

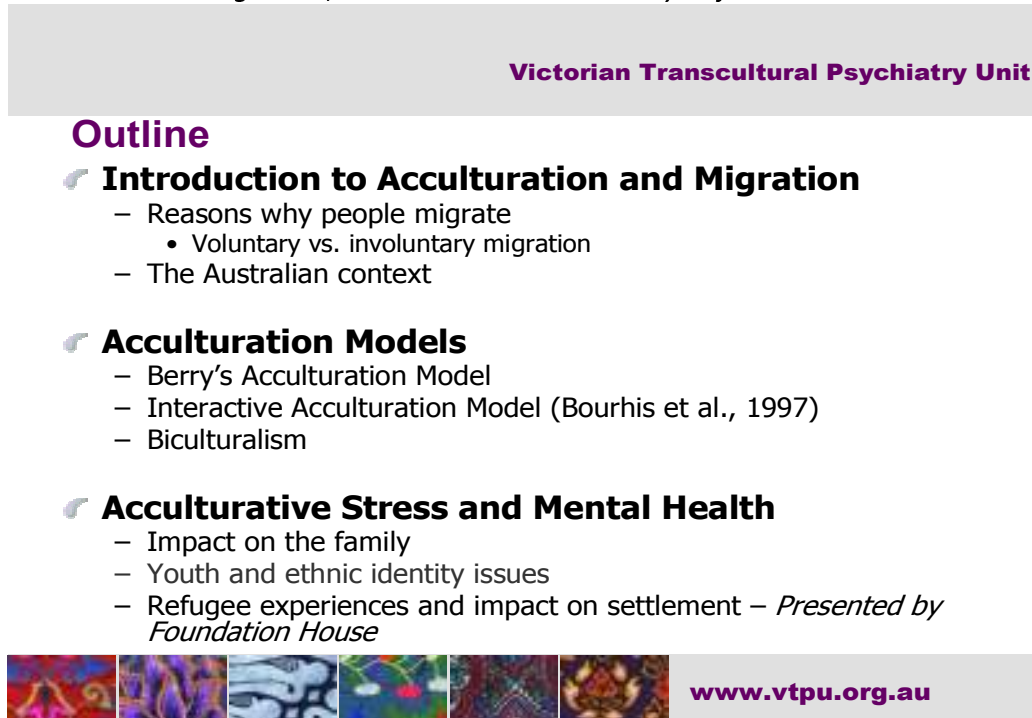
## Introduction to Module 1:

### **Migration, acculturation and identity: Influences on mental health**

A training module presented by the Victorian Transcultural Psychiatry Unit in collaboration with Victorian Foundation for Survivors of Torture (Foundation House).

The module entitled *Migration, acculturation and identity: Influences on mental health* is the first module to be presented to Victorian mental health clinicians as part of the Victorian Transcultural Psychiatry Unit's 2009 Pilot Training Course: *Culturally competent mental health service provision for a multicultural society*. An outline of Module 1 is presented in Figure 1.


Figure 1: Module outline: *Migration, acculturation and identity: Influences on mental health*



**Victorian Transcultural Psychiatry Unit**

### Outline

- **Introduction to Acculturation and Migration**
  - Reasons why people migrate
    - Voluntary vs. involuntary migration
  - The Australian context
- **Acculturation Models**
  - Berry's Acculturation Model
  - Interactive Acculturation Model (Bourhis et al., 1997)
  - Biculturalism
- **Acculturative Stress and Mental Health**
  - Impact on the family
  - Youth and ethnic identity issues
  - Refugee experiences and impact on settlement – *Presented by Foundation House*

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The purpose of this training module is to increase mental health clinicians' knowledge and awareness of mental health issues associated with migration and refugee status, as well as the impact of acculturation processes and ethnic identity.

The module is relevant to clinical practice, because clinicians are working with a culturally diverse client group and it is important that they are knowledgeable and aware of the type of mental health issues that consumers and carers from migrant and refugee backgrounds may experience. In addition, it is important that clinicians are able to consider the migration and refugee experiences of consumers and their families when planning and implementing culturally appropriate assessments and treatment interventions.

Participants will be able to explore the issues relating to migration and mental health via a range of interactive and reflective mediums, including group discussions, case studies, and discussion of current research in the field.

The VTPU is privileged to be able to offer this training module in conjunction with colleagues from Foundation House, who have specialist experience in the field of refugee issues. This includes the impact of camp experiences and trauma on mental health, as well as the settlement issues experienced by migrants and refugees who are recent arrivals to Australia.