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What can Psychotherapy do for Refugees and Migrants in Europe?[1]

A Briefing Paper

This 'Briefing Paper' is written in advance of a possible article for the 'Journal', with this particular title, which may come out from the EAP's Working Group on Refugees and Migration. It intends to provide necessary background information to the very complex refugee situation in Europe, and what 'psychotherapy' – as a profession – might be able to do to help the dire fate of refugees and migrants in Europe.

Introduction

There are a number of different aspects to the whole massive and very complex refugee and migrant problem in Europe: so, first of all, we would like to clarify things slightly with some generally accepted terminologies.

Refugees

Refugees are people who are forced to flee their home country because of armed conflicts, violence or persecution: they have well-founded fears for reasons of prejudice, race, religion, nationality, political opinion or membership of a particular social grouping. There were an estimated number between 19.5 million and 22.5 million 'refugees' worldwide at the end of 2014 (according to the United Nations High Commissioner for Refugees: UNHCR). The situation in their own country is so perilous that they are forced to cross national borders to seek safety in nearby countries and try to become recognised as 'refugees' there, so as then to get access to assistance from the new state and various aid organisations. An important piece of this definition is that such 'refugees' are protected by international law, specifically the 1951 UN Refugee Convention. But, even so, the terms 'refugee' and 'asylum seeker' are often confused.

Asylum Seekers

An 'asylum seeker' is someone who claims to be a refugee, but whose claim hasn't been properly evaluated yet. This person would have already applied for asylum in the new country, on the grounds that returning to his or her own country would lead to persecution – on account of race, religion, nationality, or political beliefs. 'Asylum' means here: the protection granted by a state to someone who has left their home country as a refugee. Someone is therefore an 'asylum seeker' only for so long as their application is pending. So, not every 'asylum seeker' will be recognised as a 'refugee', but every 'refugee' is initially an 'asylum seeker'.

Migrants

Migrants are technically people who have – to a certain extent – chosen to move countries, not because of a direct threat, or because of persecution, but mainly to improve their lives. This can involve: finding better paid work; seeking better education; reuniting with family members; etc. Unlike refugees, who cannot safely return home, migrants can technically return home, if they wish to. This distinction is important – for governments, at least – since the various European countries handle 'migrants' under their own immigration laws and processes, rather than having to provide for refugees under the terms of international law.

However, there is something of a 'grey' area here: because a person's motives and/or circumstances may change significantly – both in nature and in importance – during the process of their migration. So, categorising individuals into "economic migrants" or "asylum seekers" doesn't always reflect the complex reality of those people's actual experience of migration, and the situation that they were leaving home for (which could include famine, drought, flooding, loss of home, etc. – i.e. natural disasters, rather than man-made disasters).

The journey of migration itself can also be incredibly hazardous, with various different types of traumatization coming from a mixture of: people traffickers, pirates, exploitation, rape, loss of family members *'en route'*, hunger, exhaustion, ill health, and many other difficulties, dangers and disasters. The mere fact of voluntarily giving up the whole of your previous life; using up all your life savings; and risking your life and the lives of members of your family, for a remote chance to cross a few borders … is not only a huge leap to take, but may actually result in similar needs to 'genuine' refugees and asylum seekers. However, there is a move to re-classify the term 'migrant' – because of misuse (or abuse) of the word as a form of denigration or discrimination – and to use it instead as a neutral descriptor of anyone in transit – whether in exercise of a positive right to become a new citizen ('refugee'), or in the desperate search for a place of better safety and opportunity (asylum seeker).

In order to be a 'refugee' or a 'migrant', one actually has to cross an international border. However, there are also millions of other people, who are now being classified as "Internally Displaced Persons": a term that is being used for people who have fled their homes, but still remain in their home country. If one adds these 'IDP's to the number of international 'refugees', the current world-wide total of the resultant homeless is about 60-64 million people, with a world-wide total of about 152 million people being in need of significant humanitarian assistance.

As has been pointed out, some migrants have faced extreme conditions at home, such as natural disasters (floods, famine, tsunamis, earthquakes, drought, volcanic eruptions, storms, etc.) as well as man-made disasters (wars, civil wars, ethnic cleansing, economic disruptions, etc.) that have effectively 'co-erced' them to leave: so, the 'grey area' then expands, or become somewhat irrelevant, when it comes to determining the relatively small (technical) difference between being 'coerced' (for certain migrants) and being 'forced' (for refugees) to leave one's homeland.

