



VII International Congress on Migration & Mental Health
Youth & Families Wellbeing matters in the context of Migration

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Familles du Monde, asbl & The Athena Network



**MIGRATORY GRIEF CHARACTERISTICS IN MIGRANTS, DISPLACED
AND REFUGEES IN MALAGA (SPAIN)**

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The present study developed as a consequence of the clinical and psychosocial practice with migrants, displaced and asylum seekers in Malaga city and province.

Multiple factors intervening in mental health and migratory process contribute to severe psychological and psychosocial sequels as a consequence of traumatic situations, leading to reactive symptomatology as an outcome to the exposure to rootless stress.

At a psychotherapeutic level, migratory grief is a common feature in most migrants, independently of the subjective experience.

However, the level of intensity of the migratory grief highly depends on the personal history and context, and thus the need to analyse and characterize it emerges. The main goal is using these results to orientate the therapeutic practice, given that migratory grief is different to other types of mourning.

For this matter, we used the Ulysses scale and inquired how gender, age, the country of origin and the amount of time in the hosting country affect the level of intensity of the seven types of mourning that integrate the migratory grief.

The main goal of the present study is, through the implementation of the scale, to improve and adapt the therapeutic interventions at individual, family and group level with our patients and also, to contribute to the common knowledge in this field.

The examination of three hundred and fifty cases from forty three countries enabled us to reveal how the different mournings of the migratory grief are significantly influenced by the parameters considered. The Country of Origin appears as the most affecting parameter, followed by Sex and Age to a lesser extent. People from Syria, Ivory Coast, Cameroon and Ukraine were more affected in almost all types of grief, indicating the strong relationship that may exist between migratory grief and the extreme limitations related to armed conflict contexts. Regarding the family mourning, Women are more affected than Men and Transsexuals. People from Venezuela and Colombia are more affected in the social status mourning than the rest of countries. Africans appears as more affected to the cultural and belonging group mourning than the rest of countries sample.



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In sight of the obtained results, a change in the paradigm approach of the migratory grief was experienced in the Psychological Care Service of Immigrants and Refugees from Red Cross Malaga.

Keywords:

Asylum seekers, International Protection, Global Migration, Malaga Andalusia, Mental health and Psychosocial Support, Migrants, Migratory grief, Spanish Red Cross, Ulysses Scale, Ulysses Syndrome, Refugees

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