

PSYCHOLOGICAL THERAPIES FOR SURVIVORS OF TORTURE: A HUMAN-RIGHTS APPROACH WITH PEOPLE SEEKING ASYLUM

- JUDE BOYLES, NATHALIE TALBOT,
& COLLEAGUES



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Resource Guide

About Jude Boyles

Jude Boyles is a BACP senior accredited psychological therapist and feminist activist. She has been practising for the last 24 years. Before qualifying in 1994, Jude worked in the women's movement, in a Rape Crisis centre and in Women's Aid refuges for women fleeing domestic violence.



Jude then worked as a counsellor in a non-medical mental health crisis service for 11 years, before establishing the Freedom from Torture North West Centre in Manchester in 2003, where she carried a caseload of torture survivors and managed the centre for 14 years. Jude currently works as a psychological therapist with Syrian refugees in the Syrian Vulnerable Persons Resettlement Programme.



Event Details

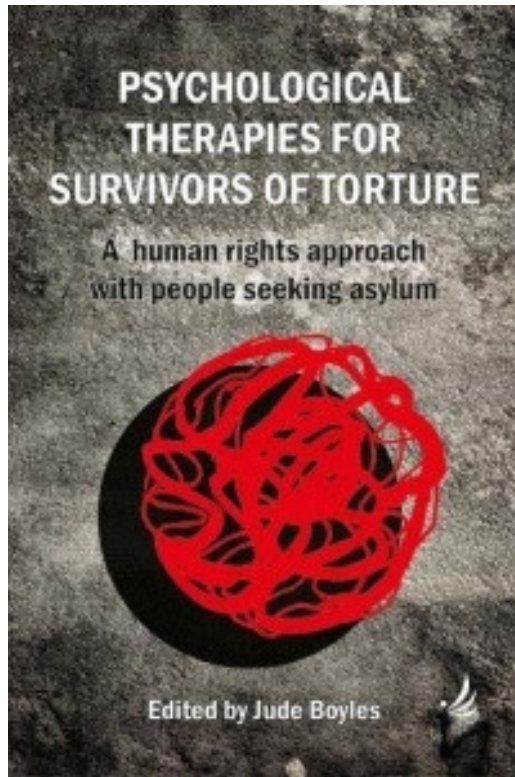
Jude Boyles will be joined by colleagues Col Bashir, Prossy Kakooza, Nathalie Talbot, and Jess Michaelson to talk about Psychological Therapies for Survivors of Torture: A human-rights approach with people seeking asylum. Which is also the title of a recent publication from PCCS Books entitled "[Psychological Therapies for Survivors of Torture: A human-rights approach with people seeking asylum](#)".

The book is a collection of writings by experienced psychotherapists, counsellors, interpreters, and psychology professionals working with survivors of torture in exile. At the event, Jude Boyles and her colleagues will share their extensive and personal experiences of working with refugees and survivors of torture. Including overarching issues such as interpreter-mediated therapy, assessment, and working with trauma and shame, plus the particular needs of specific client groups such as LGBT survivors, women, separated young people, and families - capturing the everyday realities and challenges of survivors' lives in the UK today.

It is an event for all counsellors, therapists, and mental health professionals but particularly those who are new to or already working with this client group.



Reading



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This edited collection of writings by experienced therapists, social workers and interpreters working with survivors of torture in exile, fills a gap in the English-language literature with its specific focus on an increasingly important but neglected client group.

The editor, Jude Boyles, is an experienced therapist who established and managed a UK rehabilitation centre for survivors of torture in exile for 14 years. The contributors are from the voluntary and statutory sectors, and work in primary and secondary healthcare, in women's projects and in refugee therapy settings. They write from a range of psychotherapeutic perspectives and use a variety of models, but all share a holistic approach and use a human rights framework.

Chapters cover overarching issues such as interpreter mediated therapy, assessment, and working with trauma and shame. Others explore in detail the particular needs of specific client groups such as LGBT survivors, women, separated young people, and families.

This is a book for all counsellors and therapists, but particularly those who are new to or already working with this client group. Packed with first-hand practitioner experience and survivors' stories, and written in plain English, it captures the everyday realities and challenges of survivors' lives in the UK today. This is also a book for mental health professionals and NGO workers who need a better understanding of the impact of torture and the asylum process on people's mental wellbeing.

Training at Freedom From Torture

www.freedomfromtorture.org

"Do you offer therapeutic, medical, practical, social, or legal support to migrant groups, asylum seekers or refugees, including survivors of torture?"

Freedom From Torture Training can:

- Help you recognise the impact of complex trauma and loss on individuals and families
- Confidently assess the needs and risks of survivors of torture and their families
- Share good practice in engaging and supporting survivors of torture

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