For some it’s just a small cut

Image source @ Google

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M.Soc.Sc. (Clinical Psychology)

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

Acknowledgement of Country

The Darug are the Traditional Custodians of the land that I am on today. I pay my respects and express my gratitude to elders, past, present and emerging and to all First Nations people present here.

Image source @ Google

Always was, always will be Aboriginal land

Outlining the issues:		
Countertransference	Avoidance	Clinical consultation and reflexive practice.

How these played out in my work		
Almaz' story	Looking inward	Going forward

Countertransference

Image source @ Google

Image source @ Alan Daniel

Avoidance

Clinical Consultation – reflective practice

Boundaried and containing

Facilitating reflection

Towards managing our reactions

ALMAZ

Copy of client's work

Name: "Almaz"
Age: 32
Country of birth: Ethiopia
Ethnicity: Oromo
Languages: Oromo, English, Amharic
Religion: Born Christian Orthodox
Arrival in Australia: 2013
Referral date: 2023

"FGM. Flat affect. Please assess and advise. Good English, does not want interpreter."

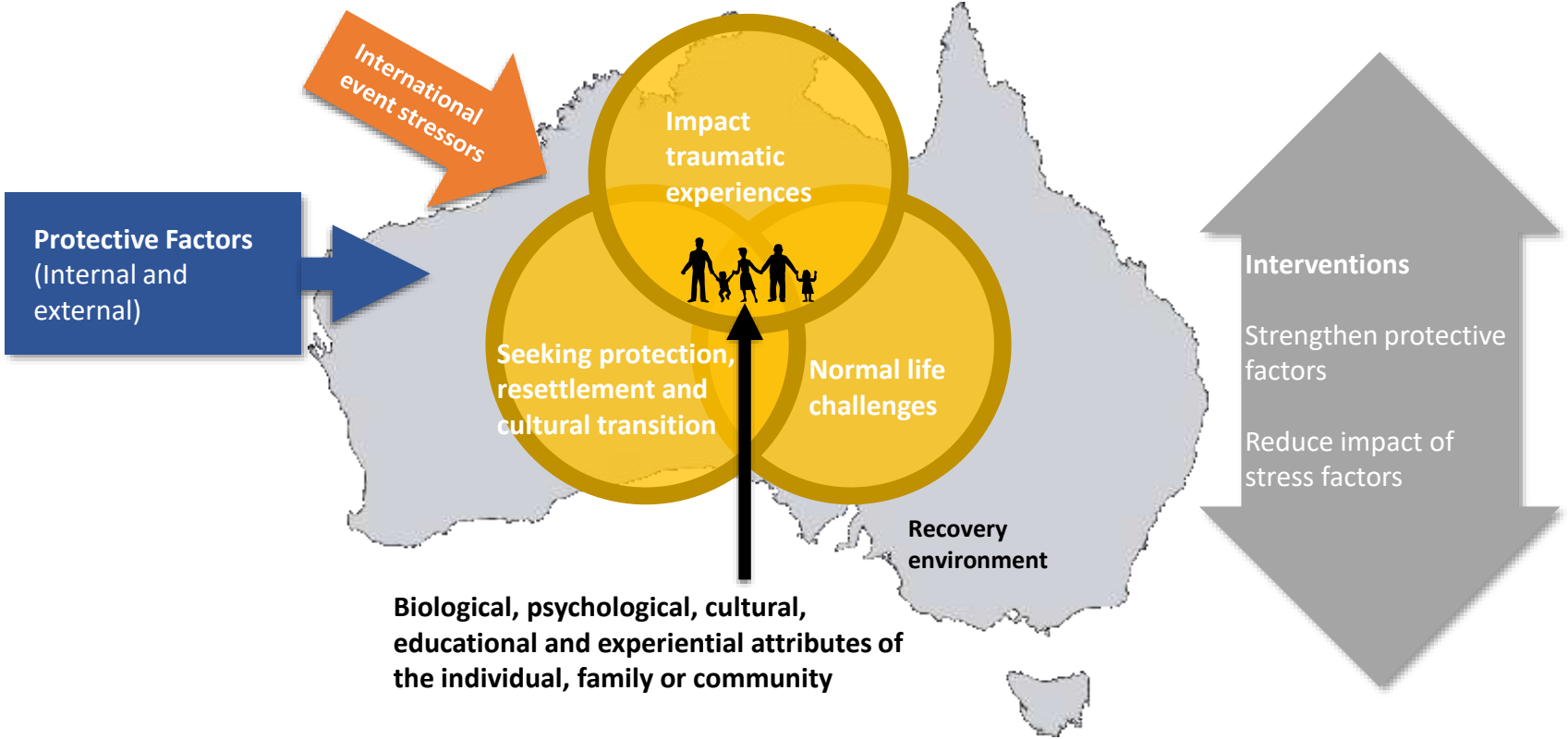
Assessment

- Clinical interview
- DASS 21
- WHO – 5
- Harvard Trauma Questionnaire
- Hopkins Symptoms Checklist
- General Self Efficacy Scale

WHO 5

	Some of the time	At no time
I have felt cheerful in good spirits.	y	
I have felt active and vigorous		y
My daily life has been filled with things that interest me	y	

•The complex interaction of challenges



Ref: Aroche and Coello, Towards a Systemic Approach, 2022

Almaz’ goals

“I want to feel joy.”

Image source @ Google

The therapy

Image source @ Google

Focus

Frequency

Modalities

- *“Why, because of the cutting?”*
- *“I’m OK really.*
- *It’s what we all had,*
- *for some, the cut is small.”*
- *“My best friend always said that we’ll meet Western professionals who will get upset.”*
- *“It’s nothing to get upset about. It’s just colonial imperialism.”*

Image source @ Alan Daniel

Session One

Reflecting on my responses

- Anger
- Shame/guilt
- Helplessness
- The pain of betrayal

Image source @ Google

What do I do with this?

Image source Helene Wild @ Google

Almaz' story

DESERT FLOWER
SOUTH AUSTRALIA

https://cdn.pixabay.com/photo/2015/08/13/20/06/flower-887443_640.jpg

https://cdn.pixabay.com/photo/2018/03/28/07/40/sturts-desert-pea-3268544_640.jpg

Final reflections

- Image source @ Google

Thank you

Presented on behalf of STARTTS by:
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