Some people – only a very few – have successfully been resettled in new countries: out of the 20 (or so) million refugees, only about 200,000 were resettled in 2016 (about 1%). The rest remain in limbo, mostly living in refugee camps: – these people are technically 'safe', but they are also living in terrible conditions in these refugee and displacement camps, waiting to go home, or eventually to be resettled, or possibly re-housed, but some of these people have also been living in these camps for decades, or even for generations.

Stateless People

Many of these types of people (about 10 million) are also technically 'stateless', which means they have no proof of where they came from and they also have no identification issued by the country that they are living in: they have no established 'citizenship' and thus no 'rights'. As a result, they often aren't allowed to: go to school; see a doctor; get a job; open a bank account; buy a house; or even get married. Stateless people therefore often have much more difficulty in accessing basic 'human' rights, such as education, healthcare, employment and freedom of movement: but, without these things, they face a lifetime of obstacles and disappointment.

It is 'governments' who establish who their 'nationals' are. This makes them (governments) responsible for any legal and policy reforms that are necessary to address statelessness effectively. So, UNHCR, other agencies, regional organizations, civil society, and stateless people all have roles to play in supporting their efforts.

To make a significant difference, governments, states and international organisations must work together: each of the four main areas of the UNHCR's work on statelessness – **(i)** identification, **(ii)** prevention, **(iii)** reduction and **(iv)** protection – overlap with the expertise of other international organizations and non-governmental organisations (NGOs). All these organisations absolutely and also rely on: local knowledge and the expertise of incredibly many local, social and civil groups; as well as the plethora of national and international human rights institutions, international academics, multi-national and legal organisations and associations. All of their contributions to the work of these refugee organisations allow the rest of us to try to find the most effective ways in which we can contribute.

However, all these 'people' (whatever category and whatever numbers are involved) are also all just men and women, families and children: many of them ordinary, impoverished people who are seeking to live out lives that are ultimately – somehow – free from war, conflict, persecution or natural disasters. In the past 20 years, the number of refugees, world-wide, has doubled, so the problem is definitely getting worse.

European Migration

Going back to the situation in Europe, where large numbers of people are arriving monthly, either by boat, often arriving in appalling difficulties, coming in to Greece, Italy, Spain, and elsewhere; or where we can also see chains of people walking for hundreds of miles through the Balkans in the hope of arriving in a country that might eventuaslly accept them; and/or we also hear of those unfortunates being transported by 'people traffickers' in lorries, etc. – but we only hear of them when they are discovered. Are these people 'refugees', or are they 'migrants'? The truth is they are probably a mixture of both: many are also being exploited, because of their vulnerability.

The category of 'Refugees and Migrants' is probably the best way to refer to the huge (massive) movements of people (estimated between 1.0 and 1.8 million in 2015) now coming mostly into Western Europe: by sea, by land, or in other circumstances, and often at great danger – and costs – to themselves. This number of 'refugees' is increasing exponentially: as, in 2014, the total was between 280,000 to 300,000: this is (effectively) an increase of about 500%. By the end of 2015, some 21.3 million people were refugees and 2.3 million people were seeking asylum.

Most European countries budget for, and dedicate, some of their internal resources that are made available for the benefit of refugees, asylum seekers, and migrants coming in their countries, however the situation is very varied and different from country to country.[2]

However, some of the Eastern and Southern European countries seem to 'allow' refugees and migrants to pass 'through' their countries relatively easily, effectively passing the refugee problem on to the more economic or Northern or Western countries: these countries often have larger budgets; 'better' refugee benefits; more 'humanistic'; or are generally more welcoming and accommodating. This is despite the 'regulation' that the refugee or migrant should (technically) 'register' in the European country that they first arrive in.

In 2015, Germany (>500,000), Hungary, Sweden and Italy are the countries that 'register' the most asylum claims: followed by France, Austria, then Switzerland, Belgium & the Netherlands (<100,000). Whilst Germany received the greatest total numbers of asylum applications, Hungary received the highest in proportion to its population: Hungary (1,799 per 100,000); Sweden (1,667 per 100,000); Austria (1,027 per 100,000); Germany (587 per 100,000). The EU average was 260 per 100,000. These sorts of discrepancies cause some considerable tension between the EU states, and some refugee/migrants are then 'shuffled' to other countries to try to balance out the 'load.'

