

The logo for Solace, featuring the word "solace" in a bold, lowercase, sans-serif font. Below it, the tagline "surviving exile and persecution" is written in a smaller, lowercase, sans-serif font. The background of the top section shows a stylized illustration of people in a meeting or training session, with a woman in the foreground and others in the background, all in shades of orange and brown.

**solace**

surviving exile and persecution

# Understanding Factors Impacting Wellbeing in Asylum Seekers and Refugees

Please note this course is funded by Leeds CCG for the benefit of people living in Leeds - Your organisation must be based in Leeds to register a place.

▶ **Monday 7th March 2022**

▶ **2:00 - 4:30 - Online training - [register HERE](#)**

## **Who is this training for?**

This training is for anyone working in a **Leeds based organisation** in the field of mental health who would like to understand more about refugees and asylum seekers and specifically how to support them better.

## **What you will learn:**

1. Develop more understanding of why refugees and asylum seekers suffer from mental health difficulties.
2. Understand factors which affect access to health care and potential recovery when working with refugees and asylum seekers.
3. Understand challenges that you might face as a professional when working with this client group, including language, culture and presentation issues.

# Understanding the Impact of being a Refugee or Asylum Seeker

**Monday 7th March 2022**  
**2:00 - 4.30 - Online training**

Click [HERE](#) to register



## Presented by Sarah Blossom

Having started out as a general nurse, Sarah retrained at York St John gaining a post graduate diploma in counselling and psychotherapy. Sarah has 8 years' experience of providing therapy for Refugees and Asylum Seekers. She has worked with both Solace and Refugee council in that time and in a variety of roles which has included working with newly arrived clients both in initial accommodation and as part of the Syrian resettlement scheme and working with client both with and without refugee status who have been in the UK for several years and sometimes decades. Her therapeutic approach is Humanistic Integrative and so she has a very high view of the human ability to survive and overcome adversity. She finds this client group inspirational. In fact, it was working with refugees that initiated the career change from nursing to psychotherapist.

**solace**  
**surviving exile and persecution**

Solace a specialist wellbeing service for asylum seekers and refugees covering Yorkshire and the Humber regions. Established in 2006 we have supported many thousands of individuals and families.

Please note this course is funded by Leeds CCG for the benefit of people living in Leeds - Your organisation must be based in Leeds to register a place.

**[Click HERE to register your free place](#)**

