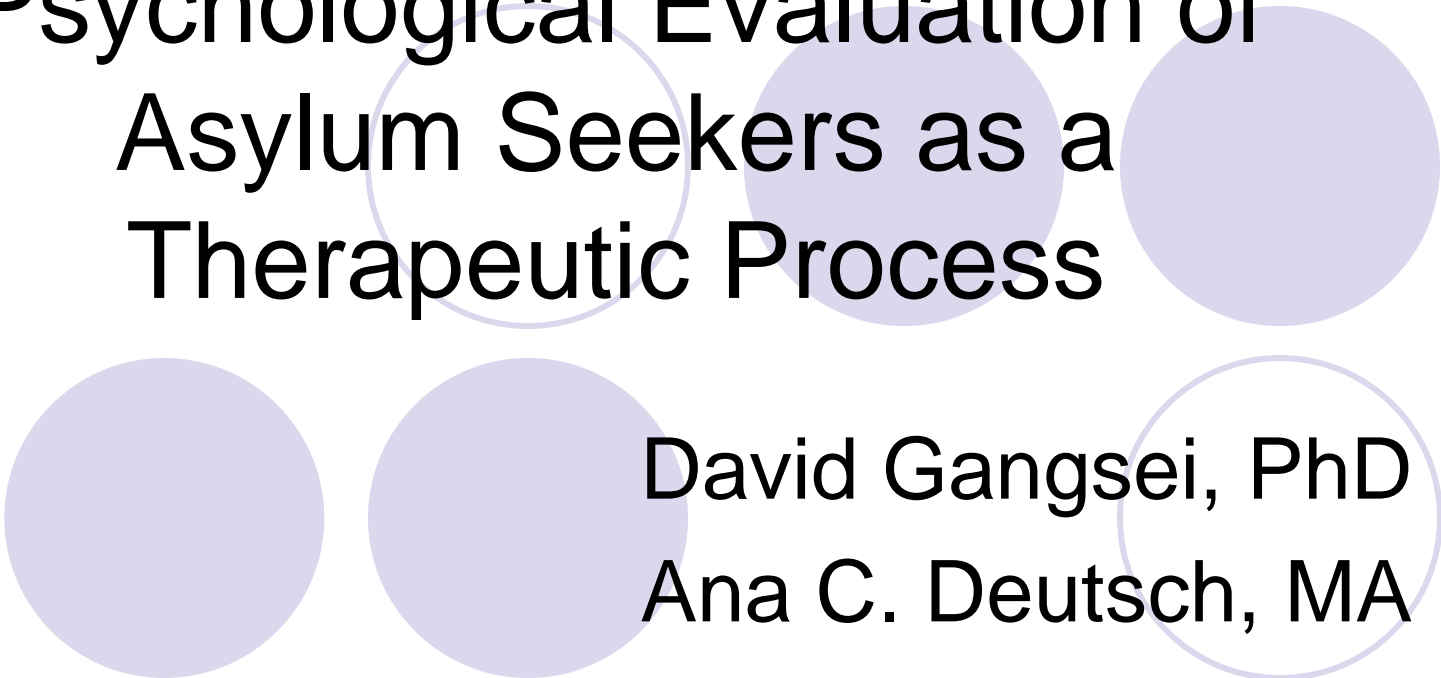


# Psychological Evaluation of Asylum Seekers as a Therapeutic Process



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# Psychological Evaluation of Asylum Seekers II

- Survivors avoid talking about the experience of torture
- Provides a healing opportunity
- Dealing with the trauma facilitates reconnecting with strengths

# Benefits of the Written Evaluation

- Provides corroborating evidence to the client's story
- Provides a framework for the court to understand the applicant's behavior in the courtroom
- Addresses inconsistencies in the applicant's testimony



# Therapeutic Benefits of the Evaluation

- Verbalizing experiences sets up a repairing process
- Raises awareness of symptoms
- Facilitates mourning all losses  
Facilitates mourning all losses



# Therapeutic Benefits

- Offers survivors understanding and validation
- Cognitive control of symptoms reduce fears of being crazy
- Develops skills of management of emotional arousal



# Therapeutic Benefits

- Empowers the client to testify in court
- Facilitates regaining functionality
- Opens the door for future therapy

# Techniques and Attitude in the Evaluation

- Requires a supportive environment to facilitate disclosing information
- Time may be needed to elicit information
- Role of the evaluator is neutral
- Attitude of the evaluator should be healing: respect, reliability, genuine interest.



# Technique and Attitude in the Evaluation

- Therapeutic interventions during evaluation sessions may be necessary to control arousal of symptoms at recalling the torture experience

