

TRAUMA TREATMENT
INTERNATIONAL

ANNUAL REPORT 2023



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A MESSAGE FROM OUR CEO QUEN GEUTER



2023 was a significant year of transition and growth. I am so proud of the progress we are making as an organisation, and the scale of impact for victims of trauma.

Of course, the achievements of TTI are all down to our amazing people. We employed our first staff members this year which created additional sustainability and security.

We are also working hard to support our associates and consultants in their project delivery, ensuring we have the skills and expertise necessary to complement the operational and management needs of a growing charity.

I must highlight the expertise of our pool of clinical psychologists. Our associates are highly trained, experienced and evidence-led, bringing their individual knowledge and skills to all of our projects.

Our Trauma Clinic continues to grow. Dr Sarah Whittaker, Trauma Clinic Manager and Head of Clinical Services, has done a tremendous job in establishing the clinic and developing strong referral partnerships with key organisations.

She and a team of specialist associates provide trauma treatment for victims of hostage situations, many of whom have been held by hostile states or groups as political ransom and have experienced extreme psychological and physical torture. Dr Whittaker is developing an expertise in this

area that is being called on in other contexts including support to clinicians in Israel.

All of our work is underpinned by a deep belief in long-term partnership working and collaboration. Trauma is complex at individual, organisational and societal levels.

Knowledge of trauma and the goal to become trauma-informed - either in a workplace or a community - cannot be achieved simply. So we are pleased to be supporting so many organisations on this journey to ensure staff wellbeing, improve services to clients and embed a trauma-informed approach across all aspects of their work.

My thanks to TTI founders Dr Brock Chisholm and Dr Katy Robjant for their ongoing support and work. To Tiffany, Jonathan and Claire for your project management expertise, and to Rhea and Sarah for your hard work in ensuring day to day delivery of clinical work and the systems needed to manage risk and compliance behind the scenes.

And of course, a huge thank you to TTI's trustees - and welcome to Dr Annis Cohen and Abdulkadir Mohamed, who joined the board in October 2023 and bring extensive experience and clinical knowledge to the governance and oversight of our organisation.

None of our work would be possible without the support of our donors and funders. Many of the projects detailed in this report were made possible because of individual people sharing in our concern for those who are affected by violence and trauma.

To Karl Johan Persson and Beatrice Bondy (*pictured above with Quen*), words will never be enough to express our gratitude for the belief you show in TTI and our team, and your support both financially and through the Good Fellows network.

I wonder what 2024 will bring and whether we will be able to raise the resources needed to meet the growth in need, as war and violence unleashes its trauma across the world.

STRATEGIC PRIORITIES 2023 TO 2028

TREAT

Improved access to **evidence-based trauma treatment** for victims of collective violence, wherever they are in the world.

EDUCATE

Increased knowledge of trauma and trauma-informed practice in **homes, communities** and **wider society**.

ADVOCATE

Elevated trauma agenda advocating for evidence-based, trauma-informed treatment and **structural change**. Those exposed to trauma are empowered to safely voice their **lived experience** to access justice and inform service design.

MITIGATE

Organisations working in trauma-exposed contexts are supported to understand and **manage the risk of secondary trauma**, promote staff wellbeing and deliver trauma informed services.

UPSKILL

Increased **diversity** and **skills** of mental health practitioners, wherever they are in the world. Improved **capacity building** within communities in high-trauma contexts to treat trauma, where state or other provision is lacking.



TREATMENT

IN 2023, WE TREATED **25** PEOPLE AT OUR
TRAUMA CLINIC OVER **162** SESSIONS
AND HELPED **22** AFGHAN WOMEN
THROUGH **164** SESSIONS AS PART
OF OUR **ALL RISE** PROJECT

“THE TRANSFORMATIVE IMPACT OF MY TTI THERAPIST’S INTERVENTION IS SO PROFOUND, I STRUGGLE TO ENCAPSULATE IT IN WORDS.”



In 2017, Tuğrul can Kapubağlı was enjoying a successful career as a manager in a construction company in his native Turkey.

He had recently rekindled his relationship with his college girlfriend, and was preparing to travel to Libya to oversee works at a power plant. Little did he know that the business trip would change his life forever.

Now 43, Tuğrul explains: “I was responsible for construction for the whole company, and often went to developing countries like Iraq, Burundi and Papua New Guinea.

“I’d arrange for the construction equipment to be in place, make sure the team knew what they were doing, and check that they had the right resources.

“There was always an element of risk to these visits. I went to Iraq just after the invasion and saw lots of armed men in the streets and blown-up buildings. But I never thought anything would happen to me. I even joked with colleagues before I went to Libya about the security there; I’d had a bad feeling but didn’t take it seriously.”

