

EV0671

Identity and immigration. From Ulysses' syndrome to the identity construct and their cultural development

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Immigration is one well known but complex stressor. When we analyze its consequences, we discover the loss of social or family support, the need to afford a new unknown and many times hostile perceived environment, or languages/communications problems. Greek myths have been used as a way to explain how men afford that kind of events/monsters. However as cultural productions, myths grow and change trying to reflex the culture, society and time when they are used. Identity has been a main question for many disciplines, psychiatry has wondered about its construction but society has too, and sometimes last explanations are even better than clinical ones. We would like to discuss the immigration phenomena using anthropology tools, which previously have nourish other psychiatric disciplines as systemic therapy. If we want to be able to treat immigrants, we have not only to fulfill their physical needs or treat their mental symptoms but to look every travel as a risk one, in which as Ulysses they are at risk of losing what they are, their identity. Identity is described in old Greece as the life lived with others, but not any other person, just those who know us and may accept our own images. In the past, the city, our born place, as a social support was what made us humans. Ulysses, out of Ithaca, found monsters, those who weren't humans, because they didn't live in his Greek society. As the new Ulysses, the immigrant maybe should be first helped to construct a new identity, which makes monsters disappear.

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EV0672

Mental health of child & adolescent refugees: The hidden momentum for a paneuropean call for action

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Introduction Over one percent of the world's population are currently uprooted. Over half of the world's displaced population are children.

Objective There is considerable evidence that refugee children are at significant risk of developing psychological disturbance as they are subject to a number of risk factors.

Aim Consistent research findings show that as the number of risk factors accumulates for children, the likelihood that they will develop psychological disturbance dramatically increases.

Methods Traumatic events can have an effect on a child's emotional, cognitive and moral development because they influence the child's self-perceptions and expectations of others. The multidimensional effects of trauma on children and their families are compounded by forced uprooting, multiple losses and the myriad changes brought about by migration. Mental health services can be key to restoring basic psychological functioning and to supporting resilience and positive coping strategies for children, adolescents and adults.

Results Refugee children are a silent group that are easily overlooked. Our attitude toward young refugees and their families will determine the burden of trauma, not only on their adult future but also on our community.

Conclusions An empathic and mentalizing attitude, secure sheltering, addressing health and educational needs will create a sense of stability and confidence. This is the very first step to favour, for these future adults.

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Helping abused children from various minorities in the Greek context

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Introduction Children's abuse and neglect is widely studied as a major risk factor for emotional and behavioural disorders, various somatic and psychiatric problems during adulthood.

Objective Mental health is fundamental to health. Mental illnesses are real, disabling conditions affecting all populations regardless of race or ethnicity but disparities in mental health services exist for racial and ethnic minorities, and thus, mental illnesses exact a greater toll on their overall health and productivity.

Aim The most important aim when working with ethnic minorities is to better understand the roles of culture, race and ethnicity, and overcome obstacles that would keep anyone with mental health problems from seeking or receiving effective treatment.

Methods The Day Centre "The House of the Child" is a community unit which provides customized clinical mental health services for therapeutic treatment and psychosocial rehabilitation of children victims of abuse, neglect or domestic violence. The Day Centre was founded by the non-profit voluntary organization "THE SMILE OF THE CHILD". The services are based on the bio-psycho-social model approach and treatment, which aim at early detection, and treatment of possible mental disorders and the overall psychosocial rehabilitation of victims of abuse/neglect and the support of their carers.

Results By identifying the many barriers to quality care faced by racial and ethnic minorities, the Day Center provides mental health services also to children who come from minority populations.

Conclusions Different case studies highlight challenges and various levels of difficulties in this specific scheme of cooperation aiming to open an interesting dialogue on the topic.

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Relationship and family therapy for newly-resettled refugees: A qualitative inquiry of an innovative, needs-adapted approach in Sydney, Australia

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