



## Intellectual Output 1

### National Report

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## Introduction

This document presents the results of the desk and field research implemented in the frame of the project IO1.

It was implemented in the period **November 2019-February 2020**. It involved the translation of the interview and the consent form into Spanish (see annex 1) plus the identification of the organisations that would provide the most suitable information for the project.

The organisations identified were:

- ALMERIA ACOGE
- RED CROSS
- CODENAF
- CEPAIM
- University Complutense of Madrid
- Adintre Foundation
- Mujeres Foundation

This report follows the structure of the template for the national report circulated 24/01/2020 just adding this introduction and the annex including the translation of the information about the project and the interview form.

## Findings of Desk Research

We will include below a short description of the 10 practices identified. Regarding the OBJECTIVES AND REASON TO SELECT THE PRACTICES:

PRACTICE	OBJECTIVES AND REASON
<b>Film Workshop without Author. CEAR refugees.</b>	To offer a group of refugees the experience of living and collectively managing a movie based on their own selection of images and the construction of a collective story.
<b>PROYECTA. Video Gallery</b>	To find a tool that helps people who have gone through an experience with traumatic consequences using art. Art scenes will provide a picture of "your pain". These scenes can help building an emancipatory narrative that may alleviate suffering.
<b>Art therapy applied to gender violence</b>	To create a meeting place and therapeutic support, from which women allow themselves to explore and address the psychic consequences that remain as a result of situations of continued abuse To strengthen personal resources to face the possible traumatic situation and encourage reflective dialogue about the causes that have generated their situation of violence, both from the personal and family context and from the social framework that protects and legitimizes it. To use the possibilities of art therapy through artistic creation in the group process to favor personal development, self-knowledge and improvement in the quality of life.
<b>The practice of drawing in the Republican Colonies during the Spanish civil war</b>	To support children suffering from war trauma by drawing. There is not that much information about it but it seems that drawing helped children to objectify and somehow put that reality out. Accompanied by their teachers and teachers, girls and boys were able to extract and name the images of the trauma and to externalize it outside of themselves. I think that, probably, a listening effect on the Other, which could help him to insert the pain
<b>STORIES OF MIGRANT WOMEN ( "Gender, interculturality and coexistence" project)</b>	To report, raise awareness and support migrant women by recording their different situations they experience using bot images, voice and poems. This practice is part of the " <i>Gender, interculturality and coexistence</i> ", this Education for Development project, funded by the Asturias (ES) Agency for Development Cooperation, started in December 2018 in Fundación Mujeres (Asturias). The intended objective is
<b>GUIDE FOR THE MAKE UP OF VIDEOS-STORIES OF MIGRANT WOMEN</b>	To propose a guide to report, raise awareness and support migrant women by recording their experience using bot images, voice and poems
<b>Research Thesis: Towards recovery and bodily healing: violence based on action arts and creative arts</b>	To research and conclude that live arts, particularly performance, is an art form that facilitates aesthetic and cathartic expression while at the same time constitutes political action. The consolidation of the proposal is supported by conversations with Latin American performing artists, arts therapists, researchers and experiences of active work with groups for developing of violence, all of which is narrated by self-reflective stories with transforming scopes that make up the research thesis.
<b>Photography as a life diary</b>	To support girls by implementing and displaying photographs, related in one way or another with themselves and their biography. Through their eyes, participation, recognition, appreciation and narration via images of themselves generates a process of growth and psychological treatment.
<b>Art therapy with tsunami survivors and girls in Sri Lanka</b>	To support tsunami survivors and girls in Sri Lanka through art therapy and simple graphic-plastic creation practices in order to fight against the trauma experienced, the pain and the losses experienced. The idea was to create a space of security and confidence and facilitate the visualization and the construction of a new life after the tragedy.
<b>Art Therapy with a Community of Survivors of terrorist attack</b>	To support the recovery of victims of the terrorist attack and their families who suffered post-traumatic stress disorder. A total of 120 victims of the attack and their families were treated during the subsequent six months.