This bad feeling turned into his worst nightmare shortly after arriving in the north African country. “During the trip from the airport to the construction site, I was abducted along with two other guys from my company,” he says.

“Two armed men with Kalashnikovs put us in a truck and drove us for six hours. They beat us, shouted at us and took our clothes until

we were just in our underwear. They were just the foot soldiers and didn't know much, but they said their boss wanted ransom money from our company."

While Tuğrul anticipated his ordeal would last a couple of weeks while negotiations were made, he was actually about to endure a harrowing eight-month capture in the searing African heat.

"For the first four months, we were locked in a bare concrete room, the three of us chained together by our feet," he recalls. "There were only cracks of light coming in and it was absolutely filthy. We could wash a little, but it would make you more dirty to try and shower.

"At first I was scared, then I was angry and then I was shut off; even talking to the other guys was too much. There was no television, no books...I don't know how many times I counted the cracks in the walls.

"After four months, we were taken to a rudimentary tent in the desert. It was around 40 degrees and there was no way to get relief from the heat. But it was a little better as we weren't chained together and we were given pots to cook for ourselves. Doing something is better than doing nothing."

While Tuğrul and his colleagues were given an element of freedom in the desert, they were completely stranded and at the mercy of both the heat and frequent sand storms. "We could have walked but there was nothing in either direction for 50 miles," he says. "Everything we ate had sand in it."

Eventually, the trio were transported back to another concrete room in an unknown city. "The ceiling was made of sheet metal," says Tuğrul. "By this point in the year, it was over 45 degrees outside but felt more like 50 inside. I had a heat rash all over my body."

After eight long and arduous months, Tuğrul and his fellow captives were given the news they had been waiting to hear. "They told us we were going home but I didn't believe them - they'd told us that twice before," he says.

"It was their way of keeping us calm and stopping us making trouble. I'd had vivid



dreams of being reunited with my family and I was worried this was just another dream.

"But our company had paid the money and we were taken to Tripoli airport where there was a media circus. I refused to speak. When we got to Istanbul, I heard my girlfriend Pinar's voice on the phone and that was the first time I cried."

While his release was something he'd endlessly hoped for, Tuğrul found returning to his former life a huge struggle. "I'm not the guy I was before I was captured," he says.

"When you've lived in survival mode for eight months, it's not easy to go back. People around me had normal problems but these just seemed meaningless to me. My family and friends were supportive but they couldn't understand what I'd been through; they didn't know what was going on in my brain."

Tuğrul, who married Pinar six months after his release, found himself in a depressive, angry state in which he was plagued by frequent nightmares. What he calls his "emotional instability" led to him contemplating suicide.

This feeling was exacerbated when he returned to work as it triggered memories of his ordeal. "I needed to build a future for



me and my wife,” he says. “But I had a lot of resentment and pent-up anger, and was crying every morning before work.”

Despite these challenges, Tuğrul refused to let his ordeal get the better of him. Having conducted extensive research online, he found Trauma Treatment International’s referral organisation Hostage International.

The charity, founded by former hostage Terry Waite, provides emotional and practical support to hostages and detainees, along with their loved ones. Through Hostage International, Tuğrul was referred to Trauma Treatment International’s trauma clinic for psychological treatment.

TTI’s trauma clinic specialises in delivering evidence-based treatment to victims of extreme and horrific events, including hostage situations and torture.

The clinical associates delivering therapy are highly specialised and experienced in working with people suffering from trauma caused by collective violence. This expertise is crucial in such a complex field.

“I’d seen three different therapists over four years in Turkey and none of them could help me,” says Tuğrul, who is now dad to two-year-old Toprak. “The work my TTI therapist does is on another level. The transformative impact of her intervention is so profound, I struggle to encapsulate it in words.

“She genuinely grasped the depth of my suffering. Her therapeutic skills are only surpassed by her extraordinary capacity for empathy – you can have the best education in the world but you can’t fake empathy.”

Tuğrul, who had weekly remote therapy sessions for six months, adds: “She helped me analyse and untangle some of the mess that I have in my mind.

“There was a darkness inside me and I didn’t know how to deal with it. I was afraid of putting my trauma on my child and having him grow up in an angry environment.

“For example, she helped me put my memories in order. With severe trauma, your memories are all jumbled up and there is no timeline. With my therapist’s help, I could compartmentalise them and then their power was reduced.

“She also helped me understand that I had every right to be angry at what had happened. That started a change in me, and I realised that I didn’t want to work myself to death. I was at the end of my rope after five years back at the company, so I decided to quit and focus on being a good husband and father.”

Tuğrul says that he’ll never be “fixed” from the trauma he has endured, but that therapy has given him the tools he needs to have a brighter future. “I have moved back to my home town with my wife and my son, who is the joy of my life,” he says.

“I will work again at some point, but it will be on my terms. Life is not about money, it’s about relationships.”

