

Untangling the Knots: Counseling for Immigrant Minors

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Introduction/Rationale

- Immigrant children experience accumulative stress and trauma (Edirmanasinghe, et al., 2022)
- Children carrying baggage that could break an adult

What impact can psychological counseling
have on immigrant minors?

Methodology

- Qualitative systematic review
- Listening to stories of young immigrants

Stories

- Will remain anonymous to respect the children's privacy
- Stories result from direct interactions in schools/churches

Common reasons for migration:

- Pursuing job opportunities
- Fleeing from danger

Psychological Health

- High levels of depression, anxiety, and PTSD that worsened over time (Garcia & Birman, 2022)
- High risk for behavioral problems (Mancini, 2020)

Provides a Safe Space

- Encourages them to process their trauma (Schapiro, et al., 2022)

Conclusion

References

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