



Refugee's Mental Health: Global and Local Perspectives -- SUMMER

Dr. Kim Yuval

Course Number: 702.2089

Semester: Summer 2020

Class Time: Monday/Thursday

Office Hours: By Appointment

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Course Description:

Contemporary armed conflicts and complex humanitarian crises create substantial mental health burdens that damage health and well-being, and limit development. Taking a multidisciplinary approach, this course examines the field of forced migration, focusing in particular on psychosocial and mental health issues. Throughout the semester we will try to understand forced migration as a global phenomenon while learning to recognize and assess its influence on the mental health of the millions it affects around the world. The interconnections between forced migration and mental health will be explored in this course through reading and discussing academic research, professional guidelines and prominent theoretical debates. Moving from a global perspective to the “here-and-now”, in the second half of the course we will explore the specific case of the African asylum seekers in Israel, analyzing their conditions and discussing possible solutions and interventions. The course will also include virtual meetings with activists and other professionals working in southern Tel Aviv where many asylum seekers reside.

Course Requirements:

Attendance, preparation and classroom participation (15%)

Students are expected to actively participate in all classes. It is important to complete the reading assignments prior to the two weekly sessions. A list of readings can be found in the syllabus.

Students may not miss more than two meetings in order to receive a grade for the course

irrespective of the reasons for the absence.

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Class presentation (20%)

Starting from meeting 6, in groups of two or three, students will prepare a 15-minute presentation of one of the readings from the syllabus (or beyond syllabus, in coordination with the lecturer). The presentation should focus on an overview of the main arguments made in the text as well as a critical review, in which the students are expected to connect the text to concepts and ideas discussed in the course.

10 days before the presentation the group should send the lecturer an outline of the presentation including the main argument(s).

It is each student's responsibility to email the lecturer about the text (marked in asterisk) she or he wants to present till the 3rd session of the course. Students who will not email the lecturer will be assigned randomly.

Response papers (25%)

Students are responsible for writing 5 response papers during the semester. Each response paper should be 200-300 words long (double-spaced). Response papers should reflect the students' opinions, thoughts, feelings and experiences related to the weekly reading. The response papers should not give a summary of the readings, but rather use the readings to explore and reflect on interesting ideas or debates related to the topic. The deadline for handing the papers (via the Moodle system) is **21:00 on the day before the class** relevant to the text(s) you are responding to.

Take Home Exam: (40%)

Will be available on the Moodle starting 6/8, 22:00. The deadline for handing is 20/8, 12:00 Israel time. Papers should be submitted electronically in the Moodle system and also sent to the International School (uhisfinalpapers@gmail.com).

DISABILITY ACCOMODATIONS

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Students requiring special assistance due to a disability are asked to contact the instructor on the first day of class so that reasonable accommodation for the disability can be determined and arranged.

Course outline and reading list:

<p>Meeting 1 6/7</p>	<p>Introduction(s): Forced migration in a global age.</p> <p>Koser, K. (2007). <i>International migration: A very short introduction</i>. Oxford University Press.</p> <p>Castles, S & Miller, M (2009). <i>The Age of Migration: International Population Movements in the Modern World</i>. Basingstoke England : Palgrave Macmillan.</p> <p>Eggers, D. (2007). <i>What is the what: The autobiography of Valentino Achak Deng</i>. Hamish Hamilton.</p> <p>Film: "Lost boys of Sudan" (2003)</p>
<p>Meeting 2 9/7</p>	<p>Psychosocial and Mental Health Consequences of Forced Migration – Basic notions and perspectives</p> <p>Ager, A. (transcript of a lecture) Responding to the psychosocial needs of refugees.</p> <p>UNHCR. (2019). <i>Global Trends: Forced Displacement in 2018</i>.</p> <p>Watters, C. (2001). Emerging paradigms in the mental health care of refugees. <i>Social Science & Medicine</i>, 52(11), 1709-1718.</p> <p>Barlow, D. H., & Durand, V. M. (2009). <i>Abnormal Psychology: An Integrative Approach</i> (7th Edition). Wadsworth Press: Belmont, CA. (pp 155- 163)</p> <p>Herman, J. L. (1997). Trauma and recovery (Vol. 551). Basic books. Ch 2, "Terror". Pp 24-37</p> <p>Bracken, P (1998). Hidden agendas: Deconstructing Post-Traumatic Stress Disorder. In <i>Rethinking the Trauma of War</i>. Bracken, P. & Petty, C.(Eds.), 37 – 59.</p>

