

# The multiple faces of hope UASC Project

## Dilemmas in holding hope

We don't have certainty about outcome  
in respect of future events?

Is there still hope when we don't know what  
has happened to our family?

When have we failed as professionals in preparing a  
UASC to the uncertainties of the asylum process?

Does the denial of the past serve as a way to enable  
relational connection to remain with family relationships,  
culture, language etc.?

What other dilemmas do we experience in the  
talk about migration and assimilation?

## **What is hope?**

Do we cause hope to die when we speak about potentials in the future?

What are the cultural stories about hope?

What are the familial stories about hope?

What are the clinical stories about hope?



## Hope talk:

Ana: What were you running away from?

J: From the army, as I didn't want to become a soldier.

Ana: Who else in your family agreed with you?

J: My Mum arranged for me to leave, my brother died and she didn't want the same thing for me.

Ana: So she wanted to protect you?

J: Yes; she wanted me to have a good life.

## Hope talk:

Ana: What does a good life look like?

J: To learn, to have a job, to be safe.

Ana: So you hope to learn new things, to get a job and to be safe?

J: Yes.

Ana: So today, how can you make hope real? You know in the choices you have now?

J: I can learn English?

Ana: What would your Mum say if she knew that you are learning English?

J: Good, good, she would be very happy.

Ana: So hope is yours and hers every time you say something in English?

## Holding hope

What do you notice we are doing together?

What stories emerge?

What hope stories are being told?

What are the protectors to his hope?

What is gained from the location of hope the conversation created?

## When Hope is lost:

Ana: It sounds like there is a high possibility that you will go back.

H: Yes

Ana: I see the fear and yet I wonder what of being here you want to take with you?

H: I don't understand

Ana: Have you made friends, have you learnt anything?

H: Yes, I have learnt how to look after myself.

Ana: Do you cook?

H: Yes, sometimes in the house, we share doing this.

Ana: You have learnt how to negotiate who does what?

H: We live together.

Ana: Do you feel you have learnt about this culture?

H: Something's.

Ana: What things?

H: Some English, how to manage money, how to travel

Ana: These are amazing skills that many young people struggle to do, especially managing money.

H: I save my money so I can go to church

Ana: You save to be able to do what is important to you.

H: Yes I want to go to church; I have to go to London.

Ana: So when you go back you can take with you the ability to negotiate, to know what is important and to get it for yourself.

H: Yes but I don't want to go back.

Ana: Sometimes we can't change the decisions being made; sometimes we have to find ways beyond them. Can you take what you have learnt, the hopes you have realised here with you?

H: Yes; but it is different there, I am scared.

Ana: I can see that it is scary, what does fear make you do?

H: It makes me want to run away, to hurt myself.

Ana: You have made some really difficult journeys, the one to get here, the one once you arrived and all the learning you had to do and I wonder if fear is reminding you of how hard the previous two journeys have been?

H: Yes, I want to stay, I don't want to go back, I am scared.

Ana: Did you feel fear in your previous journeys?

H: Yes I am very afraid.

Ana: So fear is stopping you having hope? If you were able to negotiate with fear to allow a little hope to be present what would the hope be?

H: To stay here.

Ana: And if you couldn't stay and had to go back, what hope could you have?

H: To be safe, to find my family.

Ana: From when you left home and the learning you have done in the two journeys you have made, what of the learning will keep you safe and help you find your family? You said that you had learnt that you can travel, you can save money to access important things, and you can negotiate with others.

H: Yes

Ana: Will these skills help you in the hopes you have?

## H's transcript

What do you notice in the  
therapeutic conversation?

What potential difference does it make to H?

What effect could it have on his present  
and future fear?

Can hope still be alive?

A vertical strip of colorful, abstract, blurred patterns on the left side of the page, featuring shades of blue, yellow, orange, red, purple, and green.

***Hope is a thing with feathers  
that perches on the soul.  
It sings a tune without the words  
And never stops at all***