



Refugees share their stories

Will psychotherapy help me?

Five people explain why they
benefitted from psychotherapy

“When I came to Germany, I was all alone.”

“No one explained to me how life works here or what I should do. I was constantly afraid – of my past, of the people here. I couldn’t go to school or concentrate on anything. When someone recommended psychotherapy to me, I thought: That’s only for old or crazy people. But I tried it anyway – and it was completely different from what I thought. It was hard to open up and talk about my life. But it changed something.

I lost that constant fear, and when it comes back, I can deal with it better. Today, I have structure in my everyday life and work in geriatric care. I am more confident and I no longer feel so alone.

You can really see the difference between those who have had therapy and those who are alone with their problems.”

Ebrima, 19 years old from Guinea, 5 months in therapy





“Many refugees feel bad and depressed because they don’t feel welcome.”

„I started therapy when Corona came. I was alone in a small room, without family, without real friends. I was always cheerful on the outside, went to clubs and was always out and about. But actually, I was alone. The pressure of the asylum process was intense, the people here treated me with hostility, and I had no one to talk to. Psychotherapy was an opportunity for me to talk to someone.

When you don’t have good counseling or support, you often think that everything is your fault. You are alone with your thoughts, and then they take control. But my psychotherapist was able to give me a lot of advice and was there for me. I felt welcome and seen, and now I am ready for my future.”

Alex, 25, from Gambia, 5 months in therapy

“When I started psychotherapy, my head was full of negative thoughts.”

“I was under a lot of stress, I missed my family, I was taking drugs and thinking about suicide. Then a friend told me about psychotherapy. I didn’t want to go to a hospital, but my friend explained to me that it was just conversations and that I could go home after each session.

And then these conversations really helped me— they didn’t change everything 100 percent, but they helped me to find the right path. A lot of people in my situation look for a way out in alcohol and drugs, but that only destroys them even more. Psychotherapy is a good start to actually change your problems. But you have to be willing to work on yourself.”

Jawad, 20 years old from Afghanistan, 4 months in therapy



“If you want to build your future, you shouldn’t be determined by your past.”

“At first, I didn’t want to talk about my past. But I tried. The psychotherapist explained to me that I could only heal if I stopped hiding my pain. That helped me. It was the first time someone listened without judging me. It made me feel valuable. And I only shared what I wanted to share. No one forced me or pressured me.”

Samir, 24 years old from Turkey, 3 months of therapy

“When I see my friends struggling today, I tell them about psychotherapy.”

“Before I started therapy, my life was full of stress. I had a lot of bad thoughts, withdrew from others, and didn’t let anyone get close to me. When my social worker told me about psychotherapy, I was unsure – but I gave it a try. It was very difficult to talk about my past. But my therapist was very friendly and patient, so I was able to open up. I cried a lot in therapy and often thought: I’m not coming back next time.

But somehow I realized that it was helping. I don’t get angry as quickly anymore and I also think differently about my past. Bad things happened to me, but they are over now. I can remember them now without losing control. I am grateful to my therapist for this; without her, it would not have been possible.”

Samba, 23 years old from Gambia, 7 months in therapy

Psychotherapy helps to process traumatic experiences and better cope with fears and challenges in everyday life. However, there are many prejudices about psychotherapy. Perhaps the experiences of these five refugees can help you make your own decision. If you have any further questions after reading this, please use the information provided.

Would you like more information?

Would you like to try psychotherapy?

Contact

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