

# THE MENTAL HEALTH OF REFUGEES

Ecological Approaches to Healing and Adaptation



Edited by

Kenneth E. Miller • Lisa M. Rasco

# From Clinic To Community Ecological Approaches To Refugee Mental Health

**Suzan J. Song, Peter Ventevogel**



## **From Clinic To Community Ecological Approaches To Refugee Mental Health:**

**The Mental Health of Refugees** Kenneth E. Miller, Lisa M. Rasco, 2004-05-20 Print version originally published Mahwah NJ Lawrence Erlbaum 2004      **The New Humanitarians** Chris E. Stout Ph.D., 2008-11-30 From Braille Without Borders and Unite for Sight to Geekcorps and PeaceWorks humanitarian groups are working worldwide largely in undeveloped countries to better the lives of the residents Whether they are empowering people with schools for the blind prosthetic limbs the devices to understand and use technology or the information to work for civil peace the men and women of these agencies offer tremendous talent to their causes great dedication and sometimes even risk their lives to complete their missions Working in war or civil war zones humanitarians with nonprofits non governmental agencies and university connected centers and foundations have been injured kidnapped or killed Now terrorist events and war crimes are more and more often bringing these self sacrificing workers into the national spotlight by media headlines Their work is doubtless remarkable And so too are the stories of how they developed including the defining moments when their founders felt they could no longer stand by and do nothing In this set of books founders and top officials from humanitarian organizations established in the last 50 years spotlight how and why they began their organizations what their greatest victories and challenges have been and how they run the organizations down to where they get their funding and how they spend it to grow the group and its efforts Led by Chris E Stout named Humanitarian of the Year by the American Psychological Association the contributors here come from across training disciplines including psychology medicine technology science politics social work and business Stout who has worked in Latin American terrorist zones in Vietnam and along the Amazon in Ecuador with Flying Doctors of America has chosen to feature a sample of humanitarian groups across four primary areas medicine environment education and social justice He also concentrates on what he calls guerilla humanitarians those who step into unsafe or unhealthy conditions despite the dangers There is also a concentration on those that have been very successful with on the ground guerilla innovations without a lot of bureaucracy or baloney Above all They are rebels with a cause whose actions speak louder than mere words Stout explains They have all felt a moral duty to serve as vectors of change In addition to being psychologically insightful these volumes hold invaluable practical information      **Toward a Global Psychology** Michael J. Stevens, Uwe Peter Gielen, 2007 Toward a Global Psychology defines the emerging field of international psychology It provides an overview of the conceptual models research methodologies interventions and pedagogical approaches that are most appropriate to transnational settings In so doing the book provides readers with a rich appreciation of how to approach a global psychology as researchers practitioners and students The book's thorough review of the existing literature on international psychology from around the world provides the knowledge needed to successfully engage in the science and practice of psychology in an increasingly globalized society Arranged into four parts the book discusses topics including the specialty of international psychology global perspectives on the history of psychology current

trends in psychology worldwide problems and issues confronting psychologists in non Western and developing regions and the movement toward indigenizing psychology guidelines for those involved in scientific and professional psychology around the world descriptions of therapeutic and macro level interventions conducted in non Western settings and predictions about the future of international psychology Case examples are integrated throughout to further highlight key concerns and challenges faced by global psychologists Each chapter also includes a list of suggested readings Toward a Global Psychology is ideal for both researchers and students interested in a global psychology and for advanced courses on international or cross cultural psychology The book s appendix features a sample syllabus for a course on global psychology

**Culture and Conflict in Child and Adolescent Mental Health** M. Elena Garralda, Jean-Philippe Raynaud, 2008 The theme of the 18th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions IACAPAP is Carrying Hope Between East and West for 3 C s Children Cultures Commitments The aim of the congress book to be presented in Istanbul in the Spring of 2008 is to focus interest on the effects of turmoil on children It is necessary that mental health professionals start to plan how to meet children of immigrants and refugees and to develop the necessary services and methods to support those coming with a burden of psychiatric need Per Anders Rydelius M D Ph D

