

Chapter 7

Programs and Non- Conventional Educational Projects Focused on Migrants and Refugees

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ABSTRACT

The purpose of this chapter is to provide insights into asylum refugees and the challenges they face. The interventions used with asylum refugees who experience post-traumatic stress disorder (PTSD) are explained. This chapter uses theory-based evaluation (TBE) to explore the efficacy of refugee resettlement used by clergy, staff, and volunteers. Additionally, this chapter highlighted Catholic charities, acculturation, acculturation stress with refugees, and explained the Burundi refugee population in Cincinnati, United States. Refugees have been displaced and experience stress in society. Therefore, having a clear understanding of who refugees are is important, especially when assisting them with the resettlement process.

INTRODUCTION

Worldwide Post-Traumatic Stress Disorder (PTSD) is a significant global health issue for Asylum seekers and refugees compared to the general population. They tend to be ten times more likely to experience this disorder (Thompson et al., 2018). According to Thompson et al. (2018), Asylum seekers, as well as refugees experience torture, and the researchers recommend using psychological interventions to assist with their PTSD. These interventions have been used over the years to treat PTSD. For example, they are using Efficacious Psychological Interventions, Narrative Exposure Therapy, and Eye-Movement

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Desensitisation Reprocessing treatment. However, Cognitive Behavioral Therapy, Cognitive Therapy, Cognitive Processing Therapy, and prolonged exposure are recommended more than the other interventions (Thompson et al., 2018). Thompson et al. (2018) noted that there are challenges that immerse with refugees' treatment from a research perspective. For example, ethical concerns, the refugees' vulnerability to participate in research, and the application of treatment models on refugees. However, Thompson and colleagues posited that regardless of the challenges with the interventions PTSD, psychological interventions can be used with Asylum seekers and refugees.

This chapter provides a clear overview of asylum refugees, Theoretical Based Evaluation (TBE), challenges, and interventions to consider when conducting research and working with refugees.

BACKGROUND

Thompson et al. (2018) defined refugee as:

Someone who owing to a well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group, or political opinion, is outside the country of his nationality, and is unable to or, owing to such fear, is unwilling to avail himself of the protection of that country. (p.66)

Refugees experience acculturation as they transition to their new country of residence. So, what is acculturation? It can be defined "as a unidimensional process, that is, a change from the country of origin's heritage culture towards the mainstream culture in the country of residence" (Phalet & Baysu, 2020, p. 4). Several researchers have documented the acculturation stress that immigrants experience (Berry 2006; Dillon et al., 2013; Kamimura et al., 2020). Dillon et al. (2013) noted that immigrants' acculturative stress could be viewed as the psychological strain that is based on challenges they face as they adapt to the new country's cultural differences. Acculturative stress is connected to several factors, such as anxiety, suicide, alcohol abuse, negative health outcomes, depression, and others (Dillon et al., 2013). Kamimura et al. (2020) mentioned that refugees experience stress, and worldwide there are 70.8 million refugees displayed, while in the United States, there are 22,500 resettled refugees. Kamimura et al. (2020) used a Multidimensional Acculturative Stress Scale to measure stress. The scale consists of 5 subscales, 24 items, and used a Likert-type 4-point scale. Kamimura et al. (2020) study showed that resettlement could be stressful, and the stressor for refugees can involve unemployment, discrimination, and language barriers. In another study, Sangalang et al. (2018) examined acculturative stress with refugees and used a 10-item scale. Sangalang et al. (2018) found that more psychological distress, evaluated depressive disorder, and lower odds of anxiety experienced by refugees are connected to acculturative stress.

Asylum Refugee Resettlement

The influx of refugees worldwide seeking to resettle in the United States of America continues to escalate at a rapidly increasing rate (Murray et al., 2010). Most come seeking a better life with the possibility of greater economic security and a more satisfying lifestyle. Many come from countries that are affected by war and are fleeing torture and possible death. Javanbakht et al. (2019) noted that refugees experience trauma and stress before resettlement, which involves losing belongings, torture, and resource shortage.

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