There are all sorts of political, economic, legal, social and personal considerations. Whilst huge numbers of people apply for asylum, only a percentage of claims are actually successful. In 2015, the EU offered asylum to about 300,000 people, even though over 1 million had applied. The 'successful' applications came mostly from refugees from Syria, Eritrea, Iraq, Afghanistan and Iran; Germany took about 141,000; Sweden 32,000; Italy, 30,000; France, 20,000; Netherlands 16,500; UK, 14,000. It is not very clear what happens to the 'rejected' asylum seekers and migrants.

These recent and hugely increasing levels of migration add fuel to political debates, referenda, and elections that have to pay attention to these issues of immigration: be it intra-EU migration (for the UK's referendum on Brexit), or immigration from outside of Europe (for the French & German election issues). These arguments have been described as a conflict between *"liberal internationalists attached to the fundamental asylum principles, or to the dreams of a borderless world"* and *"xenophobic fence-builders who see migration as a modern version of barbaric invasions threatening culture and civilisation"*.

Such semantic distortions only complicate the issue: the (approximately) 1.5 million people who reached Europe in 2015-2016 actully represent only an additional 0.2% of the EU's total population. It's not really a question of numbers; it also seems to be something of a European identity crisis. *"Historically, Europe exported its surplus populations, whether to distant colonial possessions for conquest and domination, or to the New World as a consequence of poverty, persecution and war, Now, it has become the foremost magnet and refuge for those who seek safety and a better life."* [3]

Historical Mass Migrations

There have been a significant number of previous 'mass migrations' over the 'known' course of human history, moving both in and out of Europe: e.g. immigration from Europe accounted for more than 40% of total United States population growth in the late 19th century, as well as the earlier 'mass migration' of British to the New World of America in the 17th century; the 'enforced' migration of the trans-Atlantic "Slave Trade" of the 15th-17th century; the enforced 'migration' of Asians (Indian & Pakistanis) from Uganda to the UK in the 1970s; the 'great migration' of African Americans from the rural 'South' of USA to the industrial 'North' in between 1920 & 1950; the Oromo migration of tribes in the 'horn' of Africa in the 15th & 16th centuries; the mass deportations to 'Gulag' camps in Stalin's Russia; and the Italian 'mass migration' (diaspora) of 13 million people between 1860 & 1970, mainly to northern Europe and USA.

We can also look further back to the large-scale migrations that happened in the Mesolithic to Neolithic eras (about 9,000 years ago); and the Indo-European migration (about 3,000-4,000 years ago); and (somewhat) more recently, to the 'barbarian' invasions of the Roman empire from Asia into Europe; or to the Viking 'invasions' into northern Europe around the 1st millennium; the various Jewish 'Diasporas' – from the Babylonian exile (586 BC), the Alexandrian emigration, and the Roman-organised Diaspora (1st century AD) and continuing diasporas and dislocations in the Middle-Ages, with the separations into Ashkenazi and Sephardic – including the 'expulsion' from England in 1290, and from Spain in 1492, and from Arab countries after 1948; as well as the 'enforced' Hugenot 'emmigrations' in the 16th century; as well as the late 19th century and early 20th century (anti-Semitic) 'pogroms' in Russia and eastern Europe.

The size of the present 'mass migration' into Europe also palls somewhat in comparison with the millions of people involved in the migration (between India & Pakistan) during the 1946 'Partition' (with about 1 million killed and 18 million homeless). However, this present (2015-

2016) ‘mass migration’ is – perhaps – the first time that a number of nation states and international organisations have actually tried to ‘manage’ such mass migration situations.

What Can Actually Be Done for Refugees?

It is generally recognised that the actual refugees and migrants themselves can only be offered a very little assistance – as actual ‘refugees’; and they can also receive only very temporary assistance, especially whilst they are still ‘in transit’ – aside from the necessary rescue operations for people from leaky boats in the Mediterranean, or providing stocks of food and water for people trekking by foot across the Balkans.

The Office of the United Nations High Commissioner for Refugees (UNHCR) is the international agency mandated to lead and co-ordinate international actions to protect refugees and resolve refugee problems world-wide. Their (somewhat idealistic) mandate is to work to ensure that everybody has the right to seek asylum and to find safe refuge, having fled violence, persecution, war or disaster at home. The UNHCR also differentiates between ‘refugees’, ‘asylum-seekers’, ‘internally displaced persons’, and ‘stateless’ people.

