

Blue Moment Facilitators Notes and References

Blue Moment is a 45 minute film drama developed in collaboration with the Refugee Therapy Centre in Islington, London. It tells the story of a young woman following through her application for asylum in the UK. It traces her experiences of living in a hostel, the challenges of trying to find a home after four years of displacement, her experiences of concerned and supportive, suspicious and abusive responses from the people she meets and extracts from her therapy.

Key Scenes as prompt for discussion points

Issue	Scene	Timing	Information in Notes
Rape, Torture and Sexual violence	Young client discloses in therapy	00.04	Rape, Torture, Sexual Violence
	Flashback on the bus	17.34	Flashbacks
	After flashback Alia discloses in therapy	20.34	
	Alia is raped in UK, Lydia and Carol encourage her to report	27.44	
	Alia's experience of rape and torture expressed in sessions and contact with Carol	20.34 , 27.44 , 33.21 , 39.20 , 41.23	Trauma and Post Traumatic Stress Disorder, Shame, Flashbacks
Responding to a new arrival	Alia arrives at the hostel	01.37	Good Practice in Social Care, Volunteering
	Alia arrives at the therapy centre	02.22	
	Alia's first therapy session	04.41	
Application for asylum,	First Home Office interview with translator	05.03	Asylum Information
	Second Home Office interview	15.43	
	Application denied	38.14	
National Security Risk	Interviews National Security risk	14.33 , 31.59	Asylum Information 'Prevent' Law
Therapy	Young Client	00.04	Models of Therapy,
	Alia's sessions and contact with Carol	04.41 , 07.48 , 10.20 , 20.34 , 27.44 , 33.21 , 39.20 , 41.23	Resilience, Empowerment, Loss, Trauma, Post Traumatic Stress Disorder, Boundaries
Supervision	Carol 's supervision sessions with Aida	10.30 , 25.39	Dissociation, Boundaries, Gender, Cultural differences, Secondary Trauma/ Vicarious Trauma
Creative activities for healing	Alia attends a singing session	11.49	
Rough Sleeping, Homelessness & Loneliness	On the buses, Walking, Sitting in the Park	06.26 , 09.46 , 13.29 , 15.08 , 19.28 , 33.19 , 39.00	

Links and Other Resources to explore issues arising from the film

Rape

Rape Crisis National Helpline:
0808 802 9999

Support centres:

<http://rapecrisis.org.uk/>

<http://thesurvivorstrust.org/>

<https://www.survivorsuk.org/resources/>

Support Documents:

http://www.rasasc.org.uk/?page_id=279

Information:

Against Violence and Abuse (AVA) Digital Prevention Platform:

<http://www.preventionplatform.co.uk/>

Crime Survey for England and Wales: *Focus on: Violent Crime and Sexual Offences, 2011/12:*

http://www.ons.gov.uk/ons/dcp171778_298904.pdf

This is Abuse Website:

<http://thisisabuse.direct.gov.uk/>

The Stern Review (2010) *A Report by Baroness Vivien Stern CBE of an Independent Review into how Rape Complaints are handled by Public Authorities in England and Wales.*

http://webarchive.nationalarchives.gov.uk/20100418065537/http://equalities.gov.uk/PDF/Stern_Review_acc_FINAL.pdf

Crime Survey for England and Wales: *Focus on: Violent Crime and Sexual Offences, 2012/13*

<http://www.ons.gov.uk/ons/rel/crime-stats/crime-statistics/focus-on-violent-crime-and-sexual-offences--2012-13/index.html?format=hi-vis>

Rape and sexual violence in conflict

Information and articles:

<http://www.womenundersiegeproject.org/>

<http://www.therapytoday.net/article/show/4454/gender-based-violence-and-displacement/>

Reading list:

Allen, B., 1996. *Rape warfare: The hidden genocide in Bosnia-Herzegovina and Croatia*. U of Minnesota Press.

Askin, K.D., 2003. Prosecuting wartime rape and other gender-related crimes under international law: extraordinary advances, enduring obstacles. *Berkeley J. Int'l L.*, 21, p.288.

