

Psychological Therapy with refugees and international protection applicants

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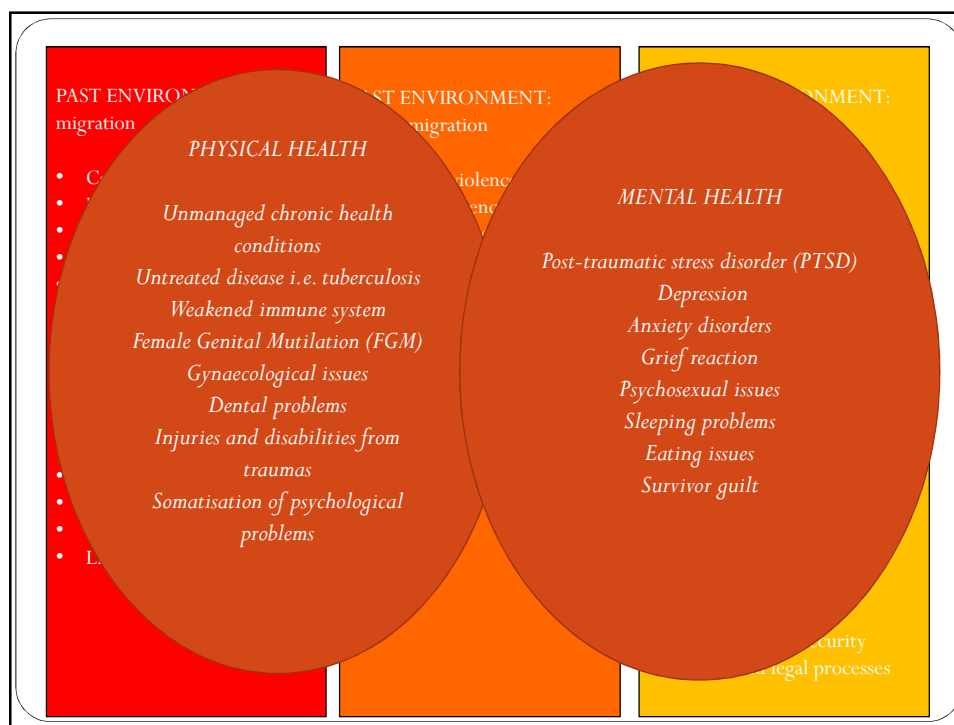