National governments – aside from their contributions to UNHCR[4] – are, in reality, usually more interested in instituting controls to prevent ‘illegal’ immigrants from entering their respective countries, than ‘helping’ new migrants establish themselves within their communities; and in deporting ‘failed’ asylum seekers: both of these taking a lot of time and effort. Apart from some funds that are contributed to international refugee organisations, most of the actual supportive work with refugees, asylum seekers, and migrants is usually left up to specific charities and specialist voluntary organisations within countries. Most governments support registered ‘asylum seekers’ very minimally: for example, in the UK, ‘asylum seekers’ only get vouchers for food and essentials and small amounts of cash.

For the three EU individual member states that are currently most affected by migrants – Austria, Sweden and Germany – the European Commission has warned that the refugee crisis is actually putting their public finances at risk: **[**e.g. **(a)** in Austria, the increased flow of asylum seekers is expected to impact GDP with additional expenditure and contribute to a rise in the unemployment rate, to 6.2% in 2016 and 6.4% in 2017, up from 6.0% in 2015; **(b)** in Sweden, the unemployment rate is now only expected to fall at a slow pace, as it will take considerable time for new migrants to find jobs; and **(c)** in Germany, migration is considered to be the biggest challenge for the government deficit, according to the EU Executive. Public spending for asylum seekers therefore provides an additional stimulus for Germany, according to the European Commission, which is effectively ‘eating’ into the country’s budget surplus**]**.

Most EU countries ‘organise’ various programmes designed for the ‘integration’ of their refugees, asylum seekers and migrants: however, these programmes are quite varied and complex. There is a general acknowledgement that most refugees and migrants are effectively destitute, homeless, often have serious health issues, and may also be suffering psychologically. They are also now in a foreign country, often without any expertise in the language or customs of their (new) host countries; and they are often very scared, insecure, traumatised, and do not know how to navigate through the complex systems of statutory requirements, benefit systems, and aid provisions.

There is therefore a basic and primary ‘need’ for genuine and practical support and helpful advice – at very, many different levels. This form of support implies a degree of regular contact with the individual refugee or the migrant. They therefore need to be in some sort of identified and managed ‘program’. The ‘spin-off’ from this is that this condition obviously provides significant problems for dealing with any ‘illegal’ immigrants, as they are usually outside such programmes.

What the UK does for Refugees

In the UK, the Refugee Council is one of the leading charities in the UK offering support and advice to people who are seeking asylum. The UK is not the best example to use – several other European countries are much better at working with refugees and asylum seekers. Furthermore, the UK asylum process is complex and frequent changes to legislation can make it a very difficult system to understand, let alone negotiate.

Asylum seekers are some of the most vulnerable people in a modern society and they are often greatly misrepresented in the media. The main job of (something like) the Refugee Council is therefore to help these migrants: to navigate the 'refugee' system and the 'asylum' process; to help them to get state benefits; and especially to support them along their way towards integration in their 'host' country. They do this in a different number of ways:

Practical Forms of Support

- Counselling and support groups from specialist teams – including specialist groups for women and children.
- Sign-posting people (via various means) towards helpful or supportive services for refugees and asylum-seekers.
- Services supplied on a drop-in basis, providing advice, pastoral care and emergency provisions.
- Classes to help refugees with learning the national language.

'Behind the Scenes' Work – Policy, Research, Parliamentary Lobbying & Campaigns

Support organisations also do a lot of work behind the scenes, lobbying for changes to the asylum system. There are campaigns for fairer, more humane systems, and research is also carried out into specific areas in order to bring these matters to the attention of politicians and decision-makers.

Refugee Resettlement

What is refugee resettlement? How does it work? Who are the people coming to the UK? What happens when they get here? Here's the low-down on resettlement. Over half of the world's refugees come from just three countries – Syria, Afghanistan and Somalia. The majority of the world's refugees are hosted by developing countries with Turkey, Pakistan and Lebanon being the current top recipients of refugees: Turkey hosts 2.7 million refugees; Lebanon, a country the size of Wales (with 3 million people), now hosts over a million refugees.

Refugees are fleeing persecution, violence and conflict and are often unable to travel far beyond the borders of their home country. They often live in refugee camps or urban settings for years; many children have lived their entire lives in refugee camps. One of the ways in which the UN's Refugee Agency (UNHCR) helps such refugees is to offer resettlement to another country. Many refugees who are selected by the UNHCR for resettlement have additional health needs that cannot be met in the country where they are living; 24% of refugees submitted for resettlement are survivors of violence and/or torture.

Refugee resettlement involves the selection and transfer of refugees from a country in which they have sought protection – usually somewhere with a large number of refugees, who are living in camps or urban settings – to a third country that has agreed to admit them as refugees and where they can start to rebuild their lives.