Bashir, H., 2009. Tears of the desert: A memoir of survival in Darfur. One World.

Faber, M. and Stiglmayer, A., 1994. *Mass rape: The war against women in Bosnia-Herzegovina*, U of Nebraska Press.

Heineman, E.D., 2011. Sexual violence in conflict zones: from the ancient world to the era of human rights, University of Pennsylvania Press.

McGlynn, C., 2008. Rape as 'Torture'? Catharine MacKinnon and Questions of Feminist Strategy. *Feminist Legal Studies*, 16(1), pp.71–85.

Meger, S., 2010. Rape of the Congo: Understanding sexual violence in the conflict in the Democratic Republic of Congo. *Journal of Contemporary African Studies*, 28(2), pp.119–135.

Physicians for Human Rights

<http://physiciansforhumanrights.org/issues/rape-in-war/program-on-sexual-violence-in-conflict-zones.html>

Torture

The Centre for Victims of Torture:

<http://www.cvt.org/HealingTorture>

Green Therapy for Survivors of Torture:

<https://www.mind.org.uk/media/1393853/ecotherapy-survivors-torture.pdf>

Hardi, L. Kroo, A. (2011) *Psychotherapy and psychosocial care of torture survivor refugees in Hungary*

http://www.irct.org/Files/Filer/TortureJournal/21_02_2011/Psychotherapy_and_psychosocial_care2-2011.pdf

Loss

Cruse Bereavement Service:

<http://www.cruse.org.uk/about-grief>

Useful reading:

<http://www.therapytoday.net/article/show/4550/counselling-clients-bereaved-by-homicide/>

Gerson, S. (2009). 'When the third is dead: memory, mourning, and witnessing in the aftermath of the Holocaust'. *International Journal of Psychoanalysis*, 90:1341–57.

Trauma/ Post Traumatic Stress Disorder

Information and resources:

<http://www.trauma-pages.com/>

Useful reading:

Haines, S. (2015) *Trauma is Really Strange*. Singing Dragon: London

Levine, P. (1997) *Waking the Tiger: Healing Trauma - The Innate Capacity to Transform Overwhelming Experiences*. North Atlantic Books: Berkeley, California

Rothschild, B. (2000) *The Body Remembers: The Psychophysiology of Trauma and Trauma Treatment*. W. W. Norton & Company: New York

Spring, Carolyn., (2016) *Recovery is my Best Revenge*. CSP Publishing: Huntingdon

Taylor, M. (2014) *Trauma Therapy and Clinical Practice*. Open University Press: Berkshire

Van de Kolk, B., (2015). *The Body Keeps Score*. Penguin: New York

Bromberg, P., (1998/ 2001). *Standing in the Spaces: Essays on Clinical Process, Trauma and Dissociation*. New York: Psychology Press.

Chu, J., (2011). *Rebuilding Shattered Lives – Treating Complex PTSD and Dissociative Disorders*. Hoboken, New Jersey: Wiley.

Fisher, J., Ph.D., (2015). *The Treatment of Structural Dissociation in Chronically Traumatized Patients* in: Anstrop & Benum (in press). *Trauma Treatment in Practice: Complex Trauma & Dissociation*. Oslo: Universitetsforlaget.

Heitzler, M., (2009). Towards an Integrative Model of trauma Therapy. In: *Contemporary Body Psychotherapy – The Chiron Approach*. Ed. Hartley L. London: Routledge.

Levine, P.,(2008). *Healing Trauma*. Boulder: Sounds True.

Levine P.,(2010). *In an Unspoken Voice – How the Body Releases Trauma and Restores Goodness*. Berkeley: North-Atlantic Books.

Van der Kolk, Mc Farlane & Weisaeth, Eds. (2006) *Traumatic Stress – The Effects of Overwhelming Experience on Mind, Body and Society*. New York: The Guilford Press.

Ogden, P., Minton, K., & Pain, C., (2006). *Trauma and the Body*. New York: Norton.

Rothschild, B., (2010). *8 Keys to Safe Trauma Recovery*. New York: Norton.

Van der Hart, O., Nijenhuis, E. and Steele, K., (2006). *The Haunted Self – Structural Dissociation and the Treatment of Chronic Traumatization*. New York: Norton.

