

The Four Counselling Pathways

Pathway 1

The therapy in this first pathway can be more directive. The techniques applied (grounding, mindfulness, stress reduction) in the first pathway, combined with the activities the Snowdrop Project organizes for their clients (such as yoga), utilizes the brain's own natural neuroplasticity which, in the long term, help clients feel themselves again in the present.

EMDR (Eye Movement Desensitization and Reprocessing) in pathway 1 is focused on (attachment) resource installation.

Pathway 2 (16 to 20 weeks)

For the second pathway, the client is more stable regarding living arrangements, finances and settlement. He/she has the inner space to consider their trauma responses and is eager to be psycho-educated regarding grounding and affect regulation. This pathway is focused on shutting down inappropriate alarm systems, utilizing techniques that change the way the brain organizes.

In pathway 2, processing of the trauma may start. The building up of trust between the client, the therapist, and the Snowdrop Project is paramount.

EMDR in pathway 2 is focused on processing if the client is able to hold dual attention.

Pathway 3 (long term)

In pathway 3, the client is ready for processing, grieving, and remembering. This third pathway is focused on talking, (re-) connecting with others and allowing the client to know and understand what is going on, while processing the memories of the trauma.

EMDR in pathway 3 is focused on processing and clearing.

In all pathways the client is in charge of the speed, pace, and rhythm of processing his/her trauma or not. The client can decide to stop counselling at any time and reenter by self referral, when they are ready again.

The three pathways coexist with trauma informed activities that are offered in collaboration with the other Snowdrop Project services. You can refer a client by filling in the snowdrop counselling referral form and sent it to iris.winkel@snowdropproject.co.uk.

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Pathway	Pathway 1 (8 - 12 weeks)	Pathway 2 (16 - 20 weeks)	Pathway 3 (long-term)
Client stability (Maslow's hierarchy of motivation)	Unstable, uncertain status and circumstances.	Client is able to manage current instability.	Clients are settled in housing and legal status, can self regulate and ready to process their trauma.
Client needs (mainly expressed in physical symptoms)	Client needs affect regulation, coping tools, grounding and stabilisation.	Client is aware of the window of tolerance and ready to learn self- regulation, taking control in life - sense of agency.	Re-connecting. We expect clients to refer and re-refer themselves. There is no specific time frame set in this pathway.
Counselling/ therapy focus	Present /here and now Psychoeducation window of tolerance, short term affect regulation, coping tools, grounding, body awareness, Functioning - sleep, eating, routine and supportive activities.	Present /here and now - aspects of the past triggered by current events. Client learning self- regulation, taking control in their life. Housing and refugee status is more stable.	Past trauma processing, integration, deeper insights into past, present, future.
Additional supporting activities	Yoga, singing, art classes.	Group sessions /drop in focused on wellbeing, reinforcing stage 1 work.	Able to become mentor/befrienders for other clients.

Pathway 4 (report writing)

On occasion we get requests to write court reports for our clients, for example in aid of their asylum decision. If this is the case the client will enter into the 4th pathway. In this pathway the client and therapist focus and concentrate on writing the report which can be trauma triggering. The 4th pathway can be up to 6 weeks. The moment the report is finished the client will automatically refer back to their original pathway (pathway 1, 2 or 3) and continue with the therapist where they left off.