He adds: “What TTI is doing is precious, and one of a kind. Thanks to my therapist, I have regained the confidence I needed to be the father and husband my family rightfully deserve. I will remain eternally grateful.”

HOW TRAUMA- INFORMED TREATMENT HELPED ONE QATARI REFUGEE REBUILD HER LIFE IN THE UK



“When you have PTSD and it’s that intense, you need to speak to somebody. The whole plot of trauma is that you’re unsafe and you should feel shame.

“The minute you speak to a therapist and you build this relationship with them, all of that slowly goes away. It’s not something that you can figure out on your own.”

Those are the words of Sarah Hassan (not her real name), a young Qatari national who fled her home country at the end of 2019. Having been plagued by intense flashbacks and nightmares after arriving in the UK, therapy with Trauma Treatment International helped her recover and reclaim her life.

Sarah explains that she grew up in the Qatari capital of Doha, raised by her late father’s two wives. Living in an affluent country, her life was ostensibly one of wealth and privilege – but, as a female in a deeply patriarchal culture, it was more akin to being imprisoned.

She says: “The tribe I come from followed a political wave in the 1970s and 1980s of

reintroducing radical Islam into the Gulf.

“A big part of that was a focus on women and reimposing the structure of a patriarchal family. I was the youngest in a large family, with a big age gap between me and my oldest sibling. What comes with that is having to follow the structure, what the siblings have done, the history of the family.

“As a girl, your existence essentially signals the honour of your family.”

She added: “The biggest shift for me was when one of my dearest brothers, who was close to me in age, was allowed to leave the house and play in the streets. That’s when the realisation came that things would never be the same for me.

“I started noticing how the treatment was different between girls and boys. Even the schools mimicked the cultural norm, and the examples just kept piling up.

“But if you start questioning things, you question the family’s honour.”

Sarah's frustration at this inequality grew only stronger as she began reading western literature and learning more about the world outside Qatar.

"When I was 14, I saw the black and white version of *Alice in Wonderland*," she says. "That was really cool to me, watching a girl character going on this journey."

"Most of the books I was reading were about independent women and it kind of proved the points I had in my mind. I tried to navigate why there was so much hatred towards women and it just didn't make sense."

As Sarah moved towards her late teens, she knew her future in Qatar would be limited to getting married and having children, and never experiencing the life she truly wanted.

She explains that, while she was allowed to study for a university degree, this was mainly to make her more attractive to potential husbands. "It's an extra point on your CV," she says. "By the time I was 22, I was considered to be really old, and was asked why I still hadn't said yes to a man."

Sarah says she always knew she would flee from her home country to escape the confines of life as a woman there. After many years of planning, the stars aligned and she took her chance. She said: "I was ready. There were so many pressures, but I knew that if I didn't go then, very bad things would happen."

"It was like Russian roulette. I was going to try and birth a new life for myself, but I knew that if I got caught my life would be ended. I thought, that's the price I'll have to pay and it will be worth it."

She adds: "I remember the last interaction I had with my mother, when I hugged her before I left. I looked at her for the last time and thought, 'this is probably for the best'. If she continued treating me as less than a man, then I wouldn't see myself viewing her as my mother for much longer."

Sarah made her escape in the early hours of a December morning. "One scene I'll never forget was opening the hotel room to leave and looking back at all my black clothes on

the ground," she says. Full of adrenaline, Sarah made her first solo trip abroad, having memorised the steps she would need to take at the airport, and preparing a cover story about meeting family members in London.

"I was questioned at the airport and was scared because it would have been so easy for them to send me back," she says. "We had a stopover in Amsterdam, and I knew that that would be the perfect place to return me."

"But as soon as we got on the plane to the UK, that was it – *halas*, as we say in Arabic. That's when I started sobbing, really crying. I felt like I was going through another dimension."

She added: "I had never been out on my own, never. And now I was going to live my whole life as an independent woman."

With not a penny to her name and not knowing a soul in England, Sarah arrived in London and began the lengthy process of seeking asylum. "When they saw this burgundy, very expensive-looking passport, they couldn't understand why I was an asylum seeker," she says.

Thankfully, her situation was taken seriously, and after five days in temporary accommodation in London, she was moved to Wales where she waited for settled status and the right to work.

"I pushed myself out of my comfort zone and put myself out there – I met some wonderful people early on," she says. "I'd walk around in nature and find moments of joy in just being on my own."

"But I had no idea that, when you flee abuse and you're finally somewhere safe, that's when it all comes out. I thought PTSD was something that only happened to soldiers, I didn't think it was something I would have."

"I had my first proper flashback when a friend jokingly threw something at me. That was a trigger for me, and I went into a memory of my sister throwing things at me and asking why I wouldn't listen to her."

