



***“It is worth hanging in there” –
Psychotherapeutic experiences shaping
future motivation for outpatient
psychotherapy with refugee clients in
Germany***

Fearless project

*Flurina Potter, Marlene
Zehb, Katalin Dohrmann,
Veronika Müller-Bamouh,
Brigitte Rockstroh and
Anselm Crombach*

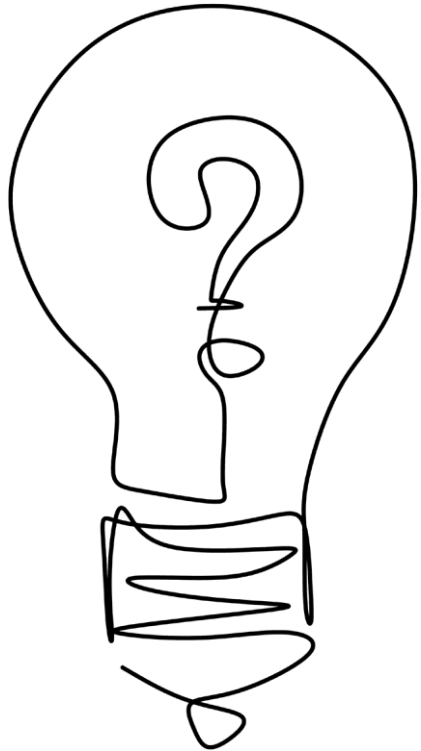
Who should read the paper?



Everyone working with refugees in areas such as:

- Therapy and supervision thereof
- Psychosocial counselling
- Social services handling refugees' therapy applications
- Policy makers
- Everyone planning psychotherapy training curricula

What's it about?



A high prevalence of mental disorders in refugees contrasts with a low rate of treatment and limited access to health care services.

Barriers to use of available services together with insufficient experience of treating traumatized refugee clients may lower therapists' motivation as well as facilities to accept refugee clients.

Aims

Understanding and overcoming barriers to healthcare for refugee clients in Germany by researching therapists' experience of challenges, enrichment, and motivation throughout the therapy of refugee clients.

Study design

What did the researchers do?

Methodology: Qualitative Interview Study

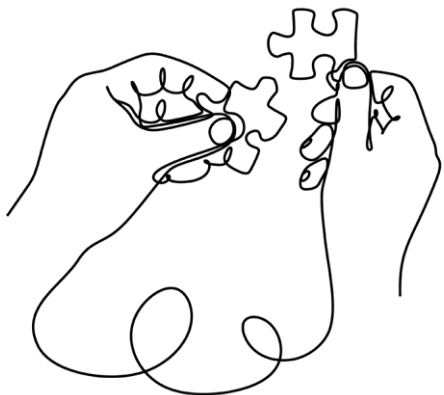
Data acquisition: Semi-structured interviews

Sample: Purposively selected sample of 13 therapists (attempted full survey) who started a therapy with a refugee client through the Fearless project.

Data analysis: Therapists' responses were analyzed using content structuring qualitative content analysis according to Kuckartz and Rädiker (2022).



What did the researchers find out?



Results of the study

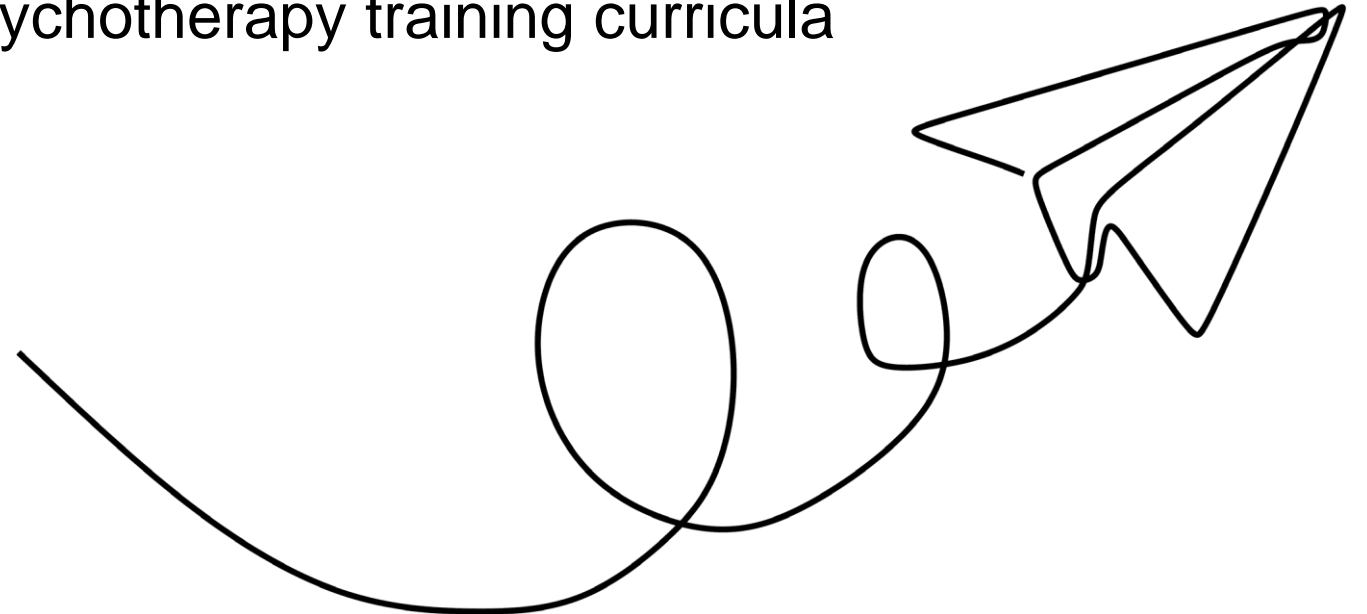
Three major challenges modulated therapists' future motivation for treating refugee clients:

- specific bureaucratic efforts (e.g., therapy application)
- organizational difficulties (e.g., scheduling appointments)
- clients' motivation (e.g., adherence, reliability)

Still, most interviewed therapists ($n = 12$) evaluated the therapy as enriching and expressed their motivation to accept refugee clients in the future ($n = 10$): *"It is worth hanging in there"* (T10).

To support therapists' motivation for future treatment of refugee clients we recommend:

- **Reduction of bureaucratic effort** (e.g., regular health insurance cover for all refugees)
- Implementation of nationwide **organizational** (e.g., peer counsellors) and **structural support** (e.g., with organizing and financing professional translators and referring refugee clients to psychotherapists)
- **Training** in, and **supervision** of, the **treatment of refugee clients** as additional modules in psychotherapy training curricula



Potter, F., Zehb, M., Dohrmann, K., Müller-Bamouh, V., Rockstroh, B., & Crombach, A. (2023). "It is worth hanging in there"—Psychotherapeutic experiences shaping future motivation for outpatient psychotherapy with refugee clients in Germany. *BMC psychiatry*, 23(1), 503.
<https://doi.org/10.1186/s12888-023-05004-3>