



Vluchtelingen en Trauma



**ASKV / Steunpunt Vluchtelingen
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What is stress ?

***Stress is what you experience
when your capacities fall short
in relation to what is needed***

***or when your investments
are at risk of being useless
or when you're at risk of
losing your investments***





Resource categories

| | |
|---------------------------------|---|
| Objects | home, car, furniture, functional or status value |
| Social resources | family, friends, colleagues |
| Conditions | employment, marriage, social roles |
| Personal characteristics | optimism, sense of meaning, feeling independent |
| Energy | time, money, information |





What is trauma? (DSM definition)

Exposure to actual or threatened

- * death
- * serious injury
- * sexual violence

in one (or more) of the following ways:

1. Directly experiencing the traumatic event(s)
2. Witnessing, in person, the event(s) as it occurred to others
3. Learning that the traumatic event(s) occurred to a close family member or close friend

In cases of actual or threatened death of a family member or friend, the event(s) must have been violent or accidental.

4. Experiencing repeated or extreme exposure to aversive details of the traumatic event(s)
(e.g., first responders collecting human remains; police officers repeatedly exposed to details of child abuse)

Does not apply to exposure through electronic media, television, movies, or pictures, unless this exposure is work related.





PTSD

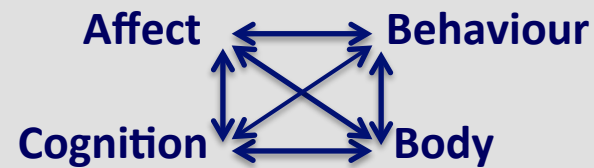
- **Intrusions**
- **Avoidance**
- **Hyper-arousal**
- **Alterations in cognition
and mood**





Dissociation

Dis-association / Disconnection





Common mental health consequences of trauma

- **PTSD**
- **anxiety**
- **depression**
- **substance abuse / dependence**
- **dissociative disorders**
- **psychosis**
- **family problems**





Common psycho-social problems resulting from trauma

- **Loss of loved ones**
- **Loss of properties**
- **Violation of integrity**
- **Loss of dignity**
- **Loss of trust**
- **Loss of social roles**
- **Loss of identity**
- **Alienation, isolation**
- **Loss of existential meaning**





Traumatized asylum seekers illegally residing in the country





Illegal position - implications

- ✓ Housing
- ✓ Income
- ✓ Work
- ✓ Schooling
- ✓ Health care insurance
- ✓ Social security

Traumatization



**Mental health
problems**



Perspectives



Human rights



Perspectives



Human rights

- ✓ **Dignity, health, housing, food, water, sanitation are human rights**





Perspectives

Human rights Medical ethics

- ✓ **Dignity, health, housing, food, water, sanitation are human rights**
- ✓ **Equally entitled to receive evidence-based treatment, trauma-focused treatment included**



Perspectives



Human rights

Medical ethics

Public health

Holistic view

- ✓ **Dignity, health, housing, food, water, sanitation are human rights**
- ✓ **Equally entitled to receive evidence-based treatment, trauma-focused treatment included**
- ✓ **Engaging both personal social context and other public sectors**





Treatment policy decisions

re undocumented asylum seekers

- **Apply trauma-focused therapy**
- **Collaborate with all social service & support organizations involved**
- **Bridge towards immigration and return organizations**
- **Bring all organizations involved together**