*Regarding the formats used (e.g. workshops, seminar, offline/online, etc.). This is to understand if any format is more effective than others. Can it be applied for the SIMPLE project?*

PRACTICE	FORMAT
Film Workshop without Author. CEAR refugees.	Workshop with 15 refugees. 8 weeks duration(4 hours per week) (offline)
PROYECTA. Video Gallery	Video Gallery with Interviews (online)
Art therapy applied to gender violence	Workshop lasting 9 months (1 session of 2 hours per week)
The practice of drawing in the Republican Colonies during the Spanish civil war	In class sessions workshop (offline)
STORIES OF MIGRANT WOMEN ( "Gender, interculturality and coexistence" project)	Training (offline) and further development of a Video, available at: <a href="https://www.youtube.com/watch?v=rNjX96DUzOc">https://www.youtube.com/watch?v=rNjX96DUzOc</a>
GUIDE FOR THE MAKE UP OF VIDEOS-STORIES OF MIGRANT WOMEN	Pdf Guide with methodologies to make up video stories. Available online.
Research Thesis: Towards recovery and bodily healing: violence based on action arts and creative arts	Research on how on action arts and creative arts can support the recovery of victims (Master Thesis)
Photography as a life diary	Workshop (offline)
Art therapy with tsunami survivors and girls in Sri Lanka	Workshop: 4 week art therapy intervention (Implemented for 113 girls and boys from 5 to 13 years old, divided into 11 groups, with about 10 participants per group). (offline)
Art Therapy with a Community of Survivors of terrorist attack	Workshop of 6 months. (offline)

It seems that the workshops were the format most used. I believe all formats could be applied to the SIMPLE project. It seems that the offline face to face is preferred but methodologies and tips could be inserted online.

Regarding the approaches or methods applied, here below we have summarised it by practice identified.

