



# Room to Heal's Mothers Project



## Who we are and what we do

Room to Heal is a specialist charity working therapeutically with people who have survived torture, trafficking and other severe human rights violations. We provide an integrative programme of group therapy, social activities, and practical casework assistance. At the heart of our work lies the cultivation of a non-residential community

through which our members re-establish trust and belonging, and start to build meaningful lives in exile.

The mothers project is a new service. We will be running a therapeutic support group for mothers with small children for 7 months, from June to December 2023, with the possibility of this extending, subject to funding.

We will be accepting referrals from March 2023. Those who fit our criteria will be assessed and, if accepted onto the programme, they will have a short period of individual therapy prior to joining the group. The group will be co-facilitated by two therapists and it will run online, via Zoom.

In addition, people in the mothers' group will be encouraged to attend the fortnightly family social, which will be held every other Monday, 11.30am-1pm.



## Mothers' group referral process

### Referral form and assessments

To make a referral to the Room to Heal mothers' group, please download and complete our referral and consent form, available on our website [www.roomtoheal.org/makeareferral](http://www.roomtoheal.org/makeareferral).

Please then send the forms to Mary, our Clinical Administrator at [mary@roomtoheal.org](mailto:mary@roomtoheal.org).

We aim to get back to you within a week and to see people who have been referred to us for assessments within one month.

When we receive a referral, a decision is made by the therapeutic team about whether the person meets our criteria (**please see referral form for details of the criteria**). If they do, a therapist will meet with the person referred for an online assessment session. If they don't, the referee will be informed and suggestions will be provided for other more appropriate places to refer to.

Assessments normally take place over two 1 hour online sessions over a couple of weeks. They are a chance for a therapist and the potential member to decide if Room to Heal is the right place for them.

## Short-term individual therapy

If a decision is made between the therapist and the person referred that they will join the community, we then offer short-term, online individual therapy - normally 6 sessions.

These sessions aim to prepare new members for joining the mothers' group and the Room to Heal community. They are also an opportunity for the member and therapist to get to know one another.

## Casework

We will provide some casework support for mothers who are not accessing it elsewhere. For example, members may need help with housing problems, the asylum process, education, training and health related issues. As the group is short term, the focus will be on the caseworker referring out to specialist organisations as much as possible, so that members have access to casework support once the group ends and Room to Heal stops being able to provide casework assistance.

It is important to stress that, though we do try to assist our members wherever possible with casework issues, the heart of our work is the provision of a therapeutic community in which people can start to heal from their traumatic experiences and build a meaningful life in exile.

## Group therapy

After completing the individual therapy, the new members will be expected to join and regularly attend our weekly, online support group on Wednesday, 11.30am-1pm.

## Therapeutic reports and letters

Room to Heal sometimes provides therapeutic reports for members in relation to their immigration cases. However, we are unable to provide reports independently of full participation in our programme. We cannot accept referrals purely for the production of reports or supporting letters.

## Travel costs

We are able to contribute to travel costs for travel to and from our sessions.