Van der Kolk, B. (1987). *Psychological Trauma*. Washington DC: American Psychiatric Association.

Dissociation

Positive Outcomes for Dissociative Survivors (PODS):

<http://www.pods-online.org.uk/>

PODS articles

<http://www.pods-online.org.uk/index.php/information/articles>

First Person Plural: Dissociative Identity Disorders Association:

www.firstpersonplural.org.uk

Suggested reading:

Warner, M. S., *Person-Centred Therapy at the difficult edge: a developmentally based model of fragile and dissociated process in* Mearns, D and Thorne, B. (2000) *Person Centred Therapy Today*. Sage: London

Shame

Brenè Brown TED Talk on Shame:

https://www.ted.com/talks/brene_brown_listening_to_shame?language=en

Bradshaw, J. (2005) *Healing the Shame that Binds You*. Heath Communications Inc: Deerfield Beach, Florida

Sanderson, C., (2006). *Counselling Adult Survivors of Childhood Sexual Abuse*. Jessica Kingsley Publishers: London

Flashbacks

PODS article on managing flashbacks:

<http://www.pods-online.org.uk/images/ManagingFlashbacks.pdf>

Reading:

C. Herbert, A. Wetmore (1993). *Overcoming Traumatic Stress*. Robinson: London

Secondary Trauma/ Vicarious Trauma

Information and training on vicarious trauma:

<http://www.headington-institute.org/topic-areas/125/trauma-and-critical-incidents/246/vicarious-trauma>

Refugees/ Asylum Seekers/ Cultural Barriers

Articles and Reading:

<http://www.therapytoday.net/article/show/5012/the-migrant-crisis-helping-syrian-refugees/>

<http://www.therapytoday.net/article/show/5014/we-cannot-talk-if-we-do-not-feel-free/>

<http://www.therapytoday.net/article/show/5074/editorial-cultural-barriers-to-counselling/>

<http://www.therapytoday.net/article/show/4795/in-the-shadow-of-detention/>

<http://www.therapytoday.net/article/show/4700/finding-my-lost-identity/>

<http://www.therapytoday.net/article/show/4226/the-differences-between-us/>

Freedman, J., 2008. Women's Right to Asylum: Protecting the Rights of Female Asylum Seekers in Europe? *Human Rights Review*, 9(4), pp.413–433.

Rough Sleeping/ Homelessness among refugees, asylum seekers and migrants

<http://www.crisis.org.uk/pages/homeless-diff-groups.html>

http://england.shelter.org.uk/get_advice/homelessness/whats_your_situation/asylum_seekers_and_refugees

http://www.housing-rights.info/02_2_Refugees.php

<http://www.pafras.org.uk/about/what-is-destitution/>

<http://www.refugee-action.org.uk/>

http://www.housing-rights.info/03_1_4_Links.php

Loneliness, Isolation and Social Exclusion

The dispersal and social exclusion of asylum seekers

Between liminality and belonging

Author/Editor(s): Patricia Hynes

ISBN9781847423269

Published: 09 Mar 2011

Social exclusion and mental health

<https://www.mind.org.uk/media/273472/a-civilised-society.pdf>

Good Practice in Social Care

<http://socialwelfare.bl.uk/subject-areas/services-client-groups/asylum-seekers-refugees/scie/174140guide37.pdf>

Asylum Seekers, Social Work and Racism

5 May 2015

by Shepard Masocha (Pivot Palgrave)

Volunteering

<http://howtohelprefugees.org.uk>

<http://www.refugee-action.org.uk/>

Creative activities for healing

Inclusion through art.

<https://refugeesupportnetwork.org/sites/default/files/InclusionThroughArt2013.pdf>

British Association for Music Therapy

<http://www.bamt.org/DB/books-and-texts/arts-therapists-refugees-and-migrants.html>

<http://www.artrefugeuk.org/>

British Association for Art Therapy

<http://www.baat.org/>

Models of Therapy & Supervision

<http://www.bacp.co.uk/>

<http://www.psychotherapy.org.uk/>

<http://www.counselling-directory.org.uk/counselling.html>

<http://www.onlinecounsellingservice.co.uk/therapy-methods>

The Refugee Therapy Centre approach is based on the newly gained knowledge about resilience focused intercultural therapeutic intervention, to improve care for people who have been traumatised, particularly when other forms of interventions have failed.