PRACTICE	APPROACHES
<i>Film Workshop without Author. CEAR refugees.</i>	Workshop. Grounded theory, defined by Strauss & Corbin (2002, p. 14). <b>Constructivism and social constructionism, reflective methodology and ABR (Arts Based Research)</b> , checking the importance of the construction of new narratives in processes of inclusion and social transformation. <b>Action-research:</b> the knowledge emerges from the action and reflection on action (practice) produces knowledge; such knowledge is potentially transformative. - As a research tool and as a method to transmit the collected data,
<i>PROYECTA. Video Gallery</i>	Video Gallery with Interviews: <b>Pilot to use art images</b> (culturally validated) to help those suffering from traumas: it <b>collects interviews to experts in art, art therapy, art history, artists, psychologists and psychoanalysts to link an emotion with an image and explain why.</b>
<i>Art therapy applied to gender violence</i>	The workshop sessions are structured in three (3) parts: 1.initial round to share personal comments and observe the group, 2.development of the activity, 3. Final round to share the work done, collection of materials. On this basic framework, the process goes through a first stage of adaptation and consolidation of the group; a second phase facilitating the elaboration of their own biographical history (the art therapist accompanies this discovery and shows that many of the personal issues that hinder creation, also have to do with subjective and social meanings learned); in a third phase, more socially oriented works are proposed, with emphasis on the aspects of the present, exploring personal resources to get ahead.
<i>The practice of drawing in the Republican Colonies during the Spanish civil war</i>	Workshop: The teachers used a motivating element for the children to freely draw. The profusion of the activity of the drawing has been verified and there were probably guidelines so that children could not only express and put the lived episodes into images but insert them into their logical memory
<i>STORIES OF MIGRANT WOMEN ( "Gender, interculturality and coexistence" project)</i>	Training (offline) and further development of a Video: The project is divided into two work blocks: 1. a training workshop aimed at women's associations of the Network on Gender, coexistence and interculturality and as part of the training, 2. the creation of short films aimed at women's associations of the Network about the themes gender, interculturality and coexistence. The resulting short films will also serve as awareness material, using them as the basis for the creation of a didactic guide for the use of short films on interculturality and coexistence from a gender perspective that will be disseminated among the associations participating in the network, educational agents, other organizations and society in general. The final available video on youtube: Though the poems of Berta Piñán, the short 8 minutes documentary reports about the obstacles, emotions, doubts and frustrations that immigrant women go through, including experiences and images of the real migrant women. It builds links in the experiences of these women as a way to promote integration, diversity and multiculturalism
<i>GUIDE FOR THE MAKE UP OF VIDEOS-STORIES OF MIGRANT WOMEN</i>	Pdf Guide with methodologies to make up video stories: It is a 35 pages guide that includes information about the project, a 12 page guided methodology that combines theoretical knowledge with experimentation and assimilation through practical activities, including reflection, comparison with personal experiences and the identification of the key ideas from each person to allow changes in attitudes. The guide consists of two (2) didactic units designed around the short films "Opening borders" (Unit 1) and "Stories of Migrant Women" (Unit 2), and in the same they are developed as target contents: discrimination, stereotypes and prejudices, migrations, multiculturalism and interculturality
<i>Research Thesis: Towards recovery and bodily healing: violence based on action arts and creative arts</i>	This research focuses on the topic of elaboration of violence, as a necessary process for recovery and corporal healing. Acts of violence are understood as the manifestation of control mechanisms of the patriarchal dominance over women's lives and bodies. These acts are of structural character and therefore require of comprehensive strategies to face them. On this basis, the research proposes and analyses the recovery and corporal healing of women who have experienced violence through the arts.
<i>Photography as a life diary</i>	Workshop: Approach through observation and willingness to listen and understand. The look as a thread, through photography. There was only a digital camera and a very basic computer in the home. Photography in three different ways: 1. From the personal album, as a testimony of a lived reality. 2. From photos taken in the workshop. 3. Making drawings that accompanied the photographic work.ñ They could photograph what they wanted throughout the day, and the images were shown in the workshop, shared, talked, drew, played around it. In the last days of the workshop they had to make a plastic image telling something of its history that did not appear in any photograph.

PRACTICE (Cont.)	APPROACHES (Cont.)
<p><i>Art therapy with tsunami survivors and girls in Sri Lanka</i></p>	<p>Workshop: 4 week art therapy intervention Space: an empty classroom of a school. Materials: paper, pencils, watercolors, markers, basic plastic expression materials. With the help of a translator, the instructions were simple and aimed at drawing or painting any image that girls and boys would need to express, for about 40 minutes according to the guidelines given. Who finished, showed the image to the group and spoke in relation to it, words that were recorded. At the end, the creations were photographed. All participants wanted their works to go to the United States and felt empowered to share their stories. During the first week, the idea was that participants had the opportunity to reveal something of their lives in their creations and comments. The second week, after days of creations closely related to the tragedy, images of more cheerful and everyday parts of reality began to emerge. The third week, the creation was oriented towards images of safe places and the memory of lost loved ones. The fourth week they were encouraged to have the creations reflect their hope in the future, their dreams and life after the tragedy.</p>
<p><i>Art Therapy with a Community of Survivors of terrorist attack</i></p>	<p>Workshop: The first two weeks were of physical, emotional, mental, spiritual evaluation of the survivors, in various states of shock, attending to the different degrees and factors involved. The art work involved a variety of techniques, many of them adjusted or improvised to adapt to the extreme characteristics of the event and the experience lived. It was essential to build the confidence of the participants in the art therapists, and in their ability to handle the different situations and dynamics that could arise in each activity. The specific techniques included exercises such as emotional maps (anger, fear, sadness, love of / of others, pleasure ...), symbolic bridges between pre-trauma and post-trauma situations (emotional, imaginary, metaphorical ...), anger resolution (reflecting it in the manipulation of a paper), self-image (producing self-portraits), travel representations ( from one negative place to another positive), revisions of the previous art work (once a month, to assess the evolution) Sharing with others and caring for others, and situations and issues related to the struggle for get ahead and the evolution towards health. A variety of media were used: cakes, waxes, colored pencils, clay, graphite, markers, different types of paper ... Each person had a 100 pages sketchbook for daily registration. The sessions, individual and group, were held in offices, churches, conference rooms... The participants empathized with each other very easily. They warned that the process and not the product was the key. Art therapists must have a repertoire of techniques, resources, experience, to adapt to situations with flexibility and agility.</p>

