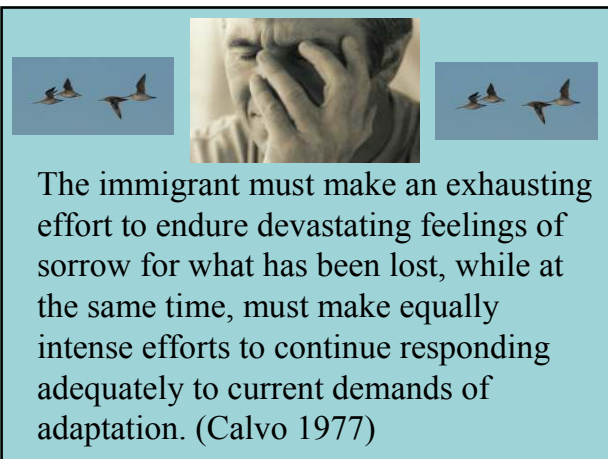
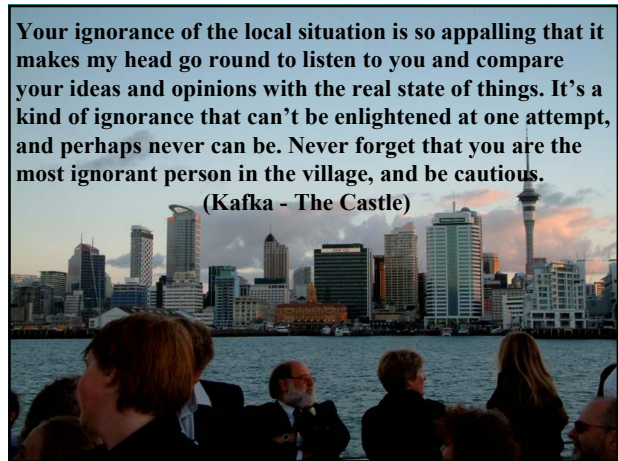


Alienation, Immigration and Registration
Dr. Mark Thorpe - Psychology AUT



Migration is a change of such magnitude that it not only reveals a person's **identity** but also puts it at risk. The loss of objects is massive, including those most significant and valued: people, places, language, culture, customs, climate, sometimes profession, and the social and economic milieu, etc. All of these have memories and intense feelings associated with them, just as parts of the self, and the links to these objects are also subject to loss.

(Grinberg, 1971, p211)



STRESS is caused by too much **change**, too quickly, with insufficient preparation

Migration represents principally a mourning for all the things that have been left behind and at the same time releases intense **persecutory anxiety** before a new and unknown destiny in a different environment. This anxiety activates any previous neurotic symptom, which may well never have manifested itself had the person remained in his place of origin.

(De Dellarossa 1978)

Lower health status of immigrants

- Depression and anxiety
- Feelings of marginalization & alienation
- Psychosomatic & psychological symptoms
- Identity confusion
- Higher rates of suicide
- Lower physical health status
- Increase coronary disease and mortality



Protest

Despair

Detachment

Defense of Splitting

Love/hateambivalence

Yesterday/tomorrow.....today

Mine/yours.....ours

Idealization/devaluation



Walsh & Shuman (2007) researched the extent to which splits in the sense of self following immigration can be seen to be an adaptive defence, allowing the self time to adapt and adjust to a new reality, rather than a pathological reaction to the trauma of migration. In-depth interviews with 68 emerging adult immigrants in Israel from the Former Soviet Union around the sense of self and the immigration experience. One year later levels of functioning were reassessed. Results showed that attempts to resolve splits early after immigration led to an initially lower level of psychological symptoms, but one year later to an increased level of symptoms. Results suggest that **attempts at precocious resolution lead to subsequent adaptation difficulties.**



Career...

Large & important aspect of identity (for individual and family). Helps maintain a cohesive, energetic and balanced self. Freud defined health as the ability to work and love.

The more highly qualified + the more time/money invested + less other satisfactions/interests = greater amount of identity invested in career.



Multiple losses of migration **increase the importance** of the career. It compensates for other losses, assists with adaptation and provides a sense of continuity between the old and new country.

Helping profession syndrome – (provide others with that which you deeply want but don't feel entitled to ask for – care, understanding, nurturing). Immigrants also use work to compensate for & repair guilt felt at deserting friends/patients/parents and country.



Benign cycle between immigrant & registration board/council

Grateful to be here

Welcome, pleased to have you



Supportive & encouraging

Malignant cycle between immigrant & registration board

Migrant feels...
inadequate, rejected, ambivalent, with deep multiple losses.
Idealizes old/ devalues NZ
Ungrateful/withdrawn
Paranoid

Hosts feels ...
rejected, slighted, hurt, angry, ignored.
Triggers - small island mentality & cultural cringe



Exits?

Withdraw hospitality
Close ranks
Xenophobic/racist
Set up barriers