Refugee Therapy Centre

<http://www.refugeetherapy.org.uk/>

Publications on the trauma and resilience approach:

Alayarian, A. (2015). *Handbook of working with children, trauma, and resilience*. Karnac Books: London .

Alayarian, A. (2011). *Trauma, torture and dissociation: A psychoanalytic view*. Karnac Books: London .

Alayarian, A. (2008). *Consequences of Denial: The Armenian Genocide*. Karnac Books: London .

Alayarian, A. (2007) *Resilience, Suffering and Creativity: The Work of the Refugee Therapy Centre*. Ed. Karnac Books: London .

Self and Society, Vol.32, No.5, December 2004-January 2005. Special issue on 'Working with Refugees' by the Refugee Therapy Centre.

Asylum Information

Asylum Aid have a web page entitled 'The Asylum Process Made Simple', which is a useful starting point/ introduction to UK Asylum Law and processes:

<http://www.asylumaid.org.uk/the-asylum-process-made-simple>

The official government overview of what asylum seekers can claim can be found here:

<https://www.gov.uk/asylum-support/overview>

ASAP (Asylum Support Appeals Project) have a number of Factsheets and Briefing Notes that cover specific aspects of the asylum support system which can be downloaded for free:

<http://www.asaproject.org/research-publications/factsheets>

ASAP offer support for asylum seekers who have been refused support by the Home Office, and those who find themselves destitute. They run an advice line, every Monday, Wednesday and Friday from 2-4pm on 02037160283

Refugee Council also offer support for refugees who find themselves destitute:

http://www.refugeecouncil.org.uk/how_can_we_help_you/i_need_destitution_support

Migrants Rights Network have a regularly updated website with news updates, blogs and publications relevant to Immigration and Asylum laws. Very useful for up-to-date news on changes to policy in the UK:

<http://www.migrantsrights.org.uk>

(see also <https://www.freemovement.org.uk> for updates and commentary on immigration and asylum law)

The MRN website includes an extensive list of advice groups and charities which deal with asylum claims and appeals:

<http://www.migrantsrights.org.uk/about/advice-services>

See also the Refugee Action resources library, “the place for reports, briefings and facts about refugees and asylum seekers”:

<http://www.refugee-action.org.uk/about/resources>

<http://refugeelegalaidinformation.org> is another source of various online resources, and includes a directory of pro bono legal assistance providers:

<http://www.refugeelegalaidinformation.org/probono/united-kingdom-pro-bono-directory>

Joint Council for the Welfare of Immigrants (<https://www.jcwi.org.uk/>) run a free and confidential phone service offering legal advice to undocumented migrants. Mondays, Tuesdays and Thursday between 10am and 1pm on 02075537470.

For further reading, OUP now offer free access to various academic resources of refugee law:

<http://opil.oup.com/page/refugee-law>

www.migrationwatchuk.org/

<https://data.gov.uk/dataset/immigration-statistics-detention>

<http://www.migrationobservatory.ox.ac.uk/briefings/deportations-removals-and-voluntary-departures-uk>

https://www.vice.com/en_uk/read/immigration-myth-buster-733

http://www.huffingtonpost.co.uk/ben-mitchell/seven-facts-everyone-should-know-about-immigration_b_2336341.html

'Prevent' Law and Guidance

http://www.legislation.gov.uk/ukdsi/2015/9780111133309/pdfs/ukdsiod_9780111133309_en.pdf

Production Links:

Risky Things Theatre and Film

<http://www.riskythings.co.uk/>

Blue Moment Asylum References

<https://drive.google.com/file/d/0B6B8HFNMCexXSI9hV1pfZEpkUXM/view?usp=sharing>

Reading List

<https://drive.google.com/file/d/0B6B8HFNMCexXOG93Q2lyV1RMQ0k/view?usp=sharing>

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