	<p>US Department of State (2015), Sudan 2015 human rights report. Retrieved from: http://www.state.gov/j/drl/rls/hrrpt/humanrightsreport/index.htm?year=2015&dclid=252733</p> <p>Vered Lee (2018), "The Darfuri asylum seeker in Israel who takes refuge in writing" Retrieved from: https://www.haaretz.com/israel-news/premium.MAGAZINE-the-darfuri-asylum-seeker-in-israel-who-takes-refuge-in-writing-1.5825035</p> <p>Testimony and discussion – a refugee from Sudan/Eritrea residing in Israel - Adam Yichia</p>
<p>Meeting 3 13/7</p>	<p>1. Psychosocial and Mental Health Consequences of Forced Migration – Basic notions and perspectives (II): Trauma (cont.) and Ecological Perspective</p> <p>Miller, K. & Rasco, L. (Eds) (2004). The mental health of refugees: Ecological approaches to healing and adaptation. Mahwah, NJ: Erlbaum (pp. 1-5; 26- 52)</p> <p>Miller, K. E., & Rasmussen, A. (2010). War exposure, daily stressors, and mental health in conflict and post-conflict settings: bridging the divide between trauma-focused and psychosocial frameworks. <i>Social science & medicine</i>, 70(1), 7-16.</p> <p>Farwell, N. and Cole, J.B. (2001-2002). Community as a context of healing: Psychosocial recovery of children affected by war and political violence. <i>International Journal of Mental Health</i>, 30(4): 19-41.</p> <p>Kirmayer, Laurence J. "Cultural psychiatry in historical perspective." <i>Textbook of cultural psychiatry</i> (2007): 3-19.</p>
<p>Meeting 4 16/7</p>	<p>From global to local: The Israeli context (I)</p> <p>*Paz, Y. (2011). Ordered disorder: African asylum seekers in Israel and discursive challenges to an emerging refugee regime (Paper No. 205). Geneva, Switzerland: UNHCR. Retrieved from http://www.unhcr.org/4d7a26ba9.html</p> <p>Godstone, B (2018, June 26), <i>No shelter here</i>, Retrieved from https://newrepublic.com</p>

	<p>Ziv, O (2020, February 8), <i>In a single decade, Israel turned asylum seekers into criminals</i>, Retrieved from https://www.972mag.com/asylum-seekers-israel-decade/</p> <p>Nonremovable foreigners in Israel - Migrant workers or asylum seekers? Retrieved From: https://drive.google.com/file/d/1PlmkYkA0YixcJ8br1I3IzX_Y_MVphEeX/view</p> <p>Sabar, G. & Tsurkov E, Israel's Policies toward Asylum-Seekers: 2002-2014. http://www.iai.it/sites/default/files/iaiw1520.pdf</p> <p>Shani, E., Ayal, S., Berman Y., & Rozen S. (2014). No safe haven - israeli asylum policy as applied to Eritrean and Sudanese citizens. Hotline for refugees and migrants. Retrieved from: http://hotline.org.il/wp-content/uploads/No-Safe-Haven.pdf</p> <p>Birger L, Boltzman, L. and Shoham S. "Better a prison in Israel than dying on the way" – testimonies of refugees who left Israel for Rwanda and Uganda and received protection in Europe. Retrieved from: http://hotline.org.il/wp-content/uploads/2018/02/Testimonies-of-refugees-departed-Israel-to-Rwanda-and-Uganda-who-reached-Europe-research-report-Birger-Shoham-and-Bolzman-Jan-2018-ENG.pdf</p> <p>Sabar, G. & Tsurkov E, Israel's Policies toward Asylum-Seekers: 2002-2014. http://www.iai.it/sites/default/files/iaiw1520.pdf</p> <p>Blatman, D. (2018). The legacy of ethnic cleansing. Retrieved from: https://www.haaretz.com/opinion/.premium-the-legacy-of-ethnic-cleansing-1.5729589</p>
Meeting 5 20/7	<p>From global to local: The Israeli context (II)</p> <p>*Nuttman-Shwartz, O., & Shinar Levanon, O. (2019). Asylum Seekers in Israel: Challenges to Social Work. <i>The British Journal of Social Work</i>.</p> <p>*Lavie-Ajayi, M., & Slonim-Nevo, V. (2016). A qualitative study of resilience among asylum seekers from Darfur in Israel. <i>Qualitative Social Work</i>, 1473325016649256.</p>