It seems that workshops seem to be the most effective approach.

As to the benefits of the addition of the non-verbal techniques for the process of social integration from the desk research it seems that the benefits are clearly perceived by the facilitators. Regarding the advantages we hereby go more in-depth in the interviews which in most cases tried to follow up the practices identified.

**A repertoire of existent practices from SPAIN is available on SIMPLE GD, under the following link: [https://drive.google.com/open?id=1xIOvIS78jVv71Ns9z1AvUQACKHrPBgJJHNIN7\\_HJ77Q](https://drive.google.com/open?id=1xIOvIS78jVv71Ns9z1AvUQACKHrPBgJJHNIN7_HJ77Q)**

## Findings of Field Research

- I. Please include a **brief introduction** about the national context regarding recent migratory situation in your country. In the presentation consider the **total number of newcomers, percentage of women, and level of education and employment percentage; which institution is in charge of migratory concerns and social inclusion of newcomers?** (National or regional regulations).

### RECEPTION AND INTEGRATION PROCESS OF NEWCOMERS IN SPAIN

Brief introduction to the process in Spain. According to [assylumineurope.org](http://assylumineurope.org):

*While the increase in arrivals of asylum seekers throughout 2018 has exacerbated difficulties in accessing reception, the actual conditions in reception facilities have not deteriorated since reception capacity was increased. The problem asylum seekers face on some occasions is the long waiting time before they can be placed in accommodation facilities.*

*The majority of available places for asylum seekers in Spain are in reception centres, during the first phase of reception, which lasts for a maximum of 6 months. As stressed, during the second phase they are placed in private housing, as the final aim is their autonomy within the Spanish society.*

*In general, there have not been reports of bad conditions of reception. In fact, there are no registered protests or strikes by applicants. Unless they are placed in private housing, asylum seekers are not able to cook by themselves during the first phase of reception, as meals are managed by the authority in charge of the centre.*

*Hosted applicants have access to several types of activities, which may vary from trainings or leisure programmes. In general, particular conditions or facilities within the reception centre depend on the authority managing the reception places. As the majority of centres are managed by specialised NGOs, generally the staff that works with asylum seekers during their reception is trained and specialised.*

*The accommodation of every asylum seeker is decided on case by case basis, in order to prevent tensions or conflicts (such as nationality or religious based potential situations), vulnerability or violence. Single women for example are usually placed in female-only apartments, while the same happens for single men. In this context, the unity of families is also respected, as family members are placed together.*

*The usual length of stay for asylum seekers inside the reception facilities is the maximum stay admitted, which is 6 months. This is due to the fact that the system is divided into 3 main phases that gradually prepare the person to live autonomously in the hosting society. Following the Royal Decree adopted in September 2015, asylum seekers whose application has been rejected may remain within the reception facilities until they reach the maximum duration of their stay. In addition, it should be noted that asylum applicants must complete the first reception phase within asylum facilities in order to access the support foreseen in the following phases; the completion of the first phase is mandatory.<sup>1</sup>*

- II. Please **summarise finding of the field research** carried out in your country.

