

Sharing 20 Years of Learning: Insights from Solace Therapy

At Solace, we have a commitment to share knowledge and expertise if it has the potential to improve the lives of people seeking safety.

Over the past 20 years, our therapists have developed a deep understanding of working with refugees and asylum seekers. As part of our commitment to sharing this expertise, members of our team have written a series of practical, reflective papers grounded in their frontline therapeutic experience.



Kathryn Ashworth
Solace CEO

They are insightful, practice-based resources designed for professionals who want to deepen their understanding and strengthen their work with this community.

Explore the Series of Solace Papers

There are currently nine monographs available on our website, each focusing on a different aspect of therapeutic work with refugees and asylum seekers.

 [Explore them here: For professionals / academics \(monographs\)](#)

Whether you're a practitioner, academic, or simply interested in this field, we invite you to explore them and reflect on what resonates most.

On the next page, a few of the topics are covered. Click on the title to read the monograph in full

The Impact of the Asylum System on Therapy

This research explores how the UK asylum process affects both clients and practitioners. It highlights the reality that therapy in this context often extends beyond traditional boundaries—requiring flexibility, advocacy, and resilience.

Working Systemically with Refugee Families

This paper explores the complex realities faced by resettled families—trauma, loss, cultural adjustment, and navigating unfamiliar systems. It highlights the importance of working not only with individuals, but across families, communities, and services.

Creative Approaches to Grief and Loss

Blocks of Meaning presents a powerful case study of a young refugee using Minecraft to process grief. It demonstrates how creative tools can open new pathways for expression, connection, and hope—especially for young people.

Truth, Trauma and Testimony

This monograph examines how asylum decisions rely on “credible” narratives, while trauma can make memories fragmented and inconsistent. It highlights the crucial role therapists play in supporting individuals to tell their stories safely and effectively.

Could Refugees and Asylum Seekers be Struggling ADHD and ASD alongside trauma and loss

Could behaviours we attribute to trauma also reflect ADHD or autism? This paper introduces a neurodiversity lens, encouraging practitioners to look beyond assumptions and adapt their approaches to better support diverse needs.

Why This Matters

Across all nine papers, one message stands out:

Effective support for refugees and people seeking safety requires insight, flexibility, and an understanding of the wider systems shaping people's lives.

Our Solace Papers aim to contribute to this understanding—helping professionals deliver more compassionate, informed, and meaningful support.

Discover More

These papers are just one part of how we share our learning. You may also be interested in:

- Our video resources: Helpful resources for refugees and people seeking safety
- Our specialist training programmes

We are incredibly proud of the expertise our team has developed—and we're committed to making it accessible to others.

We'd Love to Hear From You

If you explore our resources, please get in touch and share your reflections. Your feedback helps us continue to learn, grow, and improve the support we provide.