According to the UNHCR, of the 14.4 million refugees of concern to the UNHCR around the world, less than one per cent are submitted for resettlement – which means many refugees face a long, uncertain wait to hear if they will ever be able to rebuild their lives in safety.

Refugees are resettled if their life is at risk or they have specific additional needs and there is no hope of them ever returning home. Many refugees who are resettled are survivors of torture or other forms of violence.

Since 2014, Syria has become the largest country of origin for resettled refugees. The top countries of origin also include the Democratic Republic of Congo, Iraq, Somalia and Myanmar. Since the outbreak of the conflict in 2011, 80,000 Syrian refugees have been referred for resettlement. According to the UNHCR, the USA, followed by Canada and Australia, resettled the most refugees during 2015. Unfortunately, Europe generally accepts very few refugees for resettlement.

The UN's Refugee Agency UNHCR identifies refugees in need of resettlement in the region. They then submit these candidates to the various governments, who then decide which cases to accept. Refugees who are to be resettled in a country receive health assessments and cultural orientations, prior to arrival, and the International Organisation for Migration then ensures their safe arrival. A great deal of planning has to happen before resettled refugees arrive in their new country; local councils, service providers and charities all have to work together to ensure that everything is in place to ensure a smooth transition. Resettled refugees are usually met at the airport by refugees organisations. They are taken to their new homes – usually private apartments – and they are then helped to adapt to their new surroundings. Organisations support refugees throughout their first year in the country: we offer personalised support and help people access the job market, education, healthcare and mainstream services.

Once they are settled, resettled refugees are able to begin the process of rebuilding their lives in safety; richly contributing to our country in a variety of ways. Refugees who have been resettled include people who then go on to work productively, teach their children the new nation's language, and open their own businesses.

Most refugees, who are being properly resettled, arrive with an indefinite leave to remain. That means they can stay forever, in acknowledgment that the only reason they are coming to their new country is because the UN's Refugee Agency has decided that it's not safe for them to keep living in a refugee camp, or in a precarious urban situation, and there is very little hope of them ever returning back to their home country.

However, Syrian refugees arriving through the UK Government's Vulnerable Person's Relocation Scheme are granted only five years of 'Humanitarian Protection'. Unlike refugees from other countries who are resettled, Syrians have been displaced for a relatively short period of time and the British Government hopes that – in the future – they will be able to return to Syria. Of course, almost all refugees dream of going home one day, when it's safe to do so, in reality, it is a different pcture.

All refugees, including those who are resettled through various countries' resettlement programmes, are able to work and access mainstream services. However, 'humanitarian protection' means that the resettled Syrians have slightly different entitlements: e.g. to higher education.

How is resettlement different to asylum?

Fundamentally, there is very little difference between resettled refugees, and refugees who are granted asylum: they are often fleeing exactly the same conflicts, exactly the same persecution though their journeys to safety are very different. Refugee resettlement and different countries' asylum systems have very separate processes. Refugees who are resettled are usually identified as

refugees in camps near to their country of origin, before being flown to the country where they are being resettled.

The other main difference between refugees who have been resettled and refugees who are granted asylum is the support that they receive once they have been recognised as a refugee. As mentioned, resettled refugees are provided with housing and receive a year of specialist support to help them access the job market and mainstream services.

So, what can 'Psychotherapy' do for Refugees?

It is fairly obvious that an international "psychotherapy" organisation (or one representing national psychotherapists) or a European-wide "psychotherapy" organisation (or one representing a particular modality of psychotherapy) is **not** best suited to help such people directly (and these organisations cannot really help in any practical fashion) with the mass of very complex issues and problems that the great number of refugees and migrants in Europe present us all with.

However, within the European Association of Psychotherapy (EAP), we can possibly: **(a)** spread general information and awareness about refugees and migrants; **(b)** help to inform governments and agencies about the particular psychological issues that refugees and migrants might be facing; and – probably most effectively – **(c)** develop techniques, treatment plans, and even be designing and offering training courses and modules for people who are working with refugees and migrants.

The EAP has already developed a Position Statement and Guidelines for Psychotherapists working with refugees and migrants.[5] These need to be checked out operationally, with a number of different people working in the field, and they also need to be updated regularly.