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<sup>1</sup> <http://www.assylumineurope.org/reports/country/spain/conditions-reception-facilities>

**1. Description of interviewee’s profile. According to the second part of the questionnaire. Question 1 and 2.**

We selected the interviewees from 2 perspectives:

1. Participation in DESK RESERACH CASES we selected (THEME AND METHODOLOGIES)
2. They were working for inmigrants reception organisations and had something interesting to say

PROFESSION	ROLE	TASKS (OFFICIAL CONTRACT STATEMENTS)
Immigration agent	Support agent at ONG	Record information and provide support
Immigration agent	Support agent at ONG	Volunteers coordination
Immigration agent	Support agent at ONG	Project based work
Immigration agent	Support agent at ONG	Volunteers coordination
Immigration agent	Support agent at ONG	Coordination of support at ONG
Immigration agent	Support agent at ONG	Project manager: humanitarian support and newcomers registration
Immigration agent	Support agent at ONG	Coordination of support at ONG
Immigration agent	Support agent at ONG	Project officer
Professor and researcher	Senior Researcher in the field	Research in the field of Art, therapy, trauma and emotional therapies
Researcher and field worker	Junior Researcher in the field	Research in the field of Art, therapy, trauma and emotional therapies

*Note: all the emails were sent during the week 16-20/12/2019 and the interviews carried out from 17/12 until 24/02/2020.*

**1. Additional activities your interviewees are doing for newcomers, which are not included on the list of official services provided by the organisation?**

Most of the interviewees reported that officially no but the management of volunteers included some extra work that was not recognised.

Moreover, it was mentioned that the trauma and the “baggage” the newcomers brought was not being dealt in any way so being left to the arbitrary decision of the different ONGs operating in the system.

The researchers reported about different workshops to test art therapy in a special project: art therapy to face trauma in migrant men and women.

**2. Possible differences in needs of the psychological support between men and women.**

All of the interviewees reported about the differences in needs of the psychological support between men and women.

In particular, they reported the migrant men as seeing the trip as an adventure and arriving as a victory. While for women it was a highly traumatic experience of abuse, particularly for those women that have passed Libia to arrive.

The researchers that have tested different methodologies reported that the results are much better if you implement separated workshops as women do only speak and refer to their experiences using a lot of empathy and working with other women.

### 3. Cases of distress/discomfort/difficulty or even incapacity in expressing and describing past events faced by newcomers.

**Causes:** Abuse, Trafficking, Violence, Fear of dying at sea, Voodoo, War..

**Frequency:** Very frequent even to an 80%, as reported. Moreover, it was stated that It also depends a lot on the country of origin and the situation there. People who come from a war country in Africa are usually more traumatized than the people from Morocco. Also the hardness of the trip makes a difference: more time on the trip - more things can happen.

**More frequent in men or women:** all reported more in women, by far.

**Do men and women react, handle the same way and do they need professional support:** The agents reported that many of them are not able to recognise the trauma when they arrive. The researchers agreed and added that for women it is important to work with symbols, pictures... in a way they can recognise and reproduce their trauma from a “dissociative” perspective.

### 4. Available instruments, tools, approaches that you know/use to help migrants to over pass the distress caused by the transition to regain the psychological stability.

All the immigration agents from NGOs reported that, at the time of arrival, they inform the migrants and provide them with their contact. Sometimes they contact them afterwards, but not always. They report that “*You have to wait until you are ready to receive this kind of help*”.

Regarding researchers, this is their summarised feedback:

- *Each immigrant is a different person, so you have to adapt to each person ... some are very resilient and others are not at all.*
- *You have to work in a very sensitive and delicate way, with time, you have to earn their trust and you need time for workshops to be effective. It is important to let them feel at ease and avoid direct questions.*
- *The work has to be in small groups and minimum 30 hours. Very individually focused, flexible and adapted.*
- *Non-invasive interventions. Keywords: listen, respect and care. The idea is to restore the feeling of being humans not objects.*

### 5. Are these tools sufficient for existing needs? Which are the weaknesses of the available tools?

Migration agents working at NGOs have reported that they do have very good tools including Interviews, case evaluation, referral to professionals or other entities, follow-up, conduct of psychological /and emotional workshops, and well-trained people but what is MISSING IS MORE STAFF.

