

# Immigration and adaptation

Understanding the personal story of immigrants and the process of adaptation

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Every migration in some way  
leaves its mark on the person  
who has lived through



León and Rebecca Gringberg

# Introduction

- The elephant in the room.
- Why we don't ask people where are they from?
- ANSA and CANS assess it, but people feel uncomfortable to ask and go in detail.
- Why we feel is a political topic?

# Questions we should ask

- ▶ Where did you grow up?
- ▶ Where are you from?
- ▶ What brought you here
- ▶ Tell me your immigration story (the journey)

# Unconscious fantasies of the migrant

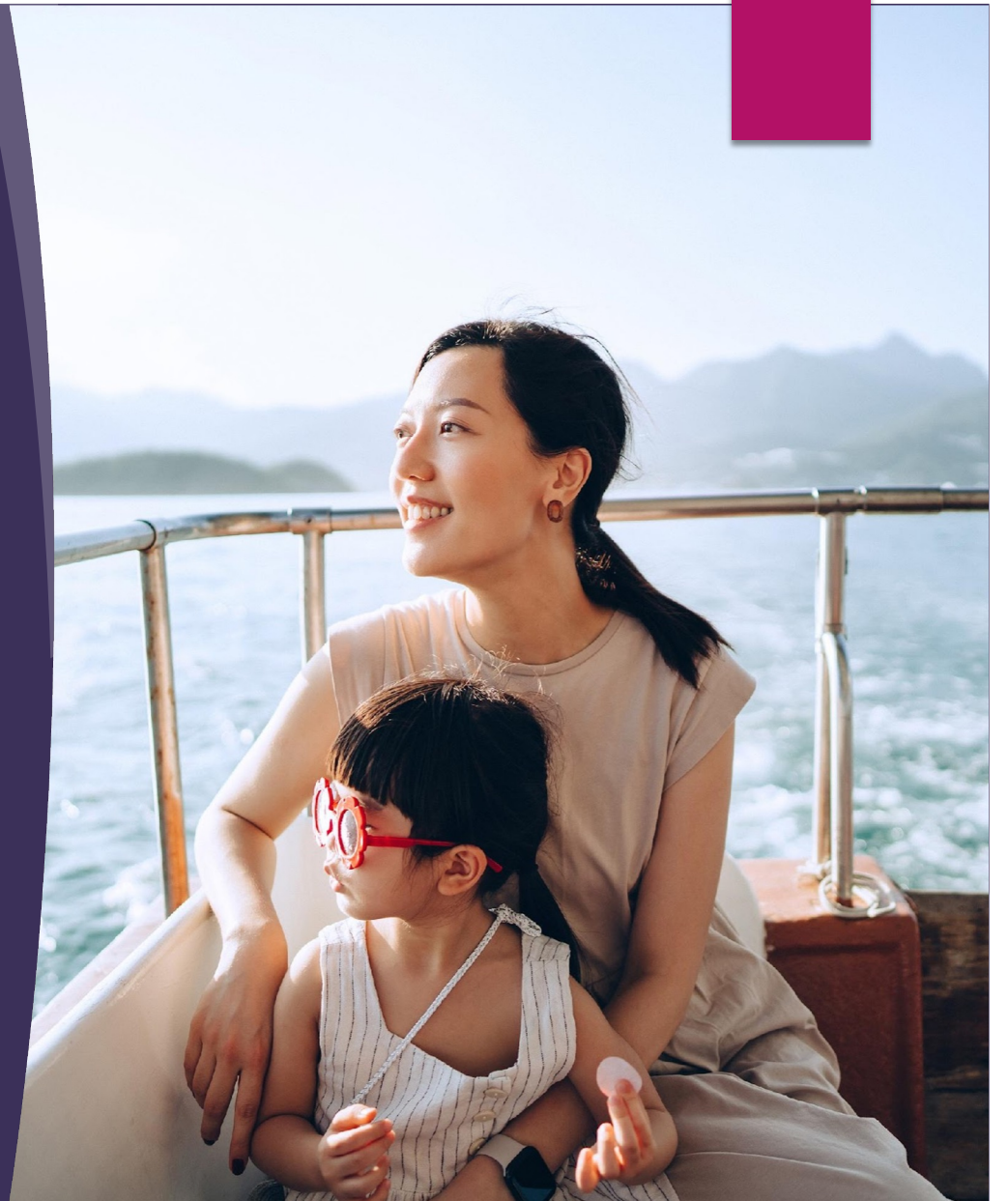
- ▶ New place
- ▶ Place left behind

Migration requires dissociative mechanisms for example the migrant can idealize the new place and see the place they left behind as completely negative.

Denied and tried to control the anxiety and guilt.

What happens when there is an inverted dissociative mechanism?