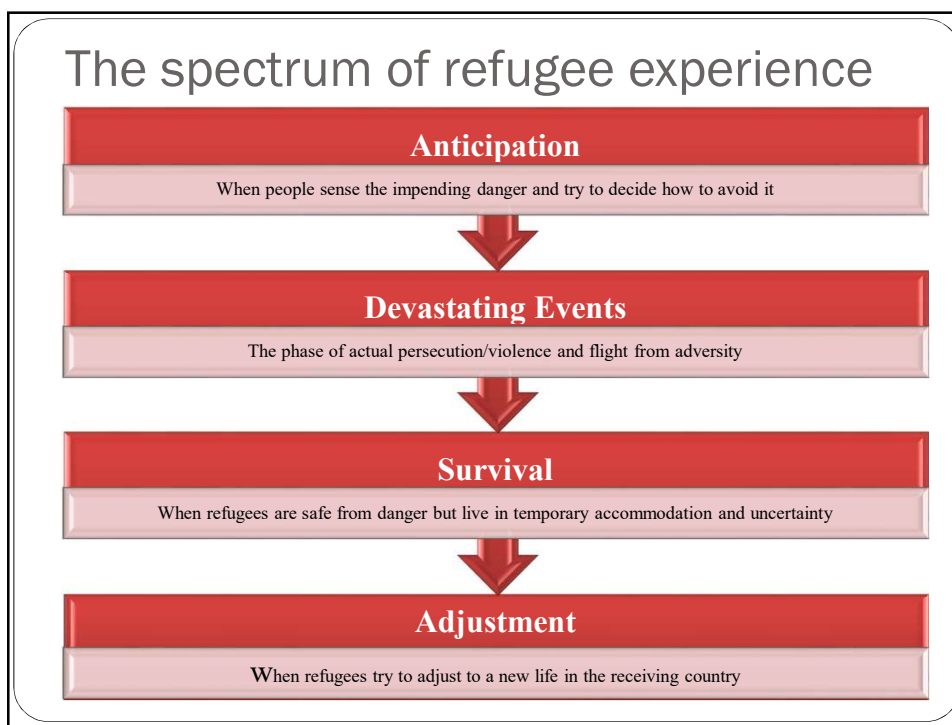
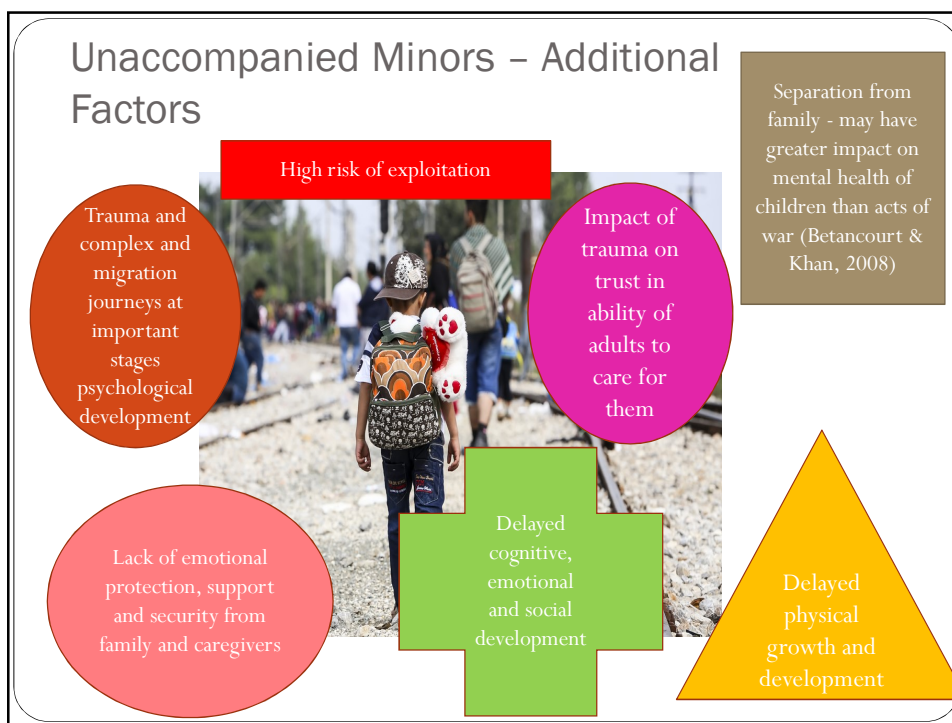
Cúram Sláinte
Phobail, Iarthar
ag freastal ar Ghailimh,
Maigheo agus Ros Comáin

Community
Healthcare West
serving Galway, Mayo
and Roscommon

The refugee journey, mental health, and resilience







Stressors of Resettlement

Resettlement is life changing: Opportunities and Loss:

- Loss of community and social network
- Loss of important life projects
- Concerns about economic survival
- Loss of meaningful structure and activity
- Loss of meaningful social roles
- Loss of power and control over life

Strength and Resilience in resettlement

- Survival, resistance and dignity
- Resilience:
 - Traumatic growth
 - Functioning while suffering
 - Fluctuating sx in response to stress
- Sources of strength, resilience and support
 - Personal, relational, cultural, spiritual

Effects of Overwhelming Change

Stress can affect all areas of life:

- Psychological distress and dysfunction
- Physical symptoms
- Changed behaviour
- Problems in relationship

- Normal responses to stress VS serious distress & dysfunction

Effects of Overwhelming Change

Emotional

- Worry, anger/irritability, sadness, tearfulness, helplessness, hopelessness, indecisiveness, worthlessness, guilt

Cognitive

- Problems with concentration, attention, memory, disorientation

Physical:

- Fatigue, headache, muscle tension, GI difficulties, appetite, aches and pains, blurred vision

Effects of Overwhelming Change

Behavioural:

- Reduced energy/activity, hyperactivity, substance use, difficulty planning and following through on tasks, sleep problems, increased/ decreased appetite

Relational:

- Lack of emotion, arguments and conflict, over-dependence on others for decisions and support

Effects of Overwhelming Change - Children

- Age and developmental stage at migration
- Disruption of education
- Multiple separations from caregivers
- Attachment disruptions

Observed symptoms:

- Separation anxiety, bedwetting, repetitive play
- Agitation, difficulty with attention and concentration
- Anger, irritability, aggression
- Withdrawal, inhibited behaviour

Parenting:

- Overprotective or authoritarian
- Reactions to trauma and change

Mental health presentations

Frequently experienced symptoms or disorders:

- Depression
- Anxiety
- Post Traumatic Stress Disorder
- Problematic substance use
- Suicide Risk

Less Commonly observed:

- Psychosis
- Obsessive-compulsive disorder