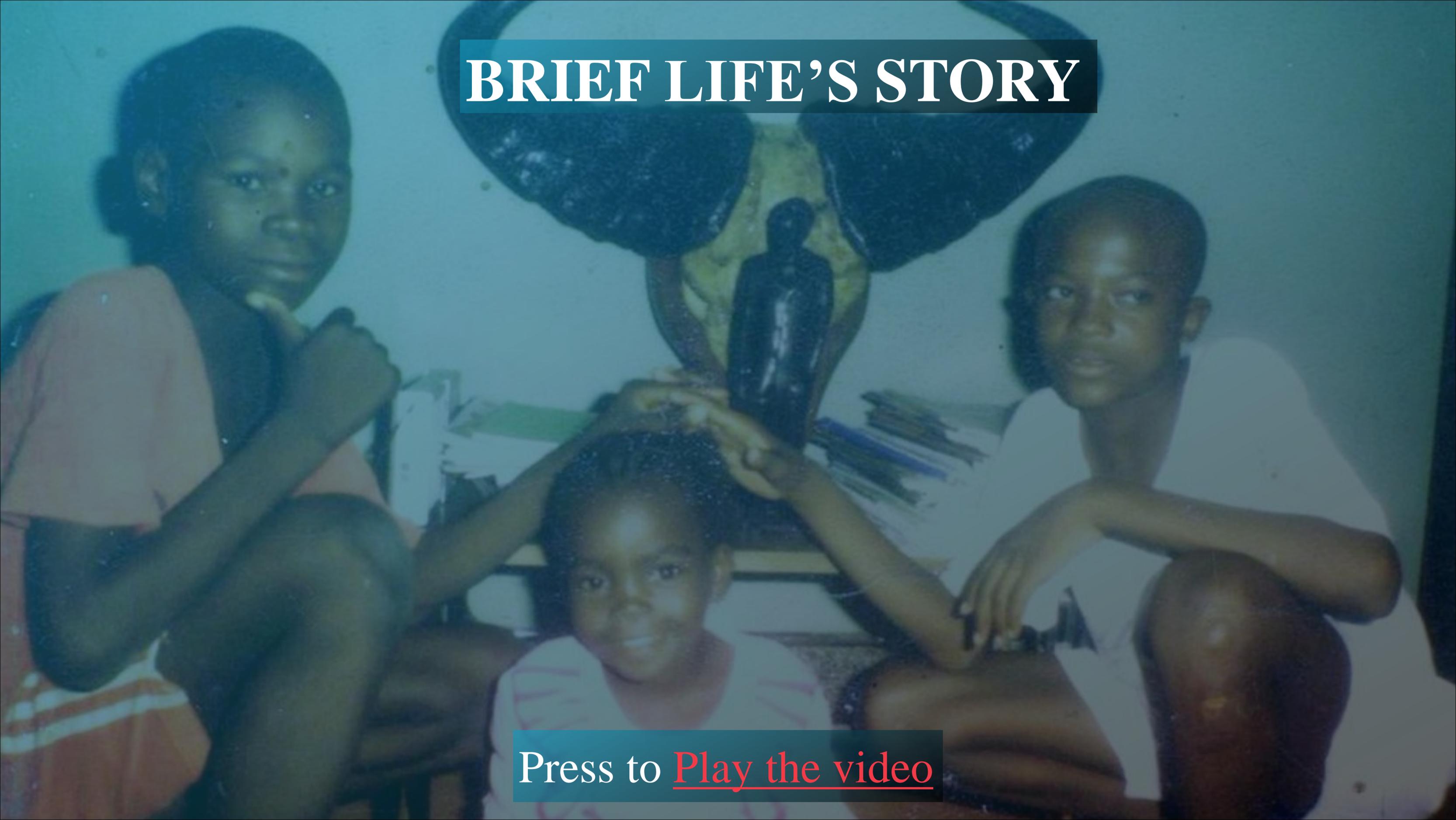


EMOTIONAL AND PSYCHOLOGICAL TRAUMA IN HEALTHCARE

***“HOW TRAUMATIC
EXPERIENCE AFFECT TORTURE
SURVIVORS MENTALLY AND
WHAT HELPS?”***

Kolbassia Haoussou



BRIEF LIFE'S STORY

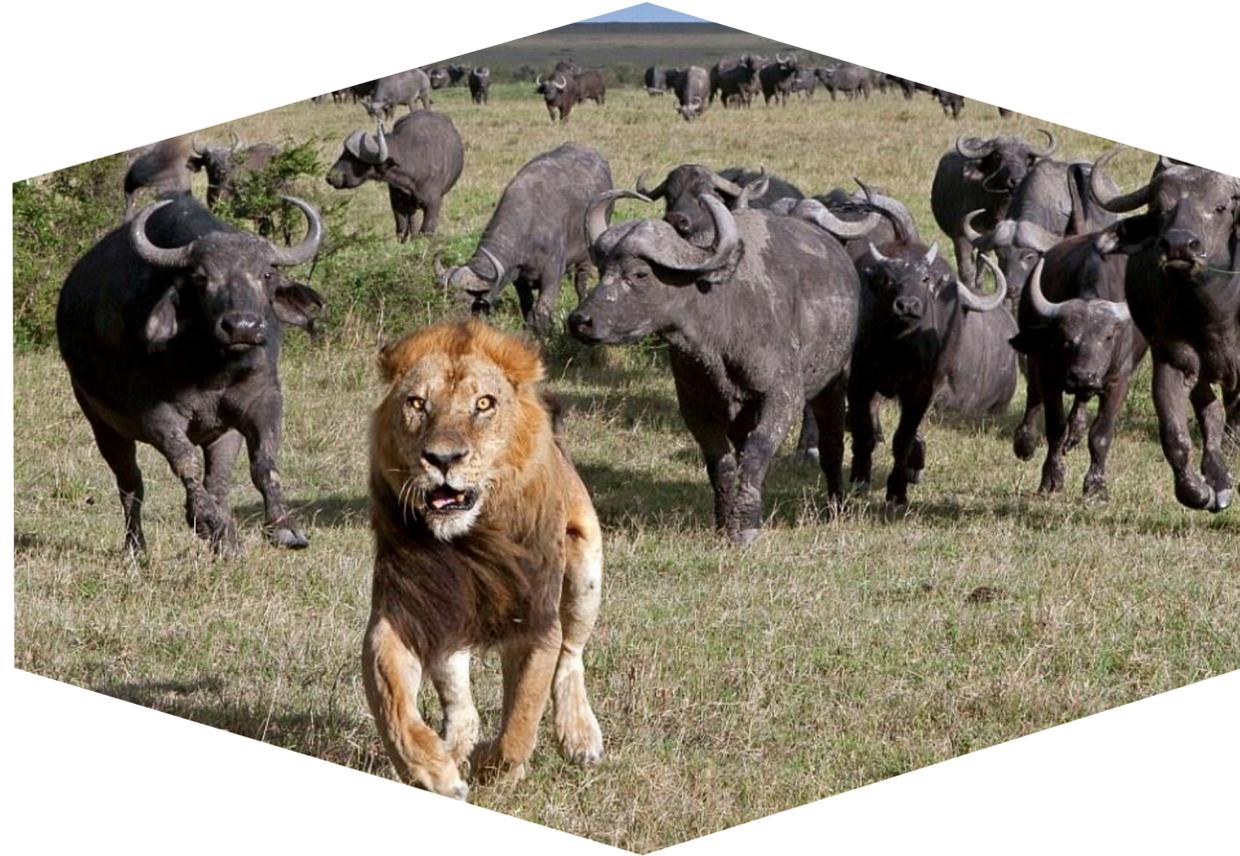
Press to [Play the video](#)

THE IMPACT OF TORTURE AND HOW IT AFFECTED ME



PHASE ONE

.....



SURVIVAL INSTINCT

First goal – **go as far as** possible from the danger.

Second goal not to waste time – **keep moving, no sleeping, no eaten**

Third be strong – show **no emotion, trust nobody**

PHASE TWO



REALISATION

When I was far enough and safe enough that when I start realizing what has happened to me and my family that I might not ever see again. Started feeling *sorrow, sadness*.