**A World Turned Upside Down** Neil Boothby, Alison Strang, Michael G. Wessells, 2006 Authors with wide ranging experience with children in war zones across the globe Looks at the psychology of children s experiences in conflict in the context of their families and communities A World Turned Upside Down looks at the experiences of children in war from a psychological and social ecological perspective offering thoughtful observations and dispelling myths about what results when children grow up in conflict situations In contrast to individualized approaches the volume offers a deeper conceptualization that shows the socially mediated impacts of war Children exposed to the same traumatic experiences may have different reactions and needs for psychosocial support Further psychosocial assistance to war affected children often occurs not through the provision of therapy by outsiders but via support from insiders Each contributor has worked extensively with children in war zones in Europe Africa Latin America and Asia They refrain from common perceptions of children as victims of war induced trauma to provide a holistic understanding of children s experiences Each helps pinpoint ways to reduce further violence foster well being and nurture the kinds of social connections that can liberate children from the pathologies of war so that they can mature into healthy and well adjusted adults Other contributors Alastair Ager Cairo Arafat Catherine Chen Amy E Hepburn Kathleen Kostelny Siobh n McEvoy Levy Susan McKay Dahab Musleh and Carl Triplehorn

**Reframing Trauma** M. Jan Holton, Jill L. Snodgrass, 2025 As awareness of the widespread presence of trauma grows popular culture can name everything stressful traumatic Yet diagnostic definitions of trauma overlook cultural understandings that refine our conceptualization of trauma M Jan Holton and Jill L Snodgrass argue for a theory and theology of trauma to navigate such complexities In Reframing Trauma Holton and Snodgrass compile essays that expand our understanding of trauma as a

stress trauma continuum The volume engages the challenges of racism eco violence and myriad sociopolitical and interpersonal injustices that injure individuals communities and the globe Each essay is grounded in a strength based approach to trauma and contextualizes our societal negativity bias within spiritual values of hope growth and resilience Meanwhile the understanding of a trauma stress continuum avoids diminishing the suffering that emerges from stress and trauma of all kinds Holton and Snodgrass also offer a reframed theology of trauma The volume mines Christian theology and wisdom from other faith traditions for insight into interpersonal and communal woundedness that paradoxically both expands and narrows our understandings of trauma This exploration helps identify implications for spiritually integrated care and counseling chaplaincy and pastoral education The result is a groundbreaking understanding of stress and trauma as an ever evolving concept that is imbued with theological and spiritual wisdom Such wisdom eschews the limitations of Western understandings of trauma This wisdom offers insight into how stressful and traumatic experiences can be both life limiting and life giving both despair inducing and the impetus for growth and resilience Reframing Trauma will engage educators in pastoral and practical theology spirituality and psychology care practitioners in congregational and healthcare settings and clinical mental health professionals who offer spiritually integrated care Likewise trained Christian laity will find the book an invaluable resource for cultivating an inclusive and meaningful understanding of trauma in their congregational caregiving

**Collective Trauma, Collective Healing** Jack Saul, 2022-01-31 Collective Trauma Collective Healing is a guide for mental health professionals working in response to large scale political violence or natural disaster It provides a framework that practitioners can use to develop their own community based collective approach to treating trauma and providing clinical services that are both culturally and contextually appropriate The classic edition includes a new preface from the author reflecting on changes to the field and the world since the book's initial publication The book draws on experience working with survivors their families and communities in the Holocaust post war Kosovo the Liberian civil wars and post 9 11 Lower Manhattan It tracks the development of community programs and projects based on a family and community resilience approach including those that enhance the collective capacities for narration and public conversation Clinicians and community practitioners will come away from Collective Trauma Collective Healing with a solid understanding of new roles they may play in disasters roles that encourage them to recognize and enhance the resilience and coping skills in families organizations and the community at large

