

Culturally Oriented approach of in a treatment of traumatized refugees

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Abstract

In the treatment is not simple to put the diagnostics and treatment into the right context, diagnostically there seems to be more frequent over- or under-reporting of complaints. Culturally oriented psych education over PTSD and in the Context of traumatization is very important in order to be more receptive to the treatment and to be able to rational relationships and look contacts with others, in conjunction with the influence of the traumatization. Trauma focus therapy using culturally oriented approach, drawing and letter writing, and patient support has helped to discuss grief and anger and subsequent incorporation.

The 3 most important things are:

The way to approach the people, orientation and generate their full motivation If they don't understand what they can get then they are not motivated, they will avoid contact, they are not going to make contact. This is understandable. When we look at confidence, the clients need to really accept what you tell them to understand about their feelings. If they believe you care and listen to them they will better understand you and be more motivated to be treated. That is why we focus on the education of these patients regarding psychological aspects With colleagues from centrum 45 and CoTeam I developed a new method for simple screening and diagnoses and instructions to start with treatment, called: 'Intervention toolbox for PTSD'.

Conclusion

Psych education first, if they understand, believe and trust you then they become more motivated to be treated. Refugees have often experienced traumatic events. Some of them might develop a PTSD and will be in need of specialized mental health care. As loss of former status, their family, friends as well as feelings of disappointment and rejection, might lead to a

low self-esteem and faith in the future.

Biography:

Since 2012 I am employed as a psychiatrist and trauma psychiatrist in the Netherland. Since 2017 as an independent consultant, lecturer, and advisor at governmental and commercial organizations in the Netherlands, Belgium, and Germany furthermore, I'm the founder and the director of CoTeam MHC and academy (Culturally Oriented Trauma Expert and Motivation center in Rotterdam). A member of a Dutch Association for Psychiatry, and a board member of Dutch-language Association for Psycho-trauma therapy

Recent Publications:

1. Culture-sensitive psychotraumatology Eur J Psychotraumatol. 2016; 7: 10.3402/ejpt.v7.31179.
2. Trouw: Als het oorlog blijft in je hoofd - translated: If it remains war in your head 2018
3. HUMO-BE: Retour naar de hel: psychiater Aram Hasan behandelt trauma's bij gefolterde 2018 - translated: Return to hell
4. Arts en Auto: 'Ik ken de situatie van mijn cliënten' 2017 - translated: I know the situation of my clients'
5. De Tijd 2016 BL. 'Keulen heeft me niet verrast' / - translated: Keulen has not surprised me

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