

MA / PhD in Refugee Care

The *MA in Refugee Care* is an innovative degree that is offered jointly by the Centre for Psychoanalytic Studies at the University of Essex and the Tavistock Clinic. It is a one-year, full-time programme that combines expertise from both of these centres of excellence. Suitably qualified candidates can apply for a doctoral programme leading to a *PhD in Refugee Care* which requires them first to complete successfully the *MA in Refugee Care* (without the dissertation) and then to proceed to two years full-time (or four years part-time) work on their PhD thesis.

Unlike other academic degrees on 'Refugee Studies', the emphasis of this unique Masters programme is on enabling students to work directly with refugees and asylum seekers (as well as with other similar groups of clients) in a variety of different settings.

To achieve this, the programme provides students with:

- a sound theoretical framework for the understanding of the multidimensional complexities of the refugee experience;
- practical and experiential modes of learning.

The central focus of this programme is on the introduction of a *therapeutic dimension* and a *psychosocial perspective* to working with this client group.

The explicit intention is to make workers more effective therapeutically, in whatever role they have in working in this field (e.g. in management, education, law, social work, psychology, psychotherapy, community work). Therefore, the usefulness of this course is not limited to those who intend to work psychotherapeutically (in the strict sense of the word) with refugees. It is for this reason that the title refers to '*Care*' rather than to '*psychotherapy*'.

This Masters degree does not constitute a professional training. However, if students already possess a professional registration this degree may assist them in obtaining a speciality within that registration.

Why Choose the MA in Refugee Care at the University of Essex?

The MA in Refugee Care is unique. No other post-graduate programme offers this specific combination of courses with this emphasis. The programme staff are experienced clinicians, academics and researchers in this field. In addition, international experts contribute to this programme which maintains close contacts with centres of excellence in different parts of the world and with many specialist services and organizations in the UK where students can do their placement.

Students come from varied cultural, professional and academic backgrounds, and they join a lively and diverse teaching, learning and research community.

Consequently, there are excellent opportunities for employment and for further study.

Aims and Objectives of the MA

The MA in Refugee Care prepares students:

- for competent, reflective and pro-active work with refugees in a variety of different settings (from advocacy to clinical) and remits (from managerial to directly therapeutic);
- to develop a systematic understanding of the complexities of the various interconnecting contexts involved in the refugee situation - from societal parameters to individual and family dynamics, as well as including the institutional dynamics of the refugee services, aid organisations and, importantly, the inter-personal dynamics involved between refugees and their workers;
- to meet the challenges imposed by those wider societal parameters (e.g. changing legislation, political priorities, public opinion) that affect refugees directly or indirectly;
- to conceptualise and formulate refugee related projects (for research and/or service purposes).

To address these aims, the programme approaches the refugee condition from a spherical perspective whilst also providing a particular focus on the therapeutic considerations. The supervision of Placements and Institutional Observation provide an important forum for helping to integrate theory and practice. In addition, supervision strengthens the experiential learning, where students are encouraged to reflect on their own personal responses and feelings and on the impact these have on their interactions at work.

Research in this field is woven into the fabric of the curriculum, with written assignments designed to deepen and systematise the students' knowledge of the material presented, the work observed and their placement experiences. Emphasis is placed upon reflective and co-operative learning styles.



Cover image: 'The two faces of trauma' by Andreas G. Coutas

Entry Qualifications

A good first degree (first class or upper second class) or equivalent profession qualification, plus a record of relevant work and/or experience (or serious intent to work) in relevant settings with refugees and asylum seekers. Applicants without such qualifications, but who can otherwise demonstrate relevant experience and academic ability, will also be considered.

Students whose first language is not English would normally be expected to demonstrate English language proficiency to at least the following levels: TOEFL (paper) 580, TOEFL (computer) 230, or IELTS 6.5.

