

MIGRATION AND REFUGEES - THE EXPERIENCE OF TRAUMA

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ABSTRACT:

WE LOOK AT FORCED MIGRATION--TODAY A MAJOR GLOBAL PHENOMENON--WITH A SPECIFIC FOCUS ON THE STATUS OF REFUGEES. SHE HIGHLIGHTS CERTAIN ASPECTS OF THIS POTENTIALLY TRAUMATIC EXPERIENCE AND CONSIDERS IT A KIND OF DEPLOYMENT TO RELOCATE TO A NEW COUNTRY.

THE ARTICLE PRESENTS REFLECTIONS ON THE PROCESSES OF TRAUMA AND RESILIENCE, COMBINING GENERAL THEORETICAL IDEAS WITH THOSE OF TRANSACTIONAL ANALYSIS.

KEYWORDS: SOCIAL RESPONSIBILITY, REFUGEES, INTERCULTURAL INTERVENTIONS, DEPLOYMENT, ASYLUM

INTRODUCTION

Statistical analyses in recent years show that forced migration is a growing global phenomenon. Data for 2016 by the United Nations High Commissioner for Refugees (UNHCR) showed that one of 113 people is forced to migrate.

In 2016, 66.5% of people around the world fled their countries for various reasons, including famine and war. Of these people, 22.5 million are refugees. Italy, is an access point for migrants arriving in Europe in the same year, 370,000 people disembarked in Europe, while another 5000 perished in the Mediterranean while trying to reach the mainland. The individuals came from Nigeria, Bangladesh, the Gambia Morocco, Côte d'Ivoire, Eritrea and other countries in Africa and Asia.

The social structure and the relationship have been changed because of this phenomenon, and it is not a temporary social emergency, but has long-term implications. That is why we are obliged to analyze the situation in terms of geopolitics and social responsibility, and it is necessary to combine a vision of individual intervention with a broader view of politics and the ethics of human coexistence. This is complex, and in different parts of the world, repressive policies (difficult to implement and often in violation of human rights) or open-door policies (which often lead to difficulties in integrating migrants into local communities) are the alternatives. Working with refugees is a way to be active in the present while building a brighter future.

Forced migration is discussed using various terms, some of which place greater emphasis on the legal status of the individual (e.g., "today's applicant" and "refugee"), and others highlighting social and psychological conditions ("immigrant" or "displaced person").

Papadopolus (2014) instead used the term "involuntary dislocation." This phrase can refer to the displacement of a shoulder or hip – a sudden, painful experience – and is appropriate to describe the breakup and the surprising experience of leaving behind the country, loved ones, home and the surrounding home, all parts of an individual's basic identity.

However, the term "deployment" implies, relocation. This is the case for integration into an individual host country, with all the associated difficulties: residence permits, recognition of status, search for housing and employment, all foundations for acculturation and assimilation processes in the host country.

Migration is never a neutral event because Rotondo (2014) reminded us of his reflections on his research experience with migrant families. Rather, migration is a critical situation, a disruption of the mechanisms that regulate individuals, groups, and a potentially traumatic experience. It is the breaking of an existing balance that leads to the need to seek a new balance. The result of this process depends on the personal history of an individual, his resources and the possibilities offered by the environment of the individual.

Individual stories are in a continuous dialectical relationship with social, political, and collective contexts. Therefore, it is not important to understand whether migration was a person's choice (often to improve living conditions). If so, an exploration project was at stake, with the individual motivated to get to a certain place. These aspects protect and propel the migrant not only during the trip, but also on arrival at his destination. A migratory project offers a better opportunity to direct their own choices and not to become a victim, but an active participant, integrating and modifying different states of ego of the person. The migrant is able to have a realistic vision, to take into account aspects of protection, such as curiosity and motivation towards migration.

LITERATURE REVIEW

Today, there is an extensive literature on trauma and agrees with a number of general ideas, we will consider them here to better understand the many implications of the experience of trauma and treatment.

As is generally known, the origin of the word *trauma* is associated with a wound, a break or an experience that delineates a period before and after. Trauma occurs when external events disrupt the ego's ability to process and manage them, thus leading to deep feelings of powerlessness (Person, Cooper & Gabbaard, 2005, p.561). The experience overwhelms the person's ability to react and act effectively and lets them feel affected by something, beyond their ability to resist, cope and "be there."

In Bin Swanger's existential vision, rooted in Heidegger's ontological concepts, "being there" or "dasein" is essential to human existence. An individual exists in time and space in a process of self-consciousness that is necessary to become self as an individual who is constantly oriented towards reality. Various theoretical models confirm that the ability to think and reflect on oneself and relationships with the world is the foundation of subjectivity by narrating and understanding someone's story, and often having a sense of existential continuity.

When an individual loses his or her subjectivity, he or she is reduced to an object, with many individual and collective consequences. We recall the dramatic history of Europe in the first half of the twentieth century and the testimonies of the various survivors of the concentration camps of the Holocaust, being paramount in understanding the aspects of trauma.

In traumatic experiences, an individual's ability to think, act and react with purpose is impaired and disturbed. To better understand the processes of interruption and repetition caused by traumatic experiences – a misperception in the passage of time – there is a continuous

fluctuation between the need to forget and leave behind and the need to remember with the ability to forget.

CONCLUSIONS

When a repeat trauma is accompanied by disturbances, feelings and flashbacks. There can even be an active search for emotionally extreme experiences and dangers, almost as if reproducing the same emotional tone and tenseness of the traumatic experience. This is generated by the default memory, which activates primary emotional survival responses.

Therefore , a real network must be created to help migrants to make new oxies more familiar and safer and to help individuals interact effectively with new surroundings. Like migrants and refugees, who are called upon to break away from what is well known and endure insecurity, pain and unfamiliar, while maintaining a sense of self," and the challenge for host societies may barely be to see forced migration as a chance to transform and develop and practice an active participatory migration procedure.

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