

## **Who Are We?**

The Refugee Therapy Centre provides help and support to refugees and asylum seekers.

We provide counselling and psychotherapy to refugee and asylum seekers in their own languages. To monitor and evaluate our clinical practise, all therapists receive regular intercultural supervision and produce progress reports. Every ten weeks all patients are also invited to complete confidential feedback forms on the services we offer, on their experience of therapy, and of attending the Centre, all of which is vital in forming the way we evaluate and shape our work.

## **Who Do We Work With?**

We offer counselling, psychotherapy and associated treatments to refugee and asylum seeker children, adolescents, parents, couples, and families. We also offer group therapy. We aim to give priority to children and young people, and also to those with less than ten years in the UK at the time of first contact.

## **Our Aims**

The overall aim of the Refugee Therapy Centre is to help and support refugees to deal with psychological issues in an effective and appropriate manner, taking into consideration the cultural and linguistic needs of the client.

The Centre also aims to:

- empower refugees to deal with their experiences and psychological difficulties by offering a culturally and linguistically sensitive support service.
- provide a safe and supportive space in which people could rediscover their abilities and rebuild their confidence, so as to integrate and become positive members of society.
- give priority to children, young people and their families suffering as a result of their experiences.

## **How to Refer to Us**

Please send a letter referring the client to us. We need you to provide us with the client's details (name, address, age, languages spoken, and reason for referral). If you have made an assessment already, it would be helpful if you include a copy of this document. If the person has had a psychiatric assessment or hospital admission, we need to have copies of the assessment and discharge summary. We are currently being commissioned by Islington, Hackney and Haringey PCTs and so have funding for clients from these boroughs. If you are referring people outside these boroughs, please advise us on funding.

## **What Happens After Referral?**

We will send you an acknowledgement confirming that your referral has been received. We will also send the client a letter explaining that they have been referred to us

by your service. The person will then be invited for an assessment where they can discuss their needs. This assessment will be with one or two therapists, and usually takes up to 1½ hours. More than one appointment might be required. The assessment will help us decide if our services are appropriate. If we believe we can help then we will allocate the person to a therapist and will write inviting him/her to start therapy on a regular, weekly basis. Where a specific language is required, the treatment may be with a bi-lingual therapist, or with an interpreter. In other cases, if the client prefers, then the therapy would be in English (some people may prefer not to see someone from their own cultural background). We will send you a copy of any correspondence with the client to keep you informed of our involvement. We will contact you if the client's treatment, attendance or situation requires it.

## **What other services do we provide?**

We provide training, supervision and consultation to other organisations and professionals working with refugees and asylum seekers. We also provide training for refugees working at the Centre on a volunteer basis, in basic counselling skills, support/aid work, interpreting, administration, bookkeeping and other useful skills to help their re-entry into the job-market and society in general.

## Currently We Provide Therapy in These

### Languages

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

The numbers of languages we offer varies depending on our current staff & volunteers, as well as the needs of the refugee and asylum seeking population.

### Board of Trustees

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## Contact details

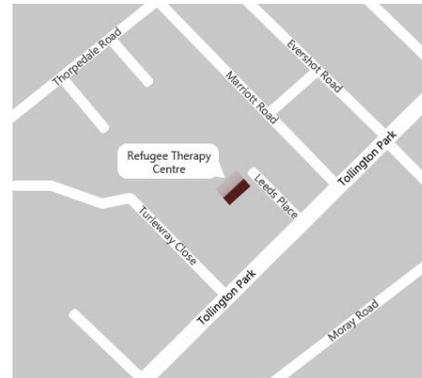
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[www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk)

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### Office Hours

Wednesday - Friday  
10am – 7pm



**Underground:** Finsbury Park (Victoria and Picadilly Lines)

**Overground:** Finsbury Park and Crouch Hill

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



REFUGEE  
THERAPY  
CENTRE

**Information  
for Referrers**