Three treatment phases in 1 year





Exposure





Recovery





Recovery elements

- **Clinical**

Symptoms

- **Functional**

Activities, skills

- **Social**

Participation

- **Personal**

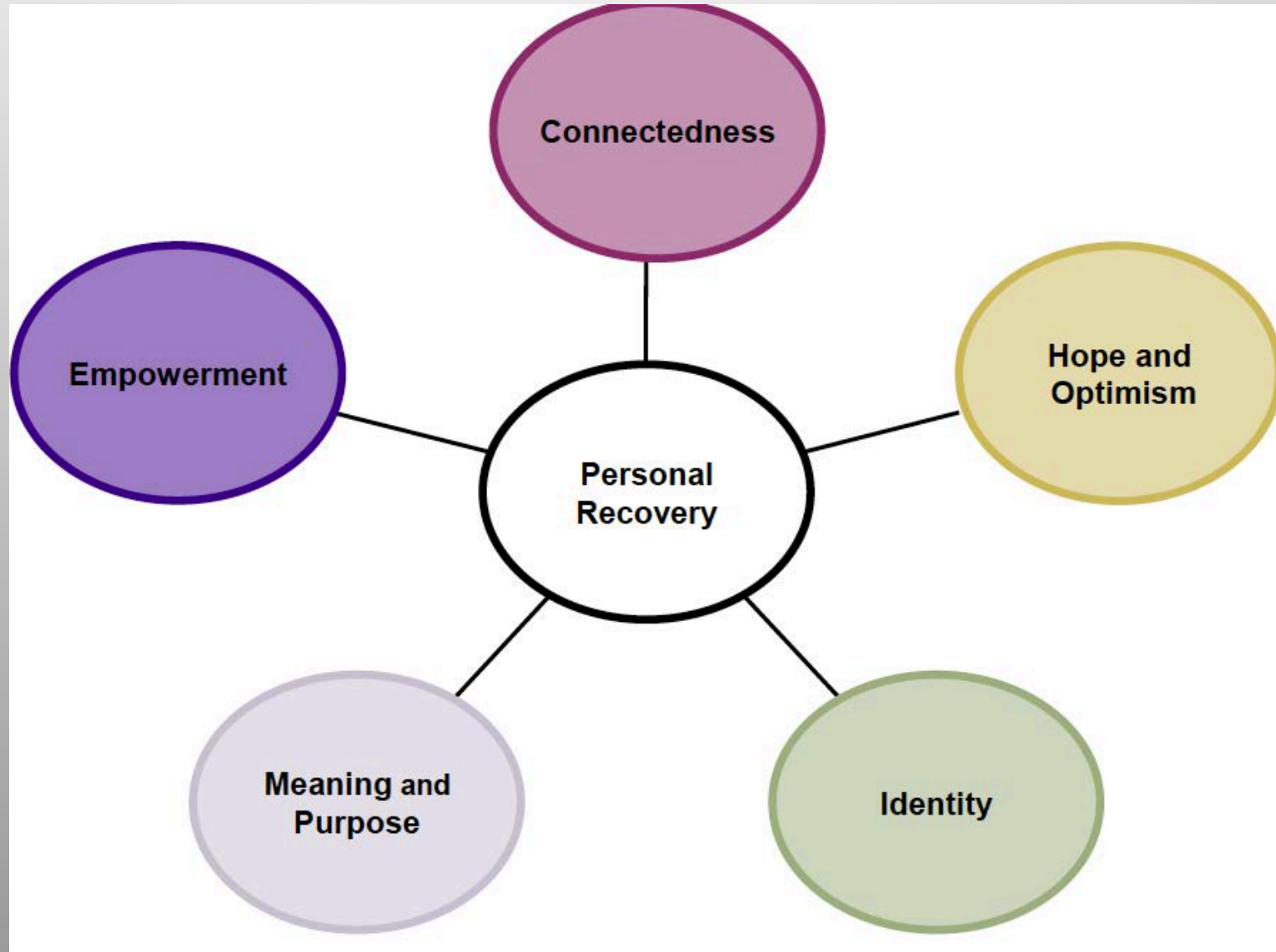
A deeply personal, unique process of changing one's attitudes, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful, and contributing life even with limitations caused by the illness. Recovery involves the development of new meaning and purpose in one's life as one grows beyond the catastrophic effects of mental illness.

(Anthony, 1993)



CHIME Framework for Personal Recovery

(Leamy et al., 2011)





Connectedness

Relationships with, and support from, others

Hope and Optimism

Belief in recovery, motivation, appreciation of successes, future wishes

Identity

Restored identity, overcome stigma

Meaning and Purpose

Meaning giving to adverse experiences, spirituality, meaningful activities and social roles

Empowerment

Self-efficacy / agency, responsibility, focus on competence





Psychological balance: core-elements serving adaptation

- ✓ Personal safety
- ✓ Attachment and bond maintenance
- ✓ Role identity
- ✓ Justice
- ✓ Sense of meaning



Silove (1999), *Journal of Nerv and Ment Disease*





Dank voor uw aandacht!



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