	<p>*Gebreyesus, T., Sultan, Z., Ghebrezghiabher, H. M., Tol, W. A., Winch, P. J., Davidovitch, N., & Surkan, P. J. (2018). Life on the margins: the experiences of sexual violence and exploitation among Eritrean asylum-seeking women in Israel. <i>BMC women's health</i>, 18(1), 135.</p> <p>Slonim-Nevo, V., Regev, S., & Millo, Y. (2015). The Psycho-Social Conditions of Asylum-Seekers from Darfur in Israel. <i>Refuge: Canada's Journal on Refugees</i>, 31(2).</p> <p>Gutzeit, Z (2016), Not Passive Victims - Towards the Rehabilitation of the Sinai Torture Survivors in Israel. PHR, Israel. Retrieved from: http://www.phr.org.il/wp-content/uploads/2016/11/2550_Sinai_Print_Eng-25.10.16-%D7%A1%D7%95%D7%A4%D7%99.pdf</p> <p>UNHCR (2009). UNHCR policy on refugee protection and solutions in urban areas. Retrieved from: http://www.unhcr.org/4ab356ab6.html</p> <p>Urban Refugee Learning Programme: http://urbangoodpractices.org/learningprogramme/index/</p> <p>Shamai, M., & Amir, Y. (2015). Not the Promised Land African Asylum Seekers and Refugees in Israel. <i>Qualitative Health Research</i>, 1049732315570131</p> <p>Kaufman, N. & Demoz, D. (2014). Current Situation: Female workers asylum seekers in the Israeli labor world. Kav L'aoved and Hotline for refugees and migrants. Retrieved from: http://www.kavlaoved.org.il/en/wp-content/uploads/2015/04/WomenAsylumSeekersReport-ENG.pdf</p> <p>Movies – Mesila (2017); Hotline (2015)</p>
Meeting 6 23/7	From global to local – continuation
Meeting 7 27/7	<ol style="list-style-type: none"> 1. Coronavirus and refugees 2. Can Humanitarian Work with Refugees Be Humane? <p>Interviews and talks with NGOs in the field of MHPSS with asylum seekers in Israel</p>

