CLINICAL EVENING

NO HOME TO GO TO:
WORKING WITH A SRI LANKAN TAMIL ASYLUM
SEEKER WHO ARE IN THE PROCESS OF DEPORTATION

PRESENTED BY:
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INTAKE COUNSELLOR

NSW Service for the Treatment
and Rehabilitation of Torture
and Trauma Survivors
RAJ : FACTUAL INFORMATION

- Age : 35
- Gender : Male
- Nationality : Sri Lankan
- Marital Status : Married
- Religion : Hindu
- Ethnicity : Tamil
- Visa Status: Asylum seeker – BVE
- DOA: 23/10/12
- DOR: 17/11/15
- Date of 1st session: 24/11/15
- Total No. Sessions: 16 sessions (funded) + 10 session (unfunded)
Living in Australia

Living in Sri Lanka

25 yrs. old - kidnapped in 2012 (presumed death)

Cancer

2009

Living in Canada

5

28

?
CASE FORMULATION: COMPLEX INTERACTION

International event stressors

Protective Factors (internal and external)

Cultural / Religious Aspects

Socio-Political Background

Trauma reactions

Exile, migration, resettlement stressors, cultural transition

Normal life cycle stressors

Recovery environment stressors

Aroche and Coello, 1994
## Psychological Instruments

<table>
<thead>
<tr>
<th>TEST</th>
<th>SCORE</th>
<th>SIGNIFICANCE</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Hopkins Symptom Checklist</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Anxiety</td>
<td>3.1</td>
<td>&gt;1.75</td>
</tr>
<tr>
<td>Depression</td>
<td>3.3</td>
<td>&gt;1.75</td>
</tr>
<tr>
<td><strong>Harvard Trauma symptoms Questionnaire</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PTSD</td>
<td>3.4</td>
<td>&gt;2.5</td>
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</tbody>
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**Case Formulation: Presenting Symptoms**

**Symptoms of PTSD and Anxiety:**
- Nightmares,
- Panic attacks,
- Flashbacks,
- Hyper-arousal,
- Dissociation,
- Avoidance of past traumatic memory,
- Intrusive and recurrent thoughts,
- Lack of concentration and memory,
- Anger and irritability

**Symptoms of Depression:**
- Constant worry and sadness,
- Feeling of guilt and shame,
- Insomnia,
- Lack of appetite,
- Social isolation and withdrawal,
- Lack of trust,
- Constant fear of deportation,
- Worthlessness & hopelessness
- Frustration
- Suicidal ideation
CASE FORMULATION: PRESENTING PROBLEMS

Precipitating Factors
- Trauma and Torture due to imprisonment
- Multiple losses

Perpetuating Factors
- Multiple psychological symptoms
- Unresolved visa status
- Insecurity

Risk Factors
- Possible deportation
- Living in Limbo
- Fear of family safety

Predisposing Factors
- Political View

Protective Factors
- Family
- Religious belief
- Strong personality
THERAPEUTIC GOALS
IDENTIFIED BY THE CLIENT

- Protection Visa application
- Symptoms of anxiety and depression
- Fear of deportation
- Guilt associated with leaving family behind and loss of his father and brother.
THERAPEUTIC INTERVENTIONS

- Therapeutic Relationship

  - Safety –
  - Confidentiality & impartiality
  - Education on the concept of counselling
  - Practical assistance
  - Case management and referrals
THERAPEUTIC INTERVENTIONS

- **Symptom management**
  - Supportive Counselling
  - Psychoeducation
  - Elements of Narrative Therapy and Narrative Exposure Therapy
  - Positive re-thinking using cognitive restructuring and religious belief
  - Imagery Rehearsal Therapy (IRT) & Sleep hygiene
  - Mindfulness using yoga and meditation
  - Muscle relaxation and breathing exercises using yoga asana
  - Cognitive restructuring using Strength based approach
TREATMENT OUTCOME

- Depression & Anxiety reduced
- Sleep improved
- Nightmares reduced
- Dissociation was reduced
- Social and self-esteem improved

- Accepting the decision to be returned
- Finding the positive aspects of being reunited with his family
- Plans for his family safety
- Alternative solutions – third countries
THANK YOU FOR ATTENDING
STARTTS
CLINICAL EVENING SEMINAR