

What is MANTRA

Mantra is a project developed for refugee men who have survived multiple traumas, including torture, sexual violence and rape.

Experiencing and witnessing torture, sexual violence and rape is pervasive in a refugee population, in the context of war. A desire for power & dominance, underpins these acts of systematic violence that are also used as a strategy to demoralise, terrorise and control.

In men these acts of violence are under reported. Shame & Stigma are possible barriers to seeking help. This increases vulnerability and could also lead to re-victimisation.

MANTRA assists men to better manage the sequelae of humiliation, recurrent thoughts, avoidance and other possible maladaptive attempts to cope with the horrors of the past.

Therapeutic approaches are integrated and adapted to the needs of a multicultural client group.

Therapeutic Approaches Include:

- Mindfulness exercises
- Psycho-education
- Narrative Exposure Therapy

About STARTTS

STARTTS is a specialist, non-profit organisation that for the past 25 years has provided culturally appropriate and cutting edge psychological treatment and support to help people heal the scars of torture and refugee trauma and rebuild their lives in Australia.

www.startts.org.au

Contact us

HEAD OFFICE CARRAMAR

152-168 The Horsley Dr
Carramar NSW 2163

P: (02) 9794 1900
F: (02) 9794 1910
F: (02) 9794 1890(*Intake*)

AUBURN

1st Floor, 44-50 Auburn Rd
Auburn NSW 2144

P: (02) 9646 6666

LIVERPOOL

3rd Floor, 157-161 George St
Liverpool NSW 2170

P: (02) 8778 2000

BLACKTOWN

Suite 2, Ground Floor
85 Flushcombe Rd
Blacktown NSW 2148

P: (02) 9854 7300

COFFS HARBOUR

14 Earl Street
Coffs Harbour 2450

P: (02) 6650 9195

NEWCASTLE

Wallsend Campus
Multicultural Health Unit
Level 2 Harker Building
Longworth Avenue
Wallsend NSW 2287

P: (02) 4924 7193 or
(02) 4923 7194

Newcastle TAFE Campus
Bldg M, Level 1, Rm 17-19
Tighes Hill NSW 2297

WAGGA WAGGA

12 Station Place
Wagga Wagga 2650

P: (02) 6921 4403

WOLLONGONG

Wollongong TAFE
Building K, Ground Floor,
Rm 6 and 12, Foleys Lane,
North Wollongong

P: (02) 4229 0685 or
(02) 4229 0158

Illawarra Multicultural Service
17 Auburn St, Wollongong

NSW Service for the Treatment
and Rehabilitation of Torture
and Trauma Survivors



MAN-Torture & Rape

If you would like to refer a client to MANTRA please have the following information available:

NAME: _____

SURNAME: _____

ADDRESS: _____

Telephone No: _____

DATE OF BIRTH: _____

CLIENT ID NUMBER: _____

COUNTRY OF BIRTH: _____

DATE OF ARRIVAL: _____

***Any male survivor of Torture and Rape who is eligible for STARTTS services may be referred to MANTRA**

Contact STARTTS Intake

At

STARTTS Carramar
PO Box 203
Fairfield NSW 2165

Phone: (02) 9794 1900

All participants are invited to an individual session where they will be explained the program and screened to assess suitability to participate in the groups.

Participants are assisted to write their testimony as part of the therapeutic process if they are interested

For More Information about MANTRA you may contact

Pearl Fernandes or Yvette Aiello
Phone: (02) 97941900 or 96466666

*Groups run at STARTTS are generally language specific. Currently we are facilitating groups in Tamil

MANTRA relies on a combination of group and individual sessions.

Participants are individually assessed prior to the first group session, and recruited to the project if they can commit to attend 10 weekly group sessions. Groups are generally run on a Tuesday afternoon at the STARTTS Auburn Office.

Every participant is offered Individual sessions during this 10 week period, on a needs basis.

All participants are encouraged to share in the group sessions. However, they are offered the choice to remain silent if they do not feel comfortable.

Participants in MANTRA are assisted and encouraged to:

- Share, validate and find their voice to express their difficult experiences, in particular torture and sexual violence
- Explore and process issues such as; the loss of one's motherland, manhood, guilt and shame
- Identify current coping strategies and explore new approaches to restore their emotional well being
- Strengthen existing support networks to facilitate ongoing recovery