	<p>*Harrel-Bond, B. (2002) Can Humanitarian Work with Refugees Be Humane? Human Rights Quarterly, Vol. 24, No. 1 pp. 51-85</p> <p>* Gilbert, J (2009) Power and ethics in psychosocial counseling. Intervention 7 (1), 50 – 60.</p> <p>Kennedy, D. (2005). The dark sides of virtue: Reassessing international humanitarianism. Princeton University Press.</p> <p>Collogon, L., Tuma, F., Dolan-Sewell, R., Borja, S., & Fleischman, A. (2004). Ethical issues pertaining to research in the aftermath of disaster. Journal of Traumatic Stress, 17(5), 363-372.</p> <p>Samady, L (2009) Feedback from local staff: Experiences that changed my life: the story of an Afghan woman working with a psychosocial project. Intervention, 7 (2),152 - 155</p> <p>Anderson, M. (1999). Do no harm: How aid can support peace—or war. Boulder: Lynne Rienner. (pp. 23-76).</p> <p>Polman, L. (2010). The crisis caravan: what's wrong with humanitarian aid?. Macmillan.</p>
<p>Meeting 8 30/7</p>	<p>Consequences of torture, rape and acts of violence</p> <p>*Van Reisen, M., & Mawere, M. (2017). Collective Trauma from Sinai Trafficking: A Blow to the Fabric of Eritrean Society. In: <i>Human Trafficking and Trauma in the Digital Era</i>. Langaa Rpcig. pp 317-346</p> <p>Herman, J. L. (1997). Trauma and recovery (Vol. 551). Basic books. Ch 2, "Disconnection". Pp 37-54</p> <p>Baker, R. (1992). Psychosocial consequences for tortured refugees seeking asylum and refugee status in Europe. Torture and its consequences: Current treatment approaches, 83-106.</p> <p>McKinney, K. (2007). Culture, Power, and Practice in a Psychosocial Program for Survivors of Torture and Refugee Trauma. Transcultural Psychiatry</p>

	<p>Richters, A. (1998). Sexual violence in wartime. Psycho-sociocultural wounds and healing processes: The example of the former Yugoslavia.. In: P.J. Bracken & C. Petty (eds). Rethinking the Trauma of War. London: Free Association Books, 112-127.</p> <p>Movie: "Sound of torture", Shaio, K. (2014).</p>
<p>Meeting 9 3/8</p>	<p>1. Mental health and Psychosocial interventions (I) 2. "Compassion Fatigue" among aid organizations and workers</p> <p>* Silove, D., Ventevogel, P., & Rees, S. (2017). The contemporary refugee crisis: an overview of mental health challenges. <i>World Psychiatry</i>, 16(2), 130-139</p> <p>*The Konterra Group (2017), essential-principles-of-staff-care, retrieved from http://www.konterragroup.net/admin/wp-content/uploads/2017/03/Essential-Principles-of-Staff-Care-FINAL.pdf</p> <p>Hamdani, N (2003). Psycho-education through radio. <i>Intervention</i>, 1 (2), 47 – 49.</p> <p>IASC (2007) IASC Mental Health and Psychosocial Support Guidelines. Chapter 1 and Action Sheets 6.1, 6.2, 6.3, 6.4.</p> <p>Galappatti, A. (2003) What is a psychosocial intervention? Mapping the field in Sri Lanka. <i>Intervention</i>, Vol. 1, No. 2.</p> <p>Lipsky, L. V. D. (2010). Trauma stewardship: An everyday guide to caring for self while caring for others. pp. 41-115</p> <p>Curling, P and Simmons K (2010) Stress and staff support strategies for international aid work. <i>Intervention</i>, 8 (2), 93 – 105.</p>
<p>Meeting 10 6/8</p>	<p>Mental health and Psychosocial interventions (II)</p> <p>* Kazdin, A. E., & Blase, S. L. (2011). Rebooting psychotherapy research and practice to reduce the burden of mental illness. <i>Perspectives on Psychological Science</i>, 6(1), 21-37</p>



Bernstein, A & Yuval, K. (2015, september 8), Nightmares, Intrusive Memories, Depression: Israeli Researchers Look at the Dark Side of Asylum-seeking, Haaretz. Retrieved from: <http://www.haaretz.com/israel-news/.premium-1.675008>

Collins, P. Y., Patel, V., Joestl, S. S., March, D., Insel, T. R., Daar, A. S., ... & Walport, M. (2011). Grand challenges in global mental health. *Nature*, 475(7354), 27-30.

Lindert, J., Carta, M. G., Schäfer, I., & Mollica, R. F. (2016). Refugees mental health—A public mental health challenge. *European Journal of Public Health*, ckw010.

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