Crossing Worlds – Intersecting Services:
Treatment Techniques and Priorities

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Common Reactions to Torture and Refugee Trauma

Cognitive

Spiritual

Physical

Emotional

Behavioral
Interdisciplinary Approach to Healing

Community Connection

Spiritual Engagement

Medical Treatment

Social/Legal Support

Emotional Relief
Trauma-Informed Service Provision

- Focus on Safety

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Physical Safety - Environmental Cues
Environmental Safety - Physical

• What are ways that your program’s physical space may replicate some of these negative cues?

• What are ways in which your program’s physical space works against such cues?

• How might you improve your program’s physical space?
Ambiguity – The “Unknown”
Helping a “hopeless” client

• Safety Assessment

• Reflect back and inquire about resources and strategies they already possess, or interventions you may provide

• Normalize and share experiences of witnessing change and improvement
Trauma-Informed Service Provision

• Empowerment

“It does not have to be therapy to be therapeutic.”

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Helping a “withdrawn” client

• Normalize and give a sense of control

• Restate the potential benefits of sharing and engaging

• Reiterate the reason for the intervention and how it can be helpful
Helping a “flooding” client

- “Flooding”
  - Information or affect overload
  - Tangential, circumstantial, ruminative, or fixated

- Containing
  - Developing mutual goals
  - Restating the purpose/need for focus
  - Potential referrals?
The “Double Bind”
Survivor Guilt
Combating Marginalization – Emotional Context

- Normalizing one’s perceptions of, and reactions to, the challenging scenario of forced adaptation
- Explore the dynamic of “character v. circumstances”
- Emphasize the temporal aspect of adjustment
- Setting realistic but hopeful goals
  - “Nothing is easy, but everything is possible”

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Combating Marginalization – Programmatic Context

- Potential methods of fostering a sense of programmatic belonging
  - Artistic expression
  - Community activities
  - Psycho-educational, social and skill building groups
Combating Marginalization – Advocacy Realm

• “Give voice to the voiceless”
• Facilitating tangible improvements
• Survivors contribute to, and help guide, this effort
  – Helps to empower clients
  – Helps to engage them programmatically
  – They can internalize that they are “Not just needy but needed”
  – Reduces survivor guilt, isolation, and inertia
How does one change the world...?

- Utilizing the experiences and insights of our clients
- Helping the voiceless find their voice

Wisdom, Courage, Hope