**Child, Adolescent and Family Refugee Mental Health** Suzan J. Song, Peter Ventevogel, 2020-06-15 More than half of the 25.9 million refugees in the world are under the age of 18 and the mental health of these children and adolescents constitutes a growing global public health priority Refugee children and their families are at increased risk to develop mental health problems but they often face major challenges in accessing adequate treatment and mental health professionals frequently feel ill equipped to assist this group Refugees are faced with a plethora of issues including the ambiguous loss of loved ones psychological trauma related to past experiences of violence and atrocities the

complexities of daily life as a refugee and the challenges to adapt to new systems of care and support. Refugees' life circumstances all too often undermine their agency as they face discrimination, stigma, and social isolation or exclusion. Refugees are frequently disconnected from the usual family and community supports that they once had, which creates additional mental distress. As parents struggle with these changes, their children often find it even more difficult to adapt and connect with them. This all leads to increased prevalence of mental health conditions among refugees. Humanitarian policies recommend family-centered interventions that are multi-sectoral, multi-disciplinary, and focus on optimizing resource utilization. Over the last decade, a considerable body of research has emerged around socio-ecological models of mental health, family and community approaches, and resilience and strengths-based theories, but these insights are insufficiently incorporated in the practice of mental health care for refugee children. Clinicians often struggle to grasp the common, unique stressors that families face and are not familiar with working with families as units for intervention. Using culturally and contextually informed assessment methods and family-oriented management approaches not only help individual children or adolescents but also their families. This book aims to provide an overview of the latest theoretical insights from research on sociocultural aspects of mental health and connect these with clinical insights from practical mental health care provision. Using strengths-based, resiliency-oriented, and family-centered approaches can enrich clinical practice in refugee mental health, but clinicians need to translate the emerging evidence into concrete steps and interventions. This requires additional skills for the assessment and management of mental health conditions in refugee children and families. The chapters in this book are written by a diverse group of authors using global, multi-disciplinary approaches. The chapters provide examples from various contexts, including refugees who are displaced to neighboring countries, refugees on the move, and refugees and asylum seekers in resettlement settings. This book is therefore a unique resource for clinicians, researchers, and policy makers working on mental health issues of refugee children and adolescents around the world.

**Handbook of Cultural Factors in Behavioral Health** Lorraine T. Benuto, Frances R. Gonzalez, Jonathan Singer, 2020-02-08. Having the knowledge and capacity to deliver therapy to a diverse population is recognized as benefiting client-therapist relationships and producing positive clinical outcomes. In fact, the APA requires that psychologists be aware of and respect the cultural characteristics of their clients, which includes psychologists being aware of any biases and prejudice they may hold. Being aware of cultural characteristics, which include age, gender, ethnicity, race, religion, and other cultural factors, is important. In the United States, minority ethnic groups are growing substantially, with 28% of the U.S. population identifying as races other than white (U.S. Census 2016). Additionally, approximately 65 million people in America speak a foreign language that is not English, with over 25 million people having limited English language proficiency. With a diverse pool of clients, helping professionals should be better prepared to work with diverse clients. This handbook offers clinicians a comprehensive resource with which to work with diverse populations. The myriad discussions among the chapters include ethical guidelines for working with culturally

diverse clients Cultural considerations in psychological assessment and evaluation Behavioral health service delivery with culturally diverse clients Cross cultural factors in the treatment of trauma related disorders Cultural considerations in the assessment and behavioral treatment of substance use disorders Handbook of Cultural Factors in Behavioral Health expertly offers clinicians a comprehensive set of resources and tools that will assist them working with diverse clients Clinicians working with culturally diverse clients as well as researchers and students learning about how cultural factors are relevant to the helping profession will all find this volume an integral addition to their library *Becoming Ecological* James G.

Kelly, 2006-02-02 Throughout he presents examples of how to plan and carry out research and practice in the community The principles underlying the examples both enhance the relevance of the research and practice and increase the potential of community residents to use the findings for their own purposes Jacket **Refugee Mental Health** Stephan Zipfel, Monique C. Pfaltz, Ulrich Schnyder, 2019-06-18 The focus of this Research Topic is on research that aims to understand the relationships between pre migration stressors and potentially traumatic experiences post migration living difficulties and mental health in refugees of both sexes throughout the lifespan We know very little about how concepts of assessing and treating mental health conditions actually work when applied to traumatized refugee populations from different cultures e g the Yazidis people from northern Iraq Moreover there is also a great need to better understand the relationship between mental health and refugees integration in their host countries societies acquiring language skills fitness for work economic independence private life etc This Research Topic will also focus on the issue of culture the extent to which concepts of mental health care can translate and be implemented in different social economic and cultural settings around the world