Course Fees

Information about current Tuition Fees can be found at: www.essex.ac.uk/academic/docs/fees/fees.htm

For details of financial support please see the booklet *Introduction to the Graduate School* or visit: www2.essex.ac.uk/stdsup/funding/fundpg.shtm

Key Features of the Programme

- enhancing the work with asylum seekers and refugees by providing a *therapeutic dimension* and a *psychosocial perspective*
- providing a combination of didactic, practical and experiential modes of learning, in the context of a reflective and collaborative environment
- developing an innovative and systematic framework for locating the complexities of the refugee experience and of the work with this client group

This programme is interdisciplinary and it is connected with many services and institutions as well as with centres of excellence in the UK and abroad. Many teaching staff are involved in research and field projects in different parts of the world.

PhD in Refugee Care

The University of Essex also offers a PhD in Refugee Care. Successful graduates of the MA scheme who are interested in further research in this area may want to consider admission to this programme. Alternatively, suitably qualified candidates can apply directly for a doctoral programme leading to a *PhD in Refugee Care*; this requires students to complete successfully the *MA in Refugee Care* (without the dissertation) and then to proceed to work on their PhD thesis in this field.

Who should study the MA in Refugee Care?

This MA scheme is intended mainly for graduates from any academic discipline or professional background who are already working with refugees and asylum seekers and who wish to enhance their work substantially by introducing a therapeutic and psychosocial dimension to it. However, as this is a new field, other graduates who wish to work in this field will also be considered.

Staff

The strength of this programme is that it draws on expertise from various departments at the University of Essex and the Tavistock Clinic as well as from external sources. The main staff involved include:

From the University of Essex

Alan Cardew, PhD, Department of Literature, Film, and Theatre Studies

Peter Dews, PhD, Professor, Department of Philosophy

Karl Figlio, PhD, Professor and Director, Centre for Psychoanalytic Studies

Clare Finburgh, PhD, Department of Literature, Film, and Theatre Studies

Geoff Gilbert, PhD, Professor, Department of Law and Human Rights Centre

Timothy Hatton, PhD, Professor, Department of Economics

R.D. Hinshelwood, Professor, Centre for Psychoanalytic Studies

David Howarth, PhD, Department of Government

Ana Ljubinkovic, Department of Sociology

Adrian Matthews, PhD, Children's Legal Centre

Renos K. Papadopoulos, PhD, Professor and Director of the MA / PhD in Refugee Care

Hitesh Raval, Course Director, Clinical Psychology Training, Department of Health and Human Sciences

Sir Nigel Rodley, PhD, Professor and Chair, Centre for Human Rights

Michael Scott, Centre for Psychoanalytic Studies

Yasemin Soysal, PhD, Department of Sociology

Paul Thompson, PhD, Professor, Department of Sociology

From the Tavistock Clinic:

Sonia Appleby, Senior Lecturer in Social Work and Adult Psychotherapist

Charlotte Burck, Senior Lecturer in Social Work and Consultant Systemic Family Psychotherapist

Ellie Kavner, Head of Systemic Psychotherapy Discipline

John Launer, Medical General Practitioner, Senior Lecturer in General Practice; Director of Training - London Deanery for General Practitioners

External Lecturers include Aida Alayarian, Jocelyn Avigad, Judith Farbey, Violeta Hulme, Andrew Keefe, Kwame McKenzie, Sheila Melzak and Maria Petevi.

Programme Structure

The MA in Refugee Care includes three courses, a placement and a dissertation.

Course One:

Therapeutic Care for Refugees (Tavistock Clinic)

This provides students with a thorough understanding of the fundamental underpinnings of the theory and practice of refugee care. It helps students understand the basic constituent elements of being a refugee and assists them in locating these elements in their wider societal and cultural contexts, looking at the dynamics of the society's response to refugees and the impact they have on the positioning of refugee workers and services, as well as the refugees themselves. Moreover, it provides students with specific theoretical and therapeutic approaches to working with refugees in general.