"During the flashback I was out of the room, I



was time travelling. After the first one, they all started coming. Anything could be a trigger – smells, touch, taste. It was classic PTSD. It made me angry. I'd managed to escape, but I knew I would never be truly free if I kept having flashbacks."

Sarah began researching trauma-informed therapy, and after a number of conversations with different psychologists, she was directed a therapist at Trauma Treatment International. After just their first session, she knew she had found the right therapist for her.

"What I really appreciated was when he explained the science behind trauma, without jumping into my own experience," she says. "He also explained that I would have more flashbacks at the beginning and that it would get worse before it got better.

"I found that every appointment was like a mini-surgery. It was painful to dig into my memories but it was in order to mend and recover. I'd get sore for a couple of days, but after the soreness went down, I'd feel more like myself."

She added: "My therapist always used language that was so direct and accessible. That is extremely special, as is his ability to be entirely and unapologetically human. He's able to connect with you in a way that's so honest. It also helped that he was aware of immigration politics and has had many clients with the same experiences."

As well as delving into Sarah's past to unlock the trauma she continued to feel, her

therapist helped her learn to soothe herself when her emotions were at a heightened state. "You focus on the fact that you're here, focus on your breath," she says. "He taught me to experience the flashback but understand that it's in the past.

"He also helped me understand the triangle of thoughts, emotions and actions, and how these three things impact each other."

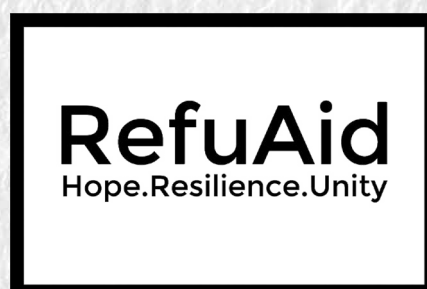
She adds: "I felt a lot of guilt and grief about leaving my family. But he gave me a really good analogy – he said, 'if you were imprisoned in a cell and had a key, would you tell your captor that you had it?'"

Sarah's sessions with her therapist, which took place over two and a half years, slowly helped her to recover from her PTSD. Now, she is living in London and working in a fulfilling job. She regularly travels abroad and enjoys painting and making art.

In short, she says, she is creating the life she'd always dreamed of. "I am building meaningful connections now and getting to know myself more and more," she says. "Sometimes life gets tough, but there's so much to look forward to.

"I'm so impressed to have reached this point of stability in terms of my trauma symptoms so quickly. What therapy gave me was the ability to have strength in myself. That never would have been possible without having a place of trust with my therapist. I am very grateful for him. Very grateful."

OUR TRAUMA CLINIC CLIENTS COME TO US FROM OUR REFERRAL ORGANISATIONS



What the organisations say...

"The partnership has been excellent and we hope it continues"

"Just a huge thank you to the team"

"We are most grateful to TTI for their support and flexibility in responding to our various requests!"

- 100% of referral organisations strongly agree that TTI services have benefited their organisation

- 100% of referral organisations strongly recommend our services

EDUCATION

IN 2023, WE RAN A SERIES OF ONLINE COURSES ON TRAUMA MANAGEMENT IN THE WORKPLACE, AIMED AT ORGANISATIONS SUPPORTING UKRAINIAN REFUGEES AND THEIR BRITISH HOSTS.

Participants were taught to spot the signs of burnout and secondary trauma in staff members, and how their organisations could become more trauma-informed in their approach and support processes.

In a feedback survey, **100%** said they would recommend the training to others.


One praised the “practical examples of how working with people experiencing trauma can affect staff members”.



- WE TRAINED **300** INDIVIDUALS IN COURSES INCLUDING TRAUMA MANAGEMENT IN THE WORKPLACE & HOW TO WORK WITH TRAUMATIC MATERIAL
- WE SUPPORTED **33** ORGANISATIONS TO BECOME TRAUMA-INFORMED
- WE DELIVERED **243** INDIVIDUAL & GROUP SESSIONS TO **8** ORGANISATIONS, NAMELY BELLINGCAT, DIGNITY, FULL FACT, HIBISCUS INITIATIVES, INQUEST, MEDICAL JUSTICE, REDRESS AND WOMEN FOR REFUGEE WOMEN

100% GAVE US A SATISFACTION RATING OF 5 OUT OF 5, AND **100%** SAID THEY WOULD RECOMMEND OUR SERVICES TO LOVED ONES.

100% SAID THEY WERE MORE ABLE TO MANAGE WORK-RELATED STRESS AS A RESULT OF OUR SESSIONS.



"I often come away from the sessions feeling so much lighter and like I can see a way forward. With this hectic, trauma-facing work I have felt close to the brink of burn out at times, but the therapist just recognising the signs of that and helping me see where I am at has made a huge difference and prevented me from going into a much worse place."