If those people currently working – officially – with refugees and migrants have all been properly trained as professionals, we might be duplicating (or trying to duplicate) their professional knowledge and skills framework, which could be counter-productive; whereas, if we focus on those people working with refugees and migrants – who are volunteers – or who are offering their services voluntarily, there is a strong possibility that there may be significant gaps in their particular knowledge and skills frameworks for such specialist and difficult work.

The EAP has more than 6,500 qualified psychotherapists on its ECP Register, in about 41 countries (see here), and – through our National Associations and European-Wide Associations – there are probably more than 120,000-150,000 professional psychotherapists represented in some way through these various organisations. There are also about 80 European Accredited Psychotherapy Training Institutes (EAPTIs), with about 20,000 people currently in training, representing the next generation of psychotherapists. Given the relatively sudden and recent increase in European refugees and migrants, many of the previous and current generation of psychotherapists have **not** been trained specifically to work with refugees and migrants: future psychotherapists could – possibly – become much better trained and more aware of these 'special needs', given some additional input.

There is therefore a large body of expertise available and an increasing 'pool' of experience: and, if only a small percentage of those psychotherapists (above) were to become 'available' or 'interested' in some way to supporting (say) those professionals and volunteers working with refugees and migrants, this could be of considerable benefit to the overall problem.

There might even be a possibility of the EAP obtaining some European funding for the provision of: (say) additional training and support; greater awareness of working with cultural differences; better screening for psychosis and mental illness; the de-stigmatisation of mental illness and distress; the dissemination of up-to-date skills of working with people with trauma; the use of (lay) translators and advocates; a greater awareness of – and reporting of – human rights issues and

violations; a special awareness of different gender needs; the encouragement of the principles of self-care; and the provision of supervision and inter-vision groups; etc.

The EAP has already developed a set of Core Competencies for a European Psychotherapist,[6] so the 'specialist' competencies – knowledge and skills – that are needed for working with refugees and migrants – and with their supporters – could become one of the additional 'sets' of Specialist Competencies of a European Psychotherapist. This might also assist in creating a more homogenous body of knowledge and skills for people working in this area and for training people who might be working in this arena.

So, we hope that this document may be of interest – **(a)** as useful information; **(b)** as a briefing paper; and **(c)** as a way of introducing people to this complicated and increasingly relevant field.

Courtenay Young
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Endnotes:

[1] Compiled from a number of different souces on the Internet.

[2] The **Organisation for Economic Cooperation and Development (OECD)** shows that wealthy donor countries spent a net total of $131.6 billion (£ 92.5 billion) on aid on refugees in 2015, compared with $135.2bn the previous year. Of that, $12 billion went on domestic spending – or "in-donor refugee costs", up from $6.6 billion in 2014. Many of the European countries most affected by the mass migration of people have recorded surges in their Official Development Assistance (ODA) in 2015: Greece's aid spending rose by 38.7%; Sweden's by 36.8%; Germany's by 25.9%; the Netherlands' by 24.4%, and Austria's by 15.4%. The OECD says that all these increases, to a greater or lesser extent, were caused by growing 'in-donor' refugee costs. … Germany spent more than €20 billion on refugees in 2016. … According to the European Commission, additional spending related to the refugee crisis will amount to 0.3% for Europe as a whole, and 0.5% for the countries that are the most welcoming to refugees. … While the European Commission hesitates to give concrete figures, the International Monetary Fund (IMF) however estimates that Sweden will spend 1% of its GDP for the cost of asylum seekers in 2016, Denmark 0.6% and Finland 0.4%, while Spain and the Czech Republic will only use 0.03% and 0.02%, respectively. Accessed 14-02-2018: https://www.euractiv.com/section/euro-finance/news/eu-silent-over-impact-of-refugees-on-national-budgets/

[3] **Natalie Nougayrède:** 'Refugees aren't the problem. Europe's identity crisis is.' (*The Guardian:* 31-Oct, 2016). Accessed: https://www.theguardian.com/commentisfree/2016/oct/31/refugees-problem-europe-identity-crisis-migration

[4] **National Contributions to UNHCR (2016):** http://www.unhcr.org/uk/partners/donors/575e74567/contributions-unhcr-budget-year-2016-30-september-2016.html

[5] **EAP Position Paper and Guidelines for Psychotherapists Working with Refugees:** http://www.europsyche.org/download/cms/100510/EAP-Guidelines-Psychotherapy-with-Refugees_final-officia.pdf

[6] **Core Competencies of a European Psychotherapist:** see http://www.europsyche.org/download/cms/100510/Final-Core-Competencies-v-3-3_July2013.pdf