Course Two:

Contexts of the Refugee Experience (University of Essex)

This course gives students a thorough understanding of the relevant contexts of refugee care as a theoretical and applied field. Refugee care is a new subject at postgraduate level and this course aims to contribute modestly to this development, by creating a coherent framework within which refugee care can be located meaningfully. It complements the Therapeutic Care for Refugees course, in that it assists students to develop a sound knowledge of the interrelationship between therapeutic care and other academic disciplines.

Course Three:

Psychoanalysis of Groups and Organizations (Observations) (University of Essex)

This course teaches a psychodynamic approach to what happens in groups and organizations. The psychoanalytic contribution to understanding collective behaviour stems largely from the work of Bion and subsequently the Tavistock Institute. The emphasis is on the unconscious processes (which can be observed in groups and organisations) that are normally overlooked by studying other aspects of social science. During this course, students conduct a three-month observation of a bounded setting within an organisation of their choice (a hospital ward, school classroom etc). Students gain a theoretical knowledge of group behaviour and a

developed practice of observation. This practice is in adopting a position in which the student will make observations of both his/her objective view of what happens and, simultaneously, a view of his/her own inner experience as it changes in relation to the external events. This two-pronged form of observation (external and internal) represents the essence of the psychoanalytic stance so that, in this course, students have the chance to make critical judgements of how applicable that stance is to social science.

The Placement (Tavistock Clinic)

From the second term (January) students undertake a weekly placement of no less than 15 weeks (minimum of half a day per week) in a field placement agency where they work with refugees. This provides students with an opportunity to relate and integrate theory and practice in the context of everyday realities and practicalities. It enables them to examine the various perspectives, themes, theories and processes presented in the other courses on this MA, as they appear in an applied form in an actual work setting (at a field placement agency). In addition, students have a minimum of ten supervision sessions by a field placement supervisor and they also attend Placement Group meetings, which allow them to reflect on their placement experiences within a group run by an experienced member of staff.

Dissertation

The dissertation is an important component, as it counts towards one third of the overall degree programme and should provide a focus for the students' intended specialisation within the field of refugee care. Students receive individual supervision for this research, which also offers them an opportunity to participate in wider research projects in the field. The dissertation may involve empirical work with human subjects or it can be a theoretical treatise on a relevant topic. The methodology for the dissertation may include quantitative or qualitative modes of analyses of data, or be based on developing and substantiating theoretical arguments.

Attendance

This MA programme is taught on two sites, with two courses offered at the University of Essex's Wivenhoe Park campus in Colchester, and two courses offered at the Tavistock Clinic in London, NW3.

Assessment

Each course is assessed by a 5,000 word essay. The placement is assessed by a placement diary of no specified length and a 5,000 word essay. Students also write a dissertation of 12,000 words.



Centre for Psychoanalytic Studies

There has been a very lively interest in Psychoanalytic Studies at the University of Essex over many years. Recognising this, the University established the Centre for Psychoanalytic Studies in December 1993.

The Centre shares in the character of the University, with about 100 students at any one time, from many countries, including Greece, Mexico, Portugal, Chile, Brazil, Canada, the US, Ireland, Germany, Israel, Egypt, China, Sweden, Taiwan, Turkey and Japan, as well as the UK. The Centre also shares a 6* RAE rating with the Department of Sociology.

The Centre brings together diverse traditions of psychoanalytic and Jungian interest within the University and the clinical experience of practitioners. It was founded with a particular philosophy: that psychoanalysis and Jungian psychology are rich in their sources and affiliations yet are, at root, clinical disciplines. Programmes offered by the Centre aim to convey something of

the grounds of psychoanalytic knowledge, and therefore make use of experiential components and clinically-oriented teaching. Staff are practitioners as well as scholars. We share an interest in psychoanalytic thinking and methods, as well as in fields that can be enriched by psychoanalytic understanding and that, in turn, can enrich psychoanalysis and Jungian psychology themselves.

The University of Essex has an admirable tradition of interdisciplinary teaching and research, which is built into the faculty structure of the institution. Centre staff include the Director, Professors of Psychoanalysis, Professors of Analytical Psychology, Lecturers, Honorary Senior Lecturers and several Fellows who are qualified adult and/or child psychoanalytic psychotherapists and group analysts. The Centre is surrounded by strong departments that support its work.

