

Psychotherapy for refugees in Austria

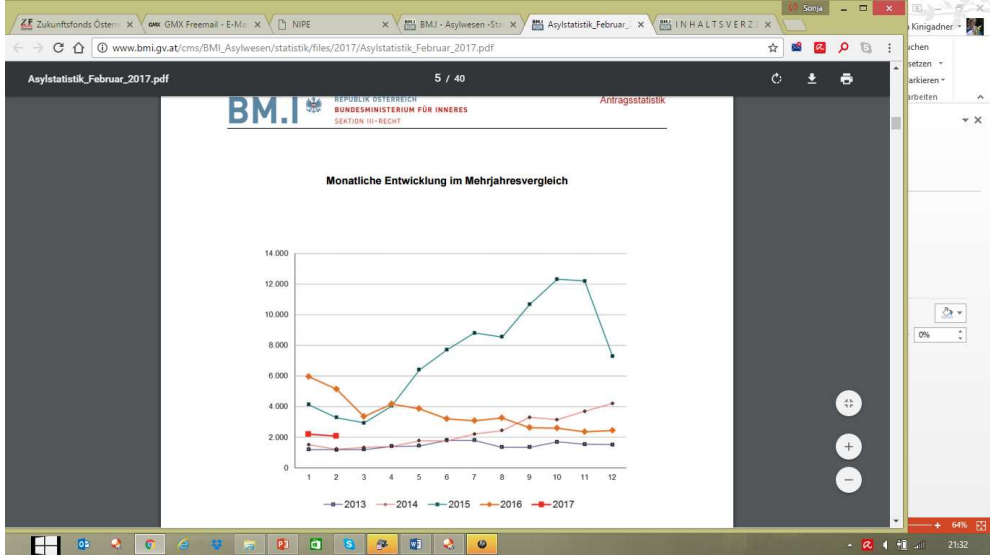
Verein "you-are-welcome" www.you-are-welcome.at

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Austria and refugees



2014	28.452		
2015	88.912		
2016	42.063		
2017	4.302		

Top 10 Antragsstärkste Nationen (Anträge/Entscheidungen)¹

Anträge und Entscheidungen von Jänner bis Dezember 2016

Staatsangehörigkeit	Anträge	Rk. pos. Ent.	Rk. neg. Ent.	sonst. Ent.
Afghanistan	11.742	1.636	2.560	2.474
Syrien	8.845	15.166	722	0
Irak	2.837	1.279	932	2.160
Pakistan	2.494	28	1.375	908
Iran	2.454	426	275	722
Nigeria	1.848	15	1.052	324
Russische Föderation	1.610	438	669	180
Somalia	1.534	477	407	0
Marokko	1.043	3	910	440
Algerien	1.016	3	789	334

Psychological and medical support in Austria

- Medical support for every refugee by the health insurance company:
 - General doctor, psychiatrist and any other specialist, special counselling for chronic disorders by Diakonie in Vienna
- Psychiatric treatment in specialised counselling centers, e.g the Department for Intercultural Psychiatrie in Vienna and PSD.
- 11 Organizations which run a counselling and psychotherapycenter for patients after traumatisatation in 37 languages
- About 100 places for refugees with special needs integrated in the camps, with a doctor, a psychologist, a social worker and an ergotherapist
- Private Psychotherapy for free if there is a contract with the Health insurance company (small amount)
- Privat initiatives like „you-are-welcome“
- Treatment in Universities

Other support

After the first seeking for Asyl people will live in camps = old hotels, empty big houses. They have a supporting team, get € 200.- for meals + (once) € 50.- for training in German + € 10 for activities outside the camp. German courses by voluntary teachers or at a reduced fee in schools, cultural-courses, legal support for the interview, no paid work allowed more than € 110.-

After being accepted as refugee refugees get a so called Mindestsicherung, differs in Austria from € 570 to € 827, Maximum € 1.500.- for families. Integration in German courses and help for job training. Work allowed.

Many civil initiatives for social and cultural integration

Psychotherapy and Financial support

- AMIF: Fond of the European Union together with the ministry of inner affairs 2015 – 2019, doted € 1,500.000. 11 Organisations made therefore a reunion to achieve this money, now organized in the Asylkoordination“. They offer unlimited translator-supported psychotherapy The salary for therapists between € 50-60 and for translators € 20 - 30.
- Integrationsfond: for excellent projects concerning Integration or transfer back to the homecountries, € 5.000.- once
- Zukunftssfond: For excellent projects against rassisme and nazisme
- Anerkennungsfond: For excellent projects engaging voluntary workers
- Respect.net: a civil plattform to present projects and collecting money, when a basic finacial backing is given
- Privat donation, Benefiz-Galas, etc.



NIPE

Netzwerk für Interkulturelle Psychotherapie nach Extremtraumatisierung

Quality standards for Psychotherapy with refugees in Austria:

- Topic of PTH is not only the traumatizing situation in the home countries but also the support for the fragile situation after loss of family and social status, confrontation with the new culture and (long) waiting for Asyl.
- Psychotherapists trained in cultural and religious aims of the refugees, in consequences of flight, prosecution and torture, in trauma and other disorders, in legal framework,
- Differenziation from social work and legal support
- Owning a room which assure privacy. Not working in the camps
- Offering therapy without session limits
- Working with trained translators, which are also a bridge to the culture
- Intervision, supervision, further trainings for both the PTH and translators

Quality standards for diagnosis: The Istanbul Protocol

- The Manual on Effective Investigation and Documentation of Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment, commonly known as the **Istanbul Protocol**, is the first set of international guidelines for documentation of [torture](#) and its consequences. It became an official [United Nations](#) document in 1999.
- The Istanbul Protocol is intended to serve as a set of international guidelines for the assessment of persons who allege torture and ill treatment, for investigating cases of alleged torture, and for reporting such findings to the judiciary and any other investigative body.

https://s3.amazonaws.com/PHR_Reports/istanbul-protocol_opt.pdf

Resumee

Austria reacted very engaged on the needs to support and integrate refugees with the opening of camps, giving professional teams to the camps, offering numberless trainings in german and cultural integration. Half of the support came from civil and voluntary engagement.

Since one year the support is decreasing, we have a debate in the parliament.

52% of refugees are waiting for more then a year to get their second interview

Since 2015 pschotherapy is granted by the AMIF, but not sufficcient. Waiting time is 9 months. New initiatives can not apply for this money but 2019 and only when cooperating with others to reach the high level of investment and burocracy.

Kooperationen mit dem Psychologenverband

- *Neben anderen Themen finden sich aber auch Informationen zu einer gemeinsamen Erklärung europäischer Gesundheitsorganisationen zum Thema “Mental health” an die Europäische Union. Diese enthält Vorschläge darüber, wie die Dienstleistungen und Unterstützungen zur psychischen Gesundheit aller Europäer verbessert und von der Europäischen Union unterstützt werden können.*
- *Ebenso gibt es ein Resümee zum ersten Jahr der European University Association (EUA) Refugees-Welcome-Map-Kampagne. Seit ihrer Einführung im Dezember 2015 hat die EUA- Refugees-Welcome-Map-Kampagne fast 250 Initiativen von Hochschulen und verwandten Organisationen in 31 Ländern gesammelt. Nach einem Jahr des Erfolgs freut sich die EUA, dass sie die Karte vor kurzem mit der Unterstützung des inHERE-Projekts (Higher Education Supporting Refugees in Europe) aktualisiert hat.*
<https://fluechtlinge.wien.gv.at/site/files/2017/02/FSW-Fakten-Fluechtlinge-01-2017.pdf>