Regarding researchers, this is their summarised feedback:

- *Pre-existing workshops do not work, you have to adapt to people and be flexible.*
- *It is important that women conduct these workshops*
- *Nowadays the existing tools like pre and post tests are not very useful: they are invasive and hierarchical. It is better to observe without being invasive. Traditional instruments are very weak because they are homogeneous and in this case you have to adapt to the person. All the existing tools are few, they are not flexible enough and 1-3 sessions are useless. Nonverbal and sensory means are important, but you need to rely on a very professional and very targeted methodology because you have to be careful what you unlock*

**6. Regarding the access to the professional psychological help, how much do national/regional existing policies focus on the aspect of psychological wellbeing of migrant women? Are they easily accessible?**

There is not much available at national and regional level in Spain and policies do not focus on the access to the professional psychological help. Most of the related work is done by volunteers in ONGs or project based.

**7. How important is it from your point of view to overcome the situation of distressed caused by past events on the way toward the successful inclusion in the new society?**

ALL the interviewees considered it very important, here some selected quotes:

- *Very important. Trauma is heavy luggage. Traumas can be learned to live with it, not overcome. Who has to include immigrants is us, not them.*
- *It is necessary to be able to overcome this situation since it can be transformed into a mental illness.*
- *It is important and has to be done professionally and taking the right amount of time and patience.*

**8. What are the gaps between existing needs and available instruments to help restore their psychological and emotional wellbeing?**

*The interviewed responded considering that the gaps are:*

- *Specific POLICIES (National and regional, social and educational)*
- *More resources both economic and human*
- *Awareness and preparation of society.*

**9. According to your experience, what would be the migrant women's most preferable way to express and describe difficulties?**

The responses have included the following input:

- Methodologies that include symbolic language and aim to set general relationship with the migrant are very important. The verbal part is important but later.
- Including women supporting women
- The idea of people helping themselves was mentioned, that is Associations of migrant women, so that they become part of the solution: in this case it would be very important to train these migrant women associations for them to support the newly arrived women (As they know exactly how they feel, what they have suffered, speak their language, etc. - There is more confidence in case you talk to a person who has suffered something similar)..

**10. Do you think that nonverbal technics can be helpful for migrant women to narrate their stories (for example through the use of images)?**

Researchers insisted on nonverbal technics, particularly in methodologies that include symbolic language and aim to set general relationship with the migrant are very important. The verbal part is important but later.

## Overall conclusions, and recommendations for the design of the SIMPLE Model

From DESK RESEARCH: **A repertoire of existent practices from SPAIN is available on SIMPLE GD, under the following link: [https://drive.google.com/open?id=1xIOvIS78jVv71Ns9z1AvUQACkHrPBgJJHNIN7\\_HJ77Q](https://drive.google.com/open?id=1xIOvIS78jVv71Ns9z1AvUQACkHrPBgJJHNIN7_HJ77Q)**

- It seems that the workshops were the most used format. However, it seems all formats could be applied to the SIMPLE project. In this frame, the offline face to face is preferred but methodologies and tips could be inserted online.
- As to the benefits of the addition of the non-verbal techniques for the process of social integration, it seems that the benefits are clearly perceived by the facilitators.
- Regarding the advantages we go more in-depth in the interviews (conclusions presented below) which, in most cases, confirm what researched in the practices identified.