Asking myself question what to do next but still have some urgency of survival kicking in and out.

PHASE THREE

.....



CONFUSION

Search the safety in a safe country.

Not understanding what is going. Displaying symptom of PTSD:
**Nightmares, feeling of unease, headache, chest pain,
struggling sleeping, lost of appetite.**

PHASE FOUR

.....



MAKING SENSE

After gone through **therapy** at freedom from torture I start making sense of what has happened to me or what I am going through now.



OLD SELF

A man in a grey sweater stands in a garden, looking towards a conservatory and city buildings. The scene is dimly lit, suggesting dusk or dawn. The garden features various plants, including purple flowers and a stone pedestal. A wooden structure is visible in the background, and a street lamp is visible in the distance.

BE INCOGNITO

VERSION II

STATEMENT
ARTICLE 29
MR. DAVID
MULLENBACH & PARTNER
10:00 9- DEPT 10:00



WHAT NEXT?







END SEXUAL VIOLENCE IN CONFLICT

END SEXUAL VIOLENCE IN CONFLICT
GLOBAL SUMMIT
London 2014

Who, What, Why, When,
Where and How?



RAISE AWARENESS



YOUNG PEOPLE

Schools, Colleges, University and students group



COMMUNITY BASED GROUP

Faith group, activist based group



REFUGEES AND ASYLUM SEEKERS

Refugees organisation.



INFLUENCE POLICIES



DECISION MAKERS

Members of Parliament, Ministers, Parties Leaders, The Home Office



SCRUTINY BODIES

The Independent Chief Inspector, The UN mechanism, APPGs



OTHERS

International



SPEAK OUT



BE THE VOICE.

Who better can speak on our behalf if it is not us



THE SOLUTION

Survivors have experience and expertise to contribute to the solution.



PLATFORM

A unique platform where survivors can be themselves and use their experience a positive tool to create a positive changes.



THE BIG QUESTION

I have been asked many times what would have helped when I was fleeing torture and before and after I arrived in the UK.

FORMAL AND INFORMAL THERAPY



Mental health has a weird way to manifest itself and most of the time you are not even aware that you are suffering till it is perhaps a little too late.

The trauma you experience is not just about torture but may also be about loss of family, fear of the journey of flight, extortion, rape, starvation and so much more.

For me it was the experience of my world being violently ripped apart over night – it is hard to imagine unless you have experienced it.

FORMAL AND INFORMAL THERAPY



Twelve years on, I now call the UK my home. I have a good support network of friends. I have reconnected with some of my family.

I have a good job and I now support other survivors of torture to speak out. I have been leading a consultation on what rehabilitation means for survivors beyond formal therapy.

It is becoming increasingly clear to me that although we have all suffered from trauma and need rehabilitation support, our understanding of our own needs can be complex to comprehend even for us.

For us to respond and deal with our pasts we need to be able to process it and we cannot do that when we can't even cope with practical needs of the present.

FORMAL AND INFORMAL THERAPY



To be receptive to psychological support, we need to feel safe and secure in the host country.

That means access to shelter, health and nutritional needs are met and the outcome of your status in the UK is resolved.

Once these basic safety and security needs are met, then the full potential for receptiveness to rehabilitation can be unlocked.

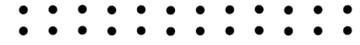
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MY ADVICE TO YOU ALL HERE TODAY IS THAT

MY ADVICE

.....

- Do not be afraid to ask us about torture if you think it has occurred, but don't ask us to relive it by describing it for you
- Be aware that it may be very hard for us to trust anyone who may be an official, and be clear about your role
- Please don't judge us
- Listen to us and give us the time that we need to talk
- If we hang our heads, come across as cold, angry, passive or avoid eye contact, we are not being rude, we might just be embarrassed, we might find it difficult to express ourselves, we might just be trying to cope, or we might be from a culture where we are taught to avoid eye contact out of respect.
- Tell us how to contact other survivors and refer to organisations that can help



THANK YOU AND GOD BLESS YOU..



Freedom from Torture

Medical Foundation for the Care of Victims of Torture

Helping survivors
of torture since 1985

freedomfromtorture.org

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Q&A

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