

Intervention Frameworks: Current position...

- ◆ Current research & discussion on best practice contributing to the mental health outcomes of refugees is the integration of Psychological-trauma informed interventions, Psychosocial interventions and Community based interventions.
- ◆ The dominant mainstream models of care are still dominated by the psychiatric paradigm and/or resource constraints.

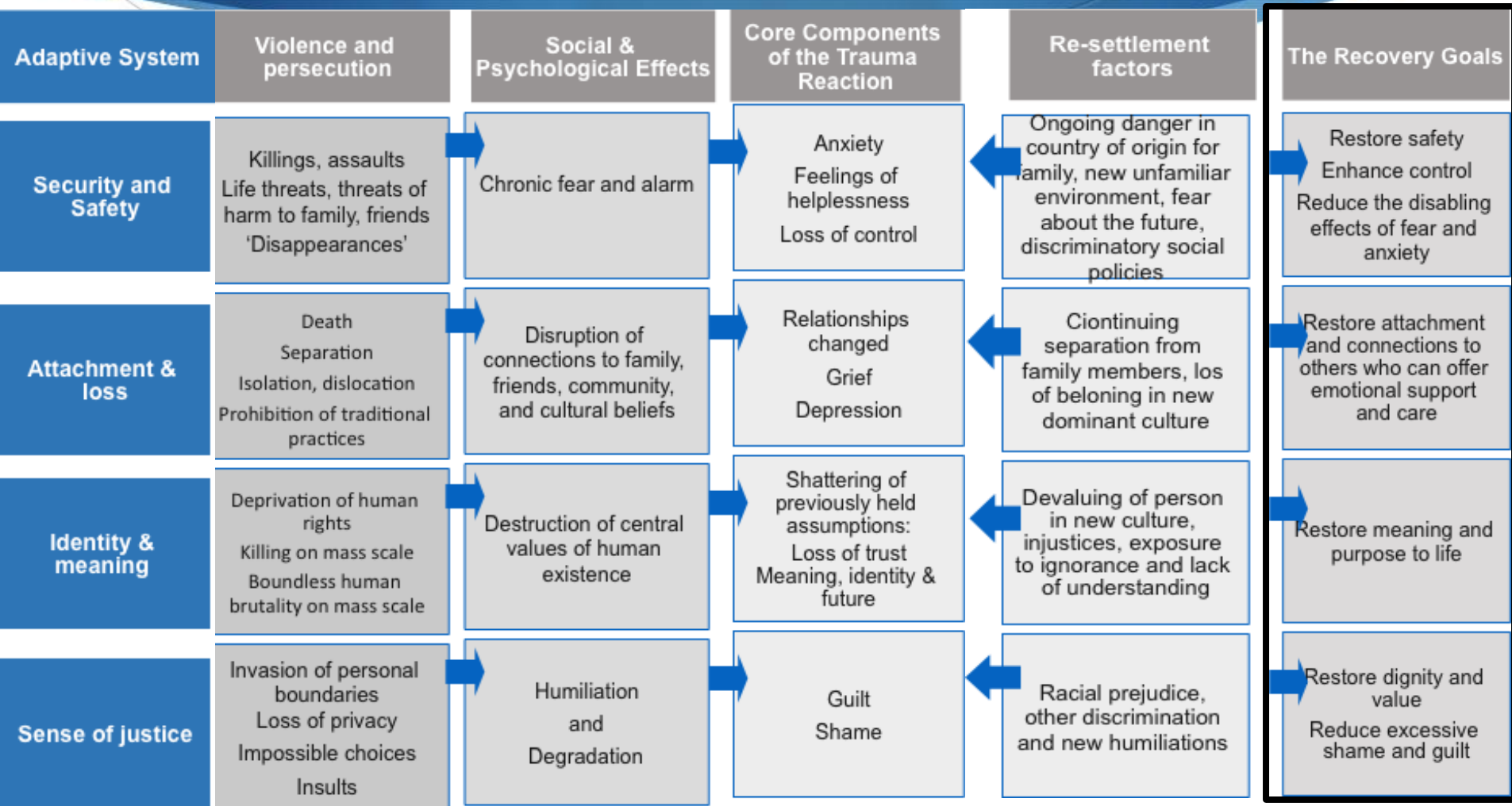
So.....

The contemporary question, given the current political and resource environment, is how do practitioners and services respond humanely and effectively to the needs of refugees, either directly or indirectly?

Can mapping a relational framework onto an existing trauma model enhance our response to the needs of refugees?

The Recovery Model

Adapted from: Silove 1999; VFST 1998



A Relational Framework: Cognitive Analytic Therapy (CAT)

- ◆ CAT was originally developed as a model of individual, time limited psychotherapy (Ryle & Kerr, 2002).
- ◆ It integrates cognitive theories (patterns of action, thinking and meaning), analytical concepts (eg role of reciprocal relationships) and dialogic concepts (eg, what 'voices' do we internalise through life).
- ◆ CAT has also been adapted and applied as a framework for team consultation, care planning, supervision, and reflective practice.

Central tenants of CAT

“[attachments], social and cultural experiences are critical to the development of self through a process of internalisation and contribute to the development and maintenance of a repertoire of reciprocal role [relationship] patterns that embody action, thinking and meaning” (Ryle & Kerr 2002)

- ◆ It is a relational model that helps the person understand that early relationships & experiences (including social and cultural) shape our future relationships and impact on the we think, feel and behave

Aims of CAT

- ◆ Recognising and identifying current problematic patterns and sources of distress
- ◆ Having a shared, non-blaming, understanding of the origins of these patterns in terms of a person's life narrative (and context)
- ◆ Shifting from the unhelpful patterns that lead to distress to more helpful patterns and relationships

An example....



A relational mirror: Complementing the Recovery Model



Key adaptive systems impacted by trauma

Context

Culture
Post-migration context



Reflective process

Reciprocal relationships

Ultimate aim for all?

Powerful Superior
↕
Powerless Inferior

“Safety” “Attachment” “Meaning & Identity” “Justice”

Unhelpful Reciprocal Roles
→

Threatening
↕
Threatened Vulnerable

Isolating Marginalising
↕
Isolated Disconnected

Destroying Disempowering
↕
Disempowered Worthless

Discriminating Devaluing
↕
Humiliated Devalued

Exit Reciprocal Roles
→

Protecting
↕
Safety Security

Belonging
↕
Connected

Recognising Participating
↕
Recognised Empowered

Valuing Respecting
↕
Valued Respected

Accepting Welcoming
↕
Accepted Belonging