**Family Health Social Work Practice** John T. Pardeck, 2002-06-30 Pardeck and his contributors approach the topic of family health from a macro perspective Family health is a holistic approach to treatment embracing aspects of family functioning not typically considered in other more traditional approaches to assessment and treatment They place particular emphasis on the ecological context in which the family functions including the neighborhood community and other larger social systems Family health is defined as the development of and continuous interaction among the physical mental emotional social economic cultural and spiritual dimensions of the family that result in the holistic well being of the family and its members The chapters in the book are guided by a number of key premises including a Family health social work practice is grounded in a biopsychosocial approach to assessment and treatment b Family health is based in a systems ecological approach to assessment and intervention because of the role that various systems play in the well being of the family c Family health views the family system as the most important system for promoting the growth and development of the person d Family health social work practice requires close collaboration between social work practitioners and other professionals Based on these basic premises Pardeck focuses on the macro level issues of family health practice that include community intervention policy and program development and program administration The book is an important resource for

social work professionals scholars students and other researchers involved with social work practice and human services

Aesthetic Practices and Adult Education Darlene E. Clover, Kathy Sanford, Shauna Butterwick, 2020-05-21 In the past and over the last decade in particular the arts and arts spaces have become integral to the research theory and practice of adult education This edited volume showcases the possibilities and challenges of work by adult educators in community settings university classrooms and arts and cultural institutions in Canada the United States and Europe The authors share the ways in which they use aesthetic practices to promote human and cultural development address complex issues such as racism respect aboriginal knowledge or simply aim to provide spaces and opportunities to creatively and critically re imagine the world as a better fairer and more healthy and sustainable place This book will benefit educators in universities communities and art galleries who wish to expand their knowledge and understanding of the arts as tools for change This book was originally published as a special issue of the International Journal of Lifelong Education

**Finding Safe Harbour** Emily Pelley, 2022-02-15 The global refugee crisis is staggering in scope The United Nations Refugee Agency reported that 79.5 million people were displaced worldwide in 2019 and over half of all displaced persons were under eighteen As the number of children and teenagers seeking asylum continues to grow the impact of displacement on a young person's well being and development over the long term requires further study In Finding Safe Harbour Emily Pelley investigates the current response to refugee youth in Canada by highlighting how Halifax Nova Scotia as a mid sized urban centre has mobilized services and resources to support young people seeking refuge Opening with a broad contextual introduction to the global crisis of displacement and the impact of violence and armed conflict on young people Pelley focuses on the reciprocal adaptation that is required for the long term integration of displaced youth into the receiving society A concise and illuminating study on refugee resettlement Finding Safe Harbour concludes with an in depth discussion of how cities can optimize resilience resources through meaningful engagement with refugee youth

**Health Disparities Among**

**Under-served Populations** Sheri R. Notaro, 2012-08-13 An anthology that critically examines the devastating impact of race class and gender on the health and health care of African Americans Latinos and American Indians with particular focus on children and adolescents It includes chapters that focus on issues such as substance abuse psychological coping trauma infant mortality and racism

Working with Refugee Families Lucia De Haene, Cécile Rousseau, 2020-08-06 The field of refugee family research and intervention forms a growing field of scientific study focussing on the refugee family as the central niche of coping with and giving meaning to trauma cultural uprooting and exile This important new book develops an understanding of the role of refugee family relationships in post trauma healing and provides an in depth analysis of central clinical therapeutic themes in refugee family psychosocial interventions Expert contributions from across transcultural psychiatry psychology psychotherapy and social work have provided chapters on post trauma reconstruction in refugee family relationships trauma care for refugee families and intersectorial psychosocial interventions with refugee families This



exploration of refugee family systems in both research and clinical practice aims to promote a systemic perspective in health and social services working with families in refugee mental health care

