

14th Summer Institute on Migration and Global Health

Dr. Patrick Marius Koga pmkoga@ucdavis.edu

Dr. Ahmad Fahim Pirzada dr.pirzada@gmail.com

Date: July 11, 2019

Time: 3:15-4:30 pm

Location: The California Endowment (TCE), 2000 Franklin St., Oakland

Workshop Title: Mental Health and PTSD in War Refugees

Description: *This workshop will review the neurophysiology of posttraumatic stress disorder (PTSD) and discuss the limitations of PTSD instruments in evaluating trauma in non-Western cultural settings. Arab and Afghan explanatory models for mental health, distress, and illness, idioms of distress, socially normed help-seeking behaviors, and expectations from providers will be presented.*

Workshop Plan

3:15-3:25 Introductions	5 min
3:25-3:35 Neurophysiology of posttraumatic stress disorder (PTSD)	10 min
3:35-3:50 Participant exercise 1: Embera Incident, Columbia	10 min
3:50-4:00 Arab Idioms of Distress	15 min
4:00-4:15 Participant exercise 2: Afghan case vignette discussion: "Asadullah"	15 min
4:15-4:25 Afghan Idioms of Distress	15 min
4:25-4:30 Afghan patient "S"	5 min

Total time: 75 min

Resources

Hassan, G, Kirmayer, LJ, MekkiBerrada A., Quosh, C., el Chammay, R., Deville-Stoetzel, J.B., Youssef, A., Jefee-Bahloul, H., Barkeel-Oteo, A., Coutts, A., Song, S. & Ventevogel, P. Culture, Context and the Mental Health and Psychosocial Wellbeing of Syrians: A Review for Mental Health and Psychosocial Support staff working with Syrians Affected by Armed Conflict. *Geneva: UNHCR, 2015*

Hassan, G., Ventevogel, P., Jefee-Bahloul, H., Barkil-Oteo, A., & Kirmayer, L. J. (2016). Mental health and psychosocial wellbeing of Syrians affected by armed conflict. *Epidemiology and Psychiatric Sciences, 25*(2), 129–141. doi:10.1017/S2045796016000044

Miller, K. E., Omidian, P., Quraishy, A. S., Quraishy, N., Nasiry, M. N., Nasiry, S., . . . Yaqubi, A. A. (2006). The Afghan Symptom Checklist: A culturally grounded approach to mental health assessment in a conflict zone. *American Journal of Orthopsychiatry, 76*(4), 423-433. <http://dx.doi.org/10.1037/0002-9432.76.4.423>

Stempel C, Sami N, Koga PM, Alemi Q, Smith V, Shirazi A . (2016). Gendered Sources of Distress and Resilience among Afghan Refugees in Northern California: A Cross-Sectional Study. *Int'l J Environ Res Public Health, 14*(1). pii: E25. (doi: 10.3390/ijerph14010025. PMID:280360)