Even under the best circumstances immigration can encounter traumatic experiences. They can leave long lasting emotional and psychological effects.



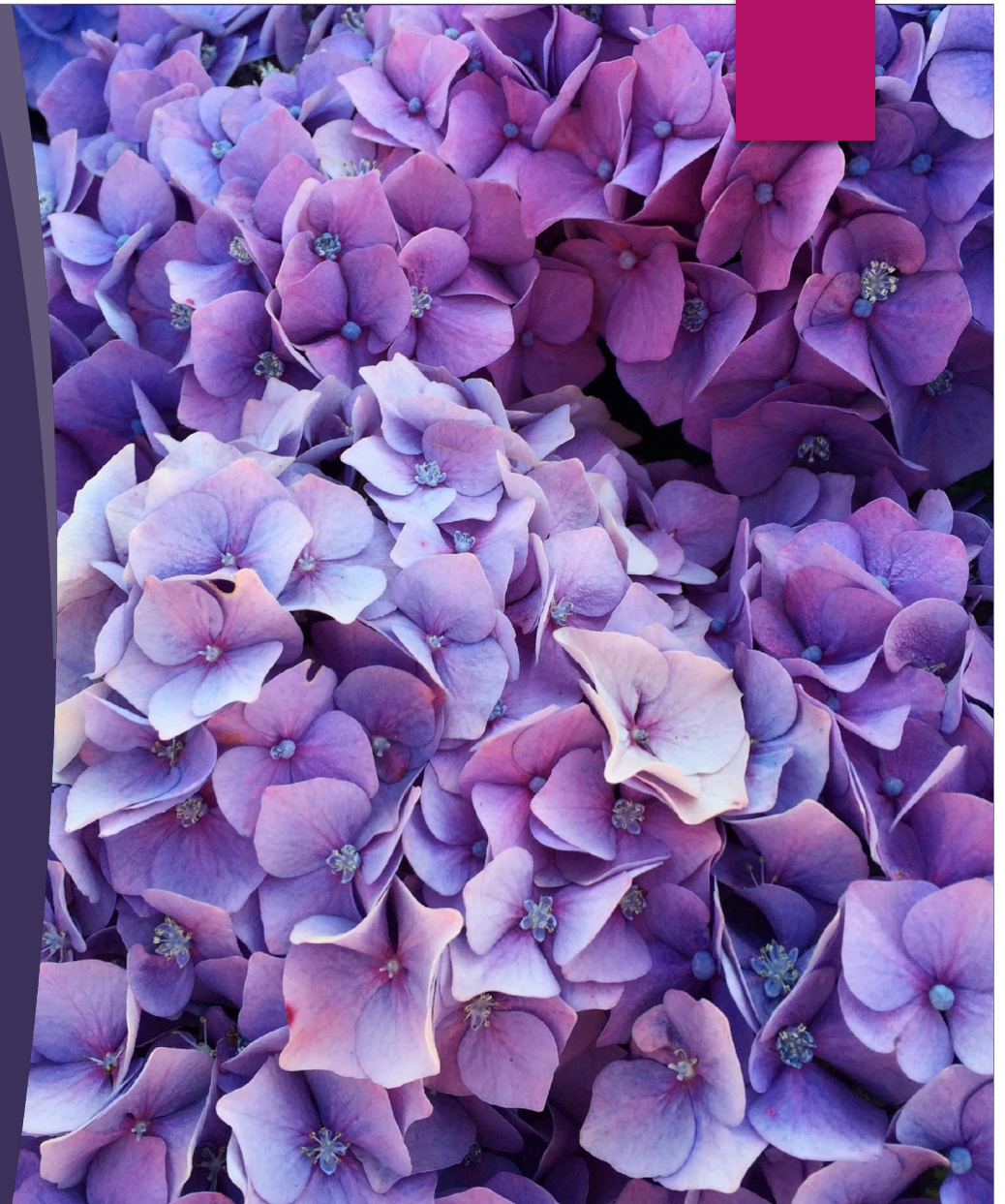
# Trauma

Even under the best circumstances immigration can encounter traumatic experiences. They can leave long lasting emotional and psychological effects.

- Before
- After
- During

Pollock (1967):

- Predisposition
- Precipitation
- Perpetuation



# Factors to take into consideration

- ▶ Immigration triggers anxiety
- ▶ Migration should be considered as a crisis. The crisis can be either the cause or the effect of a migration.
- ▶ Factors we should take into consideration the personality structure before the migration
- ▶ Resources available
- ▶ Support system



# How can we help

When we immigrate we leave so much behind.

Migration as a set of losses.

Transitional place and transition period.

We need to help our client grief what they left behind and learn not adapt to the new places without losing their sense of self.



# Immigration Stories