**Oxford Textbook of Social Psychiatry** Dinesh Bhugra, Driss Moussaoui, Tom J Craig, 2022-07-28 The Oxford Textbook of Social Psychiatry serves as a comprehensive reference to the historical theoretical and practical aspects of social psychiatry and its role in the management of psychiatric disorders Written and edited by leading experts and rising stars in the field of social psychiatry this textbook provides an authoritative and global look at social psychiatry covering a wealth of topics and up to date research in 79 chapters Divided into eight sections this resource covers an overview of the history and development of social psychiatry as well as the social world of families culture and identity focusing on key issues such as globalisation pandemics trauma spirituality and gender Clinical conditions and special vulnerable groups are also explored with topics such as the mental health of prisoners somatisation and eating disorders Case studies of specific geographical locations provide a critical overview of global mental health today and the challenges faced in different setting such as low and middle income countries

*World report on the health of refugees and migrants*, 2022-07-20 Worldwide more people are on the move now than ever before yet many refugees and migrants face poorer health outcomes than the host populations Addressing their health needs is therefore a global health priority and integral to the principle of the right to health for all The key is to strengthen and maintain health systems by ensuring that they are refugee and migrant sensitive and inclusive Health outcomes are influenced by a whole host of determinants However refugees and migrants face additional determinants such as precarious legal status discrimination social cultural linguistic administrative and financial barriers lack of information about health entitlements low health literacy and fear of detention and deportation This groundbreaking publication outlines current and future opportunities and challenges and provides several strategies to improve the health and well being of refugees and migrants It is an advocacy tool for national and international policy makers involved in health and migration Evidence on the health of refugees and migrants remains fragmented comparable data across countries and over time are urgently needed to track progress towards the health related United Nations Sustainable Development Goals With only 8 years until the 2030 target date to transform our world the time to act is now

*Refugees and Asylum Seekers* S. Megan Berthold, Kathryn R. Libal, 2019-06-24 This volume engages human rights domestic immigration law refugee policy in the United States Canada and Europe and scholarship to examine forced migration refugee resettlement asylum seeker experiences policies and programs for refugee well being in North America and Europe Given the recent re politicization of forced migration and refugees in Europe and the U S this edited collection presents an in depth multi dimensional analysis of the history of policies and laws related to the status of refugees and asylum seekers in the U S Canada and Europe and the challenges and prospects of refugee and asylum seeker assistance and integration in the 21st century The book provides rich insights on institutional perspectives critical to understanding the politics and practices of refugee resettlement and the asylum process

in the U S Canada and Europe including international human rights and humanitarian law as well as domestic laws and policies related to forced migrants Issues addressed include social welfare supports for resettled refugees culturally responsive health and mental health approaches to working with refugees and asylum seekers systemic failures in the asylum processing systems and rights based approaches to working with forced migrant children The book also examines policy developments and strategies to advance the well being and social inclusion of refugees in the U S and Europe

**Fundamentals of Complementary, Alternative, and Integrative Medicine - E-Book** Marc S. Micozzi, 2018-10-08  
Selected for Doody's Core Titles 2024 in Complementary Integrative Health Get a solid global foundation of the therapies and evidence based clinical applications of CAI Fundamentals of Complementary Alternative and Integrative Medicine 6th Edition is filled with the most up to date information on scientific theory and research of holistic medicine from experts around the world The 6th edition of this acclaimed text includes all new content on quantum biology and biofields in health and nursing integrative mental health care and homeopathic medicine Its wide range of topics explores therapies most commonly seen in the U S such as energy medicine mind body therapies and reflexology along with traditional medicine and practices from around the world With detailed coverage of historic and contemporary applications this text is a solid resource for all practitioners in the medical health and science fields Coverage of CAI therapies and systems includes those most commonly encountered or growing in popularity so you can carefully evaluate each treatment An evidence based approach focuses on treatments best supported by clinical trials and scientific evidence Observations from mechanisms of action to evidence of clinical efficacy answers questions of how why and when CAM therapies work A unique synthesis of information including historical usage cultural and social analysis current basic science theory and research and a wide range of clinical investigations and observations makes this text a focused authoritative resource Global coverage includes discussions of traditional healing arts from Europe Asia Africa and the Americas Clinical guides for selecting therapies and new advances for matching the appropriate therapy to the individual patient enables you to offer and or recommend individualized patient care Expert contributors include well known writers such as Kevin Ergil Patch Adams Joseph Pizzorno and Marc Micozzi A unique history of CAI traces CAM therapies from their beginnings to present day practices Suggested readings and references on the companion website list the best resources for further research and study

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