ADVOCACY

TRAUMA-INFORMED HOSTING COALITION ADVOCATES FOR REFUGEES AND UK HOSTS



Nine UK organisations have joined forces with TTI to create the Trauma-Informed Hosting Coalition, aimed at advocating for victims of trauma being hosted in the UK and those around them.

The coalition sees the coming together of charities and organisations Barnardo's, Citizens UK, Hope at Home, Housing Justice Cymru, Migration Yorkshire, NACCOM, Refugee Council, Refugees at Home and Reset.

Significant numbers of people who have experienced horrific and violent events are living in the homes of people across the UK, connected through hosting and community sponsorship schemes.

Those being hosted include refugees and people seeking asylum, as well as victims of slavery and trafficking.

TTI strategic advisor Tiffany Watts said the coalition was born in response to a need identified by organisations managing and overseeing the schemes, whose staff are looking for consistency in trauma-informed training and support.

She explained: "A safe, welcoming host home can foster resilience from trauma and

positively support the overall well-being of asylum seekers and refugees.

"However, organisations recognise the potential risk that trauma poses within the hosting context - to hosts, the guests, and to staff and volunteers working in complex, resource-scarce contexts where frequent exposure to traumatic case studies can lead to burnout or vicarious trauma."

The Trauma-Informed Hosting Coalition will work together to ensure hosting schemes in the UK are trauma-informed.

This will help create the best possible conditions to prevent re-traumatisation, support long-term recovery, and promote the wellbeing of hosts, guests and the people who work with them.

Tiffany said: "Shared best practice guidelines, based on the experiences of guests and hosts, will be promoted to the charity, public sector and policy makers for future national hosting schemes."

She added: "It is wonderful to be working alongside such fantastic organisations, uniting to provide the best possible support to victims of unimaginable trauma."

Believe in
children
 Barnardo's

citizens^{uk}

**hope at
home** 
safe homes for survivors of slavery

 Housing
Justice
Cymru

 Migration
Yorkshire

NACCOM 
THE NO ACCOMMODATION NETWORK


REFUGEE
COUNCIL


REFUGEES
AT
HOME


Reset
Communities for Refugees

**TRAUMA
TREATMENT
INTERNATIONAL**



MITIGATION

TTI PROJECT WAS A CATALYST FOR CHANGE FOR CHARITY WOMEN FOR REFUGEE WOMEN



A project to embed trauma-informed practices in one London charity has had a transformative impact.

Thanks to a £3,000 grant from London Catalyst, TTI associate and clinical psychologist Dr Jill Domoney (*inset, above*) led a three-month project at Women for Refugee Women.

Her work included carrying out a trauma risk assessment of the organisation to identify where trauma affects the staff and beneficiaries, and how Women for Refugee Women can plan to manage this impact.

Dr Domoney held one-to-one interviews with each staff member, compiling a comprehensive report of her findings.

Recommendations from the report included the need for a wellbeing strategy, which Dr Domoney then helped to create.

She also delivered training to staff on spotting the signs of burnout, and how to balance the demands of the job when working in trauma-exposed environments.

Women for Refugee Women works with many refugee and asylum-seeking women who have suffered traumatic and horrific events, either in their home countries, on their journeys, or within the detention and processing systems.

The charity's staff are routinely exposed to harrowing personal accounts and case studies. While a hugely rewarding job, the

staff can experience vicarious trauma and burnout as a result. This project was therefore a much-needed piece of work for the charity, and Trauma Treatment International was the ideal partner for the project.

TTI helps trauma-exposed organisations to become resilient to trauma, and to manage the risk that trauma can present to the organisation, its people and its beneficiaries. It delivers support through a team of specialist associate clinical psychologists using evidence-based assessment tools to develop recommendations and provide practical support to partners.

Dr Domoney explained: “Trauma Treatment International had conducted an organisational trauma risk assessment for Women for Refugee Women in 2019, but a lot had changed since the pandemic.

“They’d had a new director in Alphonsine Kabagabo, along with some staff turnover. They were also going through a staff restructure during the first few months.

“I interviewed all staff, from the grassroots people running groups to the finance person. I asked them what brought them job satisfaction, what motivates them, how stress impacts their roles, and about their exposure to trauma. The idea was to draw out of them why they do the job they do, and how it might be affecting their mental health.

“A big outcome was the high level of motivation and job satisfaction; the staff have chosen to work there and are very aligned with the goals of the organisation.

“However, some were affected by the emotional health of the women they were working with, and dealing with what was happening to refugees politically. There were a few practical considerations too, in terms of hybrid and part-time working.”