Students are able to take advantage of this rich environment, and build upon their MA studies by pursuing research towards a PhD.

The Tavistock Clinic

The Tavistock Clinic has a worldwide reputation for therapeutic approaches to mental health in the public sector (NHS). Besides a major commitment to outpatient clinical services in the London region, it provides many leading postgraduate training and academic courses for mental health and social care professions. For over fifty years Tavistock staff have published important clinical and theoretical papers and more recently, since the appointment of several academic professors, there has been a growing output of systematic research.

The Tavistock Clinic was set up by charitable funding to provide mental health support based on psychological approaches. In 1920, it made a significant contribution to the understanding of the traumatic effects of 'shell shock' and how it could be treated by talking, listening and understanding (before that soldiers who suffered these symptoms in battle were regarded as cowards and

punished). The Second World War saw many of the Tavistock's professional staff joining the armed services as psychiatric specialists, where some (notably Dr Wilfred Bion) introduced radical new methods of selecting officers. They pioneered the 'leaderless group' as an instrument to observe which men could take responsibility for others, by being aware of their preoccupations rather than simply by giving orders. This led to reductions in the number of rejected applicants.

These wartime experiences still influence the Clinic's group teaching and work discussion, along with its work in consultancy, in the understanding of early separation from parents (as happened during the Second World War with the evacuation of children) and in the treatment of trauma. Today, the Clinic's Trauma Unit has a training workshop in the understanding of trauma and its treatment, so is often called on to offer help in national and international disasters.

The University of Essex

The University of Essex received its Royal Charter in 1965 and is now one of the UK's leading academic institutions, dedicated to research, teaching and scholarship of the highest international standards.

The University is ranked seventh nationally for teaching and tenth for research. The Higher Education Council for England (HEFCE) assesses every university department for their academic research, with ratings on a scale of 1 to the highest mark of 5*. In the last Essex assessment, all departments received a 3, 4, 5, or 5* rating and two of those 5* departments, Government and Sociology, have been upgraded to the new 6* grade. Essex is proud to have two 6* departments as this rating is only given to UK departments, from all disciplines, that have consistently been awarded 5*. This means it only applies to around 100 departments across the country. The Centre for Psychoanalytic Studies submits with the Department of Sociology.

HEFCE and the Quality Assurance Agency also carry out assessments on UK university teaching. Subjects are given a total grade out of 24 and, at Essex, no subject has scored less than 20 and the University has five subjects that scored 24/24.

The University has a beautiful 200 acre parkland campus, just outside of Britain's oldest recorded town, Colchester. Colchester has a range of shops, cafes, restaurants and pubs, as well as a leisure centre with a swimming pool. It is 45 minutes by train to central London and there are excellent transport links to Ipswich, Cambridge, Norwich and the south of England. Stansted airport, which offers many cheap flights to Europe, is less than an hour away by a bus that passes through campus, and Harwich ferry port can be reached in 30 minutes.

All teaching buildings are on site at the Wivenhoe Park campus and there are 400 Pentium PCs available within the University's extensive computing laboratories, many of which are open 24 hours a day. The University Library is well-equipped with more than 910,000 books, periodical issues and microfilms. It has long opening hours, a total of 84 hours over seven days a week during term-time and 42-84 hours in the vacations.



HOW DO I FIND OUT MORE...

For further information, please contact the Graduate Administrator at the Centre for Psychoanalytic Studies by email on cpspgt@essex.ac.uk, by telephone on +44 (0)1206 874470, or by post to The Centre for Psychoanalytic Studies, University of Essex, Wivenhoe Park, Colchester, Essex CO4 3SQ UK.

To contact the Degree Director, Professor Renos Papadopoulos, for specific information about the structure and content of the degree, please e-mail him on renos@essex.ac.uk

For further information, please visit our website: www.essex.ac.uk/centres/psycho/

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