' and I was thus rather confused. In the end I decided I would have to stop guessing which aunt it was and continually intrude on the therapy process by asking her. She was delighted to explain and give me a bit of language tuition. This was actually quite productive in terms of the therapy - for me to have to be in the learning position and she in the role of tutor - and we got a lot of laughs out of it.

A second really important insight I have gained from working with her has been the psychic impact of living in a society which believes in witchcraft. One of the vital reasons for me working out all about Ade's aunts was that a couple of them believed she was a witch and the others did not. If Ade had a dream about an aunt it was therefore crucial that I get the meaning right in terms of whether this was an accuser or a supporter. But it wasn't just in dreams that it mattered. We talk a great deal in psychotherapy-speak about feeling oneself to be "bad object", but I really came to appreciate how intense that can be if one is accused of sorcery.

One last thing: I can tell you that Ade terminated therapy with me just a couple of weeks ago. In our last session she found herself breaking into English with me in the middle of a sentence and again we had a good laugh. When we said goodbye we both knew that, whatever happened to me in the coming period, she would always look on the Centre as a place she could go to find a safe haven if ever she needed it again."

Matthew Hart, Educational Psychologist

"I have now been working on a voluntary basis at the Refugee Therapy Centre since November 2001. In that time I have seen four patients, two of whom continually since that time.

My background is of working with young people in homes and schools as an Educational Psychologist. Prior to this I taught adolescents with emotional and behavioural difficulties. This and the various psychotherapy

courses I have attended over the years has proved very useful in working with the adolescents I see here in helping to get the balance right between:

- Maintaining and helping them to accept the boundaries you impose and
- Providing a space where we can both talk and instil hope about the future and
- Also keeping space for them to discuss and start to make sense of some of the events in their lives.

As trust has developed in the sessions, so my patients have started to tell me more about their lives. Some of the events described have been overwhelming in their awfulness and it has often taken me a few days of mulling them over before they are assimilated. Another source of worry for patients is their status here and the changes that occur as the protection they have gained by being a child is suddenly lost as they turn 18 and they are potentially on their own. Our fortnightly supervision group has enabled us to talk about these issues so that I can continue to provide a containing place for these patients to talk about them.

In moving to the new offices we have lost the lack of space but have not lost the humour and sense of fun that is part of this organisation. After the move I couldn't decide which consulting room to use until Aida offered to help. Whilst I sat in the therapists chair in each room she languished sultrily on the couches asking me what I wanted her to disclose. We laughed so much that any anxieties about room changes disappeared and the choice was easily made."

Susie Renshaw, Trainee Counsellor-in-Placement

"I heard about the Refugee Therapy Centre when I was looking for a placement as part of my counselling training.

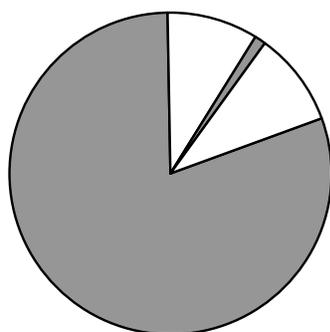
It sounded like such an amazing and valuable service that I was really keen to apply but thought that as an English-speaking English woman I wouldn't be accepted. So I was very pleased to hear that many clients prefer to see a therapist from a different country and are often happy to have therapy in English.

I feel very privileged to be part of such a wonderful multicultural family and feel that gaining experience in working with cultural and linguistic difference is such an important part of my training. I have learnt so much from my colleagues at the Centre, from Aida my supervisor and most of all from my clients."

Refugee Therapy Centre

Income and Expenditure Account and Statement of Financial Activities
For the Year Ended 31st March 2003

Income



■ Donations & Grants	137,870
□ Services Provided	16,135
■ Interest Received	1,654
□ Tax Refund	16,070
	<hr/>
	171,729

Expenditure