With her recommendations collated in a comprehensive report, Dr. Domoney’s feedback informed the creation of induction materials for new starters, and contributed to a new wellbeing strategy for the benefit of the organisation as a whole. In addition, staff were given a two-hour training session on spotting

the signs of burnout and how to balance the demands of the job. Dr. Domoney said: “We talked about how the work impacts on staff wellbeing, and how to accept that the needs of the women being supported will often outweigh what the organisation can offer.

“We discussed how important it is to focus on the positive differences each staff member makes on a day-to-day basis, and how to hold the big picture in mind in times of stress.”

Women for Refugee Women director Alphonsine said the project had been a huge success. “It came at a crucial time for our organisation as a result of significant internal changes,” she explained. “We didn’t realise how useful it would be for individual staff members and the team as a whole during this transitional period.

“The staff found it very useful to speak to Jill freely about how they were feeling, and how they were being supported at work.

“It helped that Jill is so calm, knowledgeable and experienced – we really needed someone like her with a background in trauma to help us. Her report was so comprehensive, too, it was spot on. Since then, we have completed our wellbeing strategy, and offer clinical supervision for all our staff.

“Now, we are able to spot the signs when someone is in the ‘red zone’. We make sure that if people feel overwhelmed, they take time out.

“There has been a real mindset shift in this regard; the management team has also acknowledged the importance of modelling healthy working habits and fostering a good work-life balance at leadership level. As a result, we’re also looking at offering a four-day working week.”

She added: “Thank you so much to Trauma Treatment International and London Catalyst for giving us this opportunity. I’ve already recommended Trauma Treatment International to other charities that want to become more trauma-informed.”

UPSKILLING

RHEA'S JOURNEY WITH TTI IS A TESTAMENT TO HOW WE INVEST IN ASPIRING PSYCHOLOGISTS



When I first started as an intern at Trauma Treatment International (TTI) in September 2021, I had no idea that I would go on to become a full-time Assistant Psychologist at the charity two years later, *writes Rhea Tzallas, pictured above.*

Initially, my goal was to gain insight into the charity sector after completing my undergraduate degree in Human Sciences.

I remember the inspiration I felt after my first conversation with Quen, our CEO. She introduced me to TTI's exceptional work and its commitment to making evidence-based trauma treatment accessible to individuals affected by collective violence worldwide.

During my internship, and subsequent role as

projects and partnerships coordinator, I had the perfect opportunity to get to know and contribute to the inner workings of a small, but rapidly growing, charity.

This journey allowed me to expand my knowledge in areas like fundraising, monitoring and evaluation, partnership development, and strategic planning.

TTI provided me with valuable insights into the third sector and allowed me to take on responsibilities from day one. While I thoroughly enjoyed this aspect of the work, my background in Human Sciences meant I was always interested in the clinical side of operations.

I have always been interested in human behaviour and after listening to TTI's associate psychologists share their experiences and expertise over the first few months, I decided to apply for a Master's conversion course in psychology.

Throughout the conversion course, I continued to work part-time at TTI. This proved to be beneficial as I could explore the psychological theories that underpin our work and psychological interventions, whilst also seeing the practical impact.

One of the first striking lessons for me was grasping what 'evidence-based' treatment really entails. As we developed our skills in critically evaluating research, I gained an appreciation for the rigorous studies that underscore every psychological intervention and the reliance on high quality evidence.

As the course explored clinical psychology further and we worked on case formulations to determine treatment plans based on client vignettes, the insightful discussions I had



with TTI's psychologists proved immensely valuable in bridging the gap between theoretical models and practical applications when navigating treatment pathways.

My journey with TTI continues to serve as a testament to how the organisation invests in aspiring psychologists and provides excellent support for continual professional development.

The daily interactions with expert psychologists, who bring extensive experience from the NHS, private practice, and international conflict and post-conflict zones, is remarkable.

I always feel grateful to our associates for their guidance and consider myself very privileged to learn from them.

TTI also endeavours to accommodate the interests of the team and associates, and provide opportunities for development in all our chosen areas. I believe this makes our team and associate pool an enriching community, in which we each feel our roles are rewarding and fulfilling.

The commitment to individual development extends beyond professional growth. TTI nurtures a culture of flexibility and compassion, underscoring the significance of personal growth and self-care for all roles that involve supporting vulnerable individuals.

Working at TTI also helps you appreciate the holistic nature of supporting clients,

particularly those in fragile circumstances.

Beyond clinical treatment, understanding their psychosocial needs is paramount, demanding an awareness of the underlying structural issues related to mental health.

Partnering with other exceptional charities further provides valuable opportunities to explore diverse services and client groups.

Working in this environment and with many brilliant organisations and practitioners gives you invaluable exposure to the mental health sector and how individuals access and navigate services.

