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**PSYCHIATRY ASSISTING THE CULTURAL DIVERSE COMMUNITY IN CREATING HEALING TIES  
(PACCT)**



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It is agreed upon that the migration process in itself and the post-migration factors are potential risk factors for mental well-being. As such, migration represents a high loss process that puts a strain on the connectedness with the community and often renders one's socio-economic status more fragile. All these factors have their repercussions on mental well-being.

Psychological theories and practices have traditionally focused on the individual, looking for intra-individual adjustment in an unquestioned socio-political, cultural and historical context. Neglecting to fully consider contextual conditions and defining problems and solutions exclusively in intra-psychic terms, threatens the efficiency and adequacy of psychological services for this target population.

In order to contribute to the interculturalization of mental healthcare, the development and implementation of culturally-appropriate intervention programs are needed. Psychiatry Assisting a Cultural diverse Community in Creating healing Ties (PACCT) is such an intervention methodology created by Solentra. It applies a culturally sensitive, community and context-based perspective in order to bring together different frames of reference from the client's contextual environment, so as to avoid culturalization, stigmatization and "overpsychiatrization" in the diagnostic and therapeutic process. In this lecture we will explore more in depth the mental health repercussions of the migration and acculturation process that all refugees are going through and that adds to trauma for some of them. Furthermore, we will outline how to deal with these factors in order to offer mental health services that are effective and efficient for this target group.

**Keywords:**

ethnopsychiatry, resilience, community-based, migration, mental healthcare

**About the authors:**

Solentra is a Brussels-based non-profit organization that offers psychological support to children and young people with a migration background. It sees that the right to health –among the other human rights- applies to anyone without any regard to race, gender, belief or politics. However, many people with a refugee background do not reach formal mental health care services. To tackle this unmet need, Solentra created its unique and characterizing intervention called PACCT. The following presentation will take you through its theoretical background and practical implications.