

# TASK 2

Psychological consequences of migration and refuge.

**Culture shock** - that is, the surprise and sense of fear that occurs in the face of a completely different cultural or social environment, lifestyle or behavioural patterns, and its stages. Culture shock is a special kind of lack of social norms and rules - it is a brake on intercultural contacts, manifested in a sense of powerlessness, futility and social isolation. Cross-cultural differences and the lack of a sense of finding one's own place in a new environment are the main sources of stress for people living in other than their own cultural environments.

**Give examples of culture shock that you know:**

**Post-traumatic stress disorder** – is a mental health disorder very often experienced by refugees, ex-soldiers or victims of human trafficking. Symptoms of PTSD may include disturbing thoughts, outbursts of anger, trouble concentrating or being overly alert.

List the symptoms of PTSD that you know:

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**Learned helplessness** – behaviour typical of people who have experienced long-term unpleasant events that they were unable to control, change, and from which they could not escape. Learned helplessness may be the result of for example a long stay in a Refugee Centre. Symptoms of this condition include lack of self-confidence, passivity, aggression, or difficulty solving problems.

Write down the groups where you think this type of behaviour is prevalent.