As TTI continues to expand, we are investing in the pathways into psychology careers and increasing our capacity to provide trauma treatment in the UK and internationally. This means supporting newly-qualified psychologists or those, like me, who are at the beginning of their journeys into clinical psychology. TTI fosters an environment where aspiring psychologists can flourish, learn, and contribute significantly to the organisation's mission of providing trauma-informed care worldwide.

Individuals at TTI have the unique opportunity to work closely with expert professionals, gaining invaluable exposure to diverse methodologies, therapeutic techniques, and real-world case studies, ultimately enhancing our understanding of evidence-based treatment and the intricacies of trauma-informed delivery.

HUNDREDS OF LONDONERS TO BE HELPED THANKS TO CITY BRIDGE FOUNDATION



In 2023, we were awarded a three-year grant to work with London-based survivors of hostage situations, torture, state persecution and war, along with the organisations which support them.

The funding from City Bridge Foundation, London's biggest independent charity funder, saw the launch of a new project to assist organisations working with survivors of abuse, exploitation and hatred.

Our work is helping to strengthen their pathways to trauma management, mitigation and treatment services.

The organisations supported through this project are being given tools to support staff mental health and gain knowledge about trauma, while beneficiaries are being given access to evidence-based treatment to support their recovery from post-traumatic stress disorder (PTSD).

TTI CEO Quen Geuter said: "We are extremely grateful to City Bridge Foundation for their generous grant. This three-year funding means that more than 350 staff and volunteers working with survivors are benefitting from improved mental health and lower rates of stress, burnout and vicarious trauma. In turn, the mental health of 600 survivors of collective violence is being

improved through access to services from organisations that are trauma-informed.

"What's more, 15 individuals suffering from trauma and PTSD are being given access to evidence-based trauma treatment with our expert clinical psychologists."

Quen added that there is a growing need for this project, with TTI receiving multiple requests each week from organisations struggling to manage unprecedented levels of trauma in their beneficiaries, communities and workforces.

In a recent TTI survey, only a quarter of trauma-exposed organisations said they felt they had adequately responded to the mental health needs of their staff after the pandemic. "And yet trauma is increasing exponentially in communities across London, as organisations work hard to secure justice and human rights for victims of state aggression, war and torture," said Quen.

She added: "Clients with acute trauma or PTSD who receive clinical interventions fare better than 90 per cent of those who are not treated. This underlines the importance of accessible therapy. Indeed, NHS trauma services have a waiting list of up to three years, while we can currently offer treatment within two to three weeks."

GRANT FROM THE FORE TO HELP TTI MEET EXPONENTIAL DEMAND FOR ITS SERVICES

A huge thank you goes to philanthropic charity The Fore for a much-needed grant towards our core costs.

The money will go towards a fundraising co-ordinator to help us meet the increasing need for our services.

TTI CEO Quen Geuter said: "A huge thank you to The Fore for this vital grant. It is wonderful when funders truly understand and listen to the needs of small charities like ours by investing in core costs. This gives us the freedom to spend the money where it is most needed."

Once in post, the appointed co-ordinator will be responsible for developing a fundraising strategy, submitting grant applications, exploring additional fundraising opportunities, and developing our monitoring and evaluation systems.