From FIELD RESEARCH:

- Regarding the DIFFERENCES IN NEEDS of the psychological support between men and women: All of the interviewees reported about the differences in needs of the psychological support between men and women. In particular, they reported the migrant men as seeing the trip as an adventure and arriving as a victory. While for women it was a highly traumatic experience of abuse, particularly for those women that have passed Libia to arrive.  
The researchers that have tested different METHODOLOGIES REPORTED THAT THE RESULTS ARE MUCH BETTER IF YOU IMPLEMENT SEPARATED WORKSHOPS as women do only speak and refer to their experiences using a lot of empathy and working with other women.
- As to the CAUSES, FREQUENCY AND REACTIONS, these were those reported by the interviewees:  
Causes: among those mentioned, we can report about: Abuse, Trafficking, Violence, Fear of dying at sea, Voodoo, War...  
Frequency: Very frequent even to an 80%, as reported. Moreover, it was stated that it also depends a lot on the country of origin and the situation there. People who come from a war country in Africa are usually more traumatized than the people from Morocco. Also the hardness of the trip makes a difference: more time on the trip - more things can happen.  
More frequent in men or women: all reported more in women, by far.  
Do men and women react, handle the same way and do they need professional support: The agents reported that many of them are not able to recognise the trauma when they arrive. The researchers agreed and added that for women it is important to work with symbols, pictures... in a way they can recognise and reproduce their trauma from a “dissociative” perspective.
- Regarding AVAILABLE INSTRUMENTS, TOOLS, APPROACHES the immigration agents from ONGs reported that, at the time of arrival, they inform the migrants and provide them with their contact. Sometimes they contact them afterwards, but not always. They report that “*You have to wait until you are ready to receive this kind of help*”. Regarding researchers, this is their summarised feedback:
  - *Each immigrant is a different person, so you have to adapt to each person ... some are very resilient and others are not at all.*
  - *You have to work in a very sensitive and delicate way, with time, you have to earn their trust and you need time for workshops to be effective. It is important to let them feel at ease and avoid direct questions.*

- *The work has to be in small groups and minimum 30 hours. Very individually focused, flexible and adapted.*
  - *Non-invasive interventions. Keywords: listen, respect and care. The idea is to restore the feeling of being humans not objects.*
- When asked IF THE TOOLS ARE SUFFICIENT FOR EXISTING NEEDS, migration agents working at ONGs have reported that they do have very good tools including Interviews, case evaluation, referral to professionals or other entities, follow-up, conduct of psychological and emotional workshops, and even well-trained people but what is MISSING IS MORE STAFF. For researchers, this is their summarised feedback:
    - *Pre-existing workshops do not work, you have to adapt to people and be flexible.*
    - *It is important that they are women who wear them...*
    - *Nowadays the existing tools like pre and post tests are not very useful: they are invasive and hierarchical. It is better to observe without being invasive. Traditional instruments are very weak because they are homogeneous and in this case you have to adapt to the person. All the existing tools are few, they are not flexible enough and 1-3 sessions are useless. Nonverbal and sensory means are important, but you need to rely on a very professional and very targeted methodology because you have to be careful what you unlock.*
  - Regarding the ACCESS TO THE PROFESSIONAL PSYCHOLOGICAL HELP, all interviewees reported that there is not much available at national and regional level in Spain and polices do not focus on the access to the professional psychological help. Most of the related work is done by volunteers in ONGs or project based.
  - ALL the interviewees considered very important to overcome the situation of distressed caused by past events on the way toward the successful inclusion in the new society. Researchers insisted on NONVERBAL TECHNIQUES, PARTICULARLY IN METHODOLOGIES THAT INCLUDE SYMBOLIC LANGUAGE AND AIM TO SET GENERAL RELATIONSHIP WITH THE MIGRANT ARE VERY IMPORTANT. The verbal part is important but later.
  - As to the GAPS BETWEEN EXISTING NEEDS AND AVAILABLE INSTRUMENTS to help restore their psychological and emotional wellbeing, the interviewees responded considering that both of the below aspects are very important gaps to help tackling this situation:
    - Specific POLICIES (National and regional, social and educational)
    - More resources both economic and human
    - Awareness and preparation of society.
  - When asked about what would be the migrant women's MOST PREFERABLE WAY TO EXPRESS AND DESCRIBE DIFFICULTIES, the responses have included the following input:
    - Methodologies that include symbolic language and aim to set general relationship with the migrant are very important. The verbal part is important but later.
    - Including women supporting women
    - The idea of people helping themselves was mentioned, that is Associations of migrant women, so that they become part of the solution: in this case it would be very important to train these migrant women associations for them to support the newly arrived women (As they know exactly how they feel, what they have suffered, speak their language, etc.

