

Culturally Responsive Interventions for Refugee Youth

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Opportunities for Youth

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As a helping profession, our response to the refugee community cannot be the same response towards clients and populations who we work with day in day out. It is necessary for the social worker/therapist to stay culturally competent in order to appropriately approach work with the refugee community. In an article on culturally grounded strengths-based approaches for working with refugees, a refugee is someone who has fled from their country, most times against their will to find protection (Block et al., 2018). Keeping this in mind, social worker's approaches should be positive and solutions focused. "A strengths-based group therapy approach to working with refugees addresses the need for community healing of the refugee population" (Block et al., 2018), more specifically, the strengths-based peer support model highlights the fact that because refugees are less likely to go with a traditional therapeutic route, this model offers other healing options like social and emotional healing. An example would be that, "health care professionals should be conscious of cultural differences that may arise when interacting with refugees, and to seek strengths-based approaches for work with clients" (Block et al., 2018).

One major factor to take into consideration is the level of violence that many refugee youths have experienced in their home countries. Violence can be a major cause of trauma and is an essential detail for professionals to pay attention to. This is not only limited to pre-migration but can occur during migration as well as the resettlement period (Reynolds & Bacon, 2018). It is also not limited to violence but once settled in their new home, resettlement trauma can include forced displacement, lack of shelter, limited access to proper healthcare and many other jarring experiences (Reynolds & Bacon, 2018; Marino & Lazrus, 2015). Assisting refugee youth in creating goals to cope with and even overcome trauma includes paying attention to cultural differences and patterns.

References

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