

Immigration and Logotherapy: Addressing and Mental Health Problems among Muslim Immigrants in Europe

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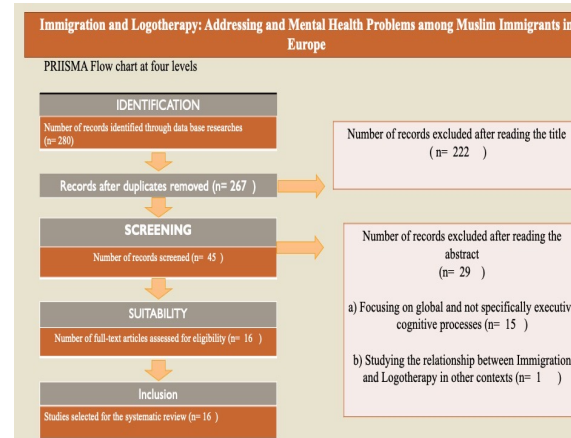
INTRODUCTION

Mental health problems are some of the main challenges that immigrants strive to overcome as they settle into their new locations [1]. With the increasing number of immigrants into Europe, especially young Muslim immigrants from the Middle East and North Africa, the cases of mental illnesses are projected to increase thus the need to come up with new approaches to address this problem [2].

Logotherapy is an excisional and humanistic approach developed by Victor E. Frankl in 20th Century. Based on this approach life has an unconditional meaning even in a suffering situation and human beings are free to find his/her unique meaning of life which is the main motivation of living [3]. It is assumed that logotherapy could be an effectiveness psychotherapy for Muslim Immigration population because it can help modify the attitudes of person to cope with any situation.

METHODS

The literature used in this study was sought from the following databases: Cochrane Central Register of Controlled Trials, CINAHL, Web of Knowledge, Psych INFO and MEDLINE. Keywords used to identify appropriate studies for the review included logotherapy, mental health problems, immigrant and treatment. The selected studies were those conducted between 2005 and 2020. However, only studies that met the following criteria were included in the review: **1.** research approach, i.e. quantitative, qualitative or mixed, is explicitly or implicitly referred, **2.** treatment for the mental health symptoms comprehensively described, **3.** the described treatment applied logotherapy principles, **4.** the participants in the selected studies were 18 years and above, and **5.** the participants were diagnosed with mental health problem symptoms, such as stress, anxiety or depression. After the evaluation of the studies against the criteria, sixteen articles were included in the final analysis.



AIMS

Improving mental health of Muslim immigrants by effectiveness of four Logotherapy techniques including: Dereflection, Paradoxical intention, Socratic dialogue and Modification de attitudes to increase patinas acceptance and help them to cope with even miserable situation.

RESULTS

The studies revealed that Logotherapy could be implemented through Paradoxical intention, Dereflection, Socratic dialogue, and Modification of attitude. All these techniques were found to have the potential to help the client to realize long-term relief for underlying stressors associated with migration and settling in a new location. Though data on Logotherapy is still scarce, it is evident that it deserves more research so that a structured, evidence-based, and effective therapy for Muslim immigrants in Europe can be developed and tested.

CONCLUSIONS

In this regard, we propose that the four logotherapy techniques potentially help to improve the mental health problems of immigrant populations confronting adversity.

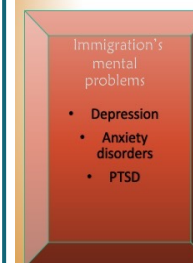
Application of Logotherapy

Dereflection Seeking external meaning [4].

Socratic dialogue Socratic questions are used to assist the client take responsibility for life's meaning and purpose [5].

Modification of attitude is used in situations that cannot be changed like tragedies, misfortunes, lost beloved once, war etc. which seems they are meaningless [3].

Paradoxical intention refers to attempting to make clients face the situations that they are most afraid of [6].



References

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