## Annex 1: translated information about the project and interview form

### Presentación del proyecto SIMPLE

El Proyecto **SIMPLE: Social Integration of Migrants and activation of Paths for Learning and Employability**. Es un Erasmus KA2 (2019-1-SE01-KA204-060418) que se ha aprobado en Suecia. Los promotores del proyecto son [IKF Malmö](#), una Asociación de mujeres con sede en Malmö.

Las actividades de SIMPLE se centran en **responder a las directrices comunitarias definidas sobre estándares en la acogida de los solicitantes de asilo**: esta directiva recomienda a los países de la UE la protección de las víctimas de torturas, violaciones y otras formas graves de abuso y violencia psicológica, física o sexual.

Más concretamente se centra en el promover el **bienestar psicológico y la integración social de los inmigrantes**, con especial atención a las mujeres.

Se compone de cinco (5) productos intelectuales que conducirán al desarrollo de un **Modelo innovador basado en la metodología narrativa visual**, acompañado de una guía para operadores.

Para el desarrollo de este modelo hemos elaborado **esta entrevista** que nos ayudará a comprender mejor las necesidades de aquellos que trabajan en la recepción y acogida de los inmigrantes: ¿nos ayudas? Solo tardarás 10 minutos en responder a nuestras preguntas.

**¡Gracias!**

#### Entrevista PARTE I

<b>Nombre, apellido y número de contacto</b>	
<b>Organización</b>	
<b>Sector public o privado</b>	

## Entrevista PARTE II

1. ¿Cuál es tu profesión?
2. Describe tu papel en el proceso de recepción e integración de los recién llegados. ¿Cuáles son tus tareas? (según tu contrato).
3. ¿Hay actividades adicionales que estás realizando, que no están incluidas en la lista de servicios oficiales de tu entidad? ¿Cuáles? -
4. Según tu experiencia, ¿existen diferencias en las necesidades de apoyo psicológico entre hombres y mujeres?
5. ¿Notas casos de trauma sufrido por los recién llegados? SI NO
  - ¿Cuáles crees que son las causas?
  - ¿Con qué frecuencia?
  - ¿Notas casos de traumas más frecuentes en hombres o en mujeres?
  - ¿Reaccionan de la misma manera hombres y mujeres? ¿Cómo lidian con el trauma? ¿Son capaces de superar el trauma por su cuenta o necesitan ayuda profesional?
6. En este momento, ¿cuáles son los instrumentos, herramientas y enfoques disponibles que conoces o utilizas para ayudar a los inmigrantes a superar el trauma causado por la transición y recuperar una cierta estabilidad psicológica?
7. ¿Son estas herramientas suficientes para las necesidades existentes? ¿Cuáles son las debilidades de las herramientas disponibles?.
8. Con respecto al acceso a la ayuda psicológica profesional, ¿se centran las políticas nacionales o autonómicas existentes en el aspecto del bienestar psicológico de las mujeres inmigrantes? ¿Son fácilmente accesibles?
9. ¿Consideras importante superar el trauma en el camino hacia la inclusión de inmigrantes en nuestra sociedad?
10. ¿Cuáles son las brechas entre las necesidades existentes y los instrumentos disponibles para ayudar a restaurar el bienestar psicológico y emocional?
11. Según tu experiencia, ¿cuál sería la forma más adecuada para que las mujeres inmigrantes afronten y si es posible superen el trauma?
12. Cuéntanos si tienes más información relevante sobre el tema.