



## SYSTEMIC SUPPORT for PEOPLE DISPLACED BY WAR and OPPRESSION

*“Better to light one candle than to curse the darkness”*

As thousands of displaced individuals and families come into this country seeking asylum and refuge from the many war zones and areas of oppression in the world, the Association for Family Therapy (AFT) has been developing ways in which it can contribute to the amazing work being done by local authorities, refugee agencies and those who host refugees in their own home. There is so much to do but we would like to offer our knowledge and skills in understanding and working with relationships. In a way that supports those supporting refugees. Below we describe our current offer which is being rolled out across the UK. This offer may change as we respond to the feedback from agencies and families

### WHAT WE OFFER HOST FAMILIES

1. Workshops to prepare potential host families (and those waiting for guests) for the impact of having guests who are displaced from home, country and family and may be traumatised. The hope is that some preparation at an early stage will enhance the experience for hosts and guests and reduce the risk of placement breakdown.

Topics will include

- ❖ The challenges for hosts and guests
- ❖ Creating helpful boundaries and house rules
- ❖ Understanding and working with cultural and family differences
- ❖ Communication and resolving differences
- ❖ Accommodating to different parenting styles
- ❖ Thinking about the needs of children in the joint household
- ❖ Understanding and responding to distress and trauma
- ❖ Looking after yourself
- ❖ When and how to seek help.

These workshops can be offered as

3 x one hour workshops on zoom with a follow up a few weeks later

Or

1 x 2 and a half hour workshop face to face with a follow up either face to face or on zoom.

2. Consultation workshops for hosts who are already offering a home to guests. These will have the same format as those described above and it is anticipated that similar topics will be covered. However they will be led by the current experience of families.

### WHAT WE OFFER AGENCIES WORKING WITH REFUGEES

- Specific training in working with families
- consultation should difficulties arise with hosting arrangement.
- Support Groups for volunteers



### Some Information about us.

- We are registered professionals working in the NHS, Social Services, charities and education with children, adults, older adults and families of all nationalities.
- Systemic family therapists are experienced in working with relationships of all kinds, often cross-culturally and with the different, sometimes very challenging contexts that inform people's lives. We regularly work to help improve communications and relationships, especially when groups and individuals have encountered difficulties negotiating ways forward together.
- In many cases, people who flee war in sudden circumstances experience a sense of dislocation from their own culture and tradition. Feelings of guilt about leaving loved ones and friends can surface, with worrying news evoking trauma behaviours, and language barriers testing the hosting arrangement still further.

- In offering constructive support through workshops and consultations we aim not only to prevent breakdown of these hosting arrangements, but also to positively enhance the experiences for all concern

## Cost

Our members are offering their services free of charge and there is no cost for online events. We expect some help with a venue for any face to face meetings.

## How do you make referrals?

Agencies and hosts can either contact the local contact for your area ( details at the bottom of the page) or [Kate.daniels@aft.org.uk](mailto:Kate.daniels@aft.org.uk) who will put them in touch with their local workshop facilitators.

If you have further questions, please feel free to contact by email

Your Local Contact is:

[Anokh Goodman and Ann Overton](#)

[email: systemicspace4hosts-bradford@outlook.com](mailto:systemicspace4hosts-bradford@outlook.com)