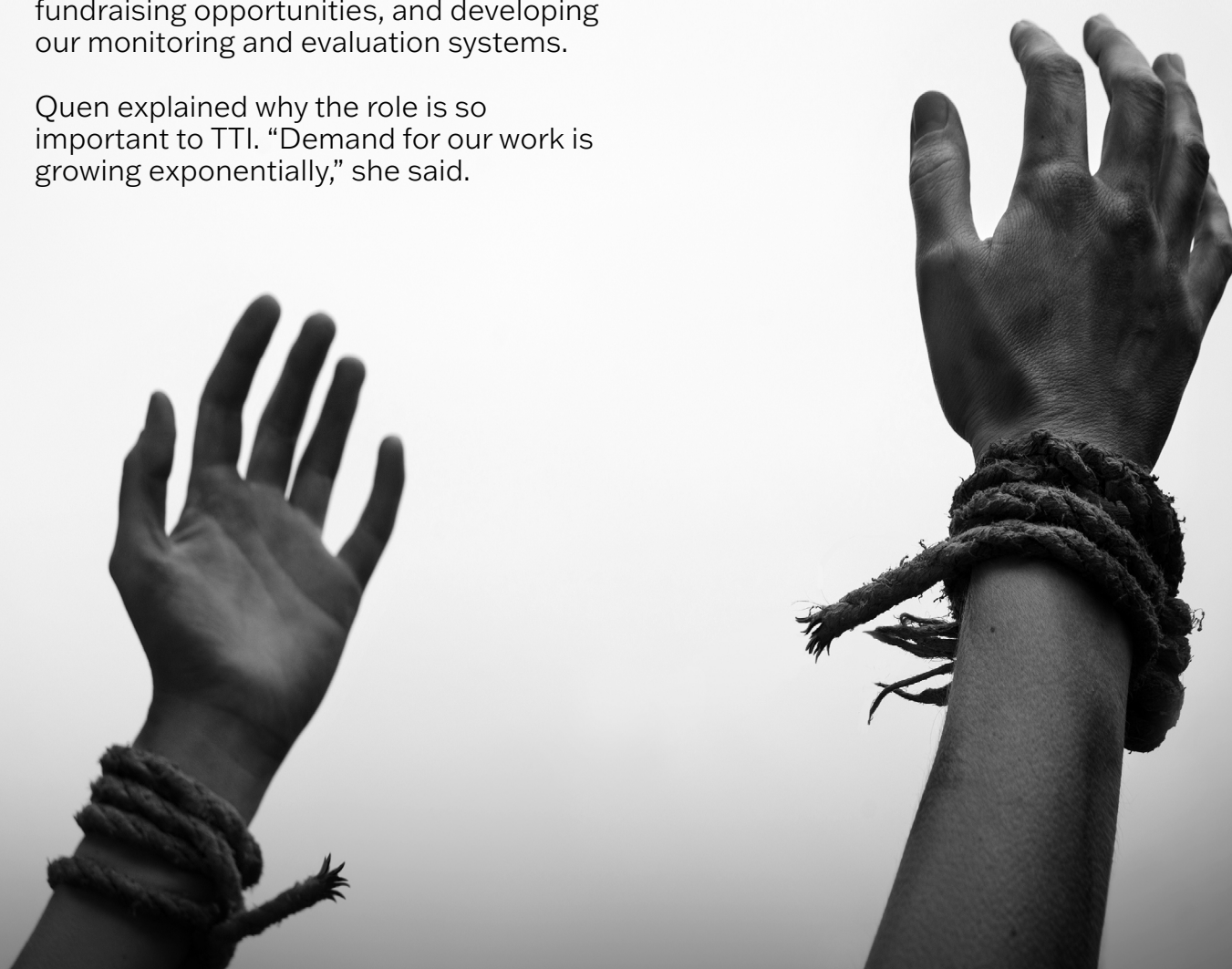
Quen explained why the role is so important to TTI. "Demand for our work is growing exponentially," she said.

"Since April 2022, referrals to our trauma clinic have increased by 200 per cent, and uptake of our workforce wellbeing support has increased by 500 per cent since 2021.

"As a small charity, the need for our work has been straining our ability to deliver.

"Currently, all our team and psychologists are part-time contract workers. Investing in our fundraising capacity will be the catalyst to generating sufficient unrestricted income, so we can employ staff and psychologists in-house.

"This will enable us to reach many more beneficiaries at lower cost and significantly build our organisational capacity."



OUR ASSOCIATES



DR JONATHAN BUHAGIAR



DR ANNA CHURCHER CLARKE



DR ANNIS COHEN



DR JILL DOMONEY



DR HEATHER DYSON



DR CHARLOTTE FLOTHMANN



DR CARA GIBSON



DR ZOE GIVEN-WILSON



MEL KAKKAR



DR MANVEER KAUR

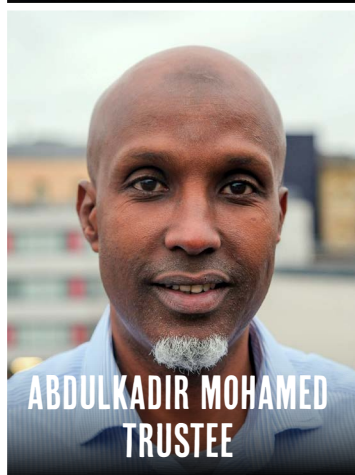


ARLETTE KAVANAGH

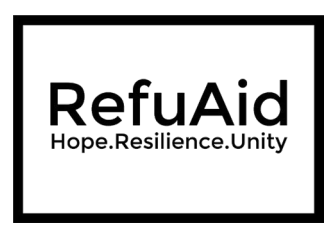
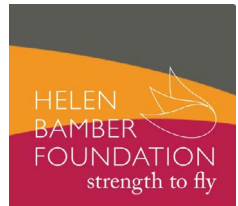
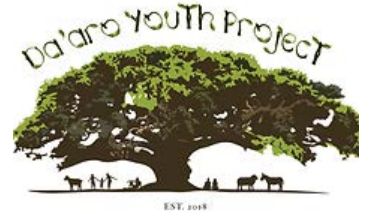
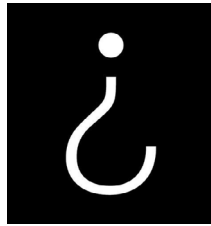


DR ASHLEY MILLER

OUR TEAM AND TRUSTEES



WHO WE WORK WITH



THANK YOU TO OUR SUPPORTERS

