

Resilience in Immigrants

Lesson 7

Learning Outcomes

By the end of this session you should be able to

7.1 Define what is meant by resilience

7.2 Recognize the various ways in which immigrants are resilient and how resilience can foster social inclusion

Task

Working in groups


Brainstorm what is meant by resilience

In what ways do you think immigrants display resilience

How does resilience foster inclusion of immigrants in host countries?



Resilience and Immigrants

- ▶ Resilience refers to the process or outcomes of positive development in the context of adverse circumstances (Luthar Burt, & Coatsworth, 2006).
 - ▶ Immigrants and refugees face numerous challenges including isolation and loneliness in a new country
 - ▶ However, a resilience framework invites a consideration of the strengths and protective factors that allow immigrant families to overcome adversity.
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Resilience and Immigrants

- ▶ Across the literature, there is evidence that immigrant families emphasize the value of working hard to support their families.
- ▶ Immigrant and refugee families may respond with resilience to challenging circumstances and adversity, particularly when policies and resources are in place to support them.
- ▶ Pro-immigrant policies have been shown to create economic opportunities for immigrant families (Lester & Nguyen, 2015)

Resilience and Immigrants

- ▶ Although barriers exist, as a whole, immigrants are highly motivated to invest in their families through hard work and education and often express a sense of pride in their work




- ▶ Photo on <https://foter.com/re2/be3bde>>Foter.com
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The role of culture in Resilience of Immigrants

- ▶ Research with refugees and forced migrants from Mexico McCallister (2015) documented resilience and the role of culture in meeting the challenges of migration.
- ▶ While many of the migrants experienced signs and symptoms of depression and post-traumatic stress, they also exhibited positive adaptation based on their use of cultural values and traditions
- ▶ Immigrants maintained hope and drew meaning from family and faith in persevering and in their culture and community

Resilience and Immigrants

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Resilience and Immigrants

- ▶ Research by (Chavez-Baray, 2017) explored resilience and the role of culture among forced migrants, participants pointed to the role of social networks and culture as protective factors.
- ▶ Many had sustaining cultural values that they invoked to maintain personal integrity under adversity including deep personal friendships, community, family and faith (Lusk & Chavez-Baray, 2017).
- ▶ Galindo (2017) discovered that three core factors —hope, family and faith—were central to successful adaptations to migrant trauma and stress.

Film illustrating Stories of resilience


Unit 7.1

<https://youtu.be/oT4O1CCyywk>



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Summary of Lesson 7

- ▶ Discussed what is meant by resilience
 - ▶ Identified various ways in which immigrants are resilient
 - ▶ From films identified how resilience can foster social inclusion
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Reflection

How can stories of immigrant resilience be used to support integration and social inclusion

