



Referral criteria for mixed gender groups 2026

Referrals to Room to Heal's mixed gender therapy group must meet all of the following criteria:

- Be seeking asylum or have received refugee status or leave to remain.
- Have **survived torture** (or have been exposed to, and directly impacted by, the torture of a close family member); or have survived **gross human rights abuses**, which were inflicted or enabled by public officials or organised groups; or have **been trafficked**; and have a **fear of return**.
- Be willing and able to engage in **mixed-gender group therapy**.
- **Be available to take part in our therapy group every week. We run groups on Tuesdays, 11.30am-1pm.**
- Live in Greater London.
- Have a **good level of English**. Our groups are run in English due to the large mix of nationalities and languages at Room to Heal.
- **Be aged 21 or over**. People below this age will benefit more from an organisation that specialises in working with younger age groups.
- Be willing to be **part of a community**. Room to Heal values community as a mutually supportive means towards healing and we hold regular community events in person on Friday afternoons.

If you or someone you are working with meets the above criteria, and is interested in accessing group therapy embedded in a supportive community, please [complete a referral](#).