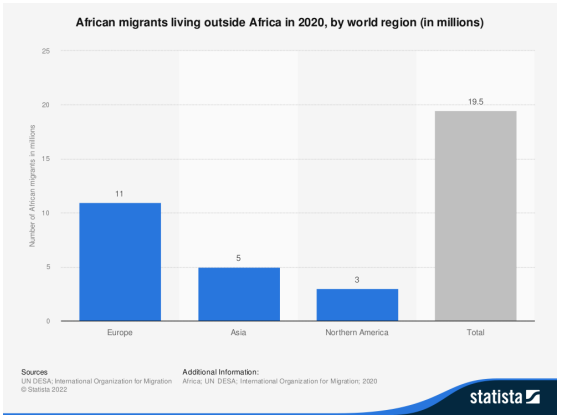
Culturally sensitive therapy for African immigrants, a step towards reduction of burden on psychiatry and over-reliance on medication

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Abstract (300 word limit)

Statement of the Problem: A lot of Africans migrating outside the continent are not getting the needed mental health intervention as a result of poor cultural understanding of their behavioural pattern and and socio cultural upbringing by the mental health practitioners. This ins turn gas led to many been misdiagnosed while not are been sent placed on medication, a development that puts unnecessary pressure on psychiatry. Europe ranked as the leading destination for African migrants outside Africa in 2020. Around 11 million African-born migrants lived in European countries that year. Nearly five million Africans resided in Asia, while about three million lived in Northern America. Overall, more than 19.5 million Africans were living in different world regions as of 2020. This static shows that African have and will always be interested in migration, sometime to seek for greener pasture, export their skills or seek for a better standard of living. The purpose of this study is to describe the experience of African immigrants seeking mental health intervention across the world with the aim of proffering recommendations for improved interventions by bringing attention to being culturally sensitive. The impact of sutural superstitions as well as stigmatisation of mental health issues a step core of African socio cultural environment on help seeking for African immigrants will also be examined. Methodology & Theoretical Orientation: The cultural risk theory (CRT) was used to guide data collection and analysis. Data were collected from a sample of 10 African immigrants who migrated from Africa in the last five years using a semi-structured interview guide. Findings: The immigrants were reluctant to seek for help considering the misconceptions about mental health issues from their home country. After making extra efforts to seek for help, it was observed that the therapist were met able to understand their issues as they do not have understanding of their cultural made up which is a huge risk factor in their behavioural patterned and cognitive made up. The therapist refer them to psychiatrist because they consider some of their behavioural display as symptoms of mental illness where as they are normal expression in Africa.

Image



Recent Publications (minimum 5)

1. Erica J. Wilkins, Jason B. Whiting, Marlene F. Watson, Jody Russon, Allena Moncrief, Residual Effects of Slavery: A Delphi Study, Contemporary Family Therapy, 10.1007/s10591-022-09636-7, (2022).
2. Jacques M. A. Okonji, Joseph N. Ososkie, Steven Pulos, Preferred Style and Ethnicity of Counselors by African American Males, Journal of Black Psychology, 10.1177/00957984960223004, 22, 3, (329-339), (2016).
3. George V. Gushue, Cultural-Identity Development and Family Assessment, The Counseling Psychologist, 10.1177/0011000093213011, 21, 3, (487-513), (2016).
4. Christiana I. Awosan, Jonathan G. Sandberg, Cadmona A. Hall, Understanding the Experience of Black Clients in Marriage and Family Therapy, Journal of Marital and Family Therapy, 10.1111/j.1752-0606.2009.00166.x, 37, 2, (153-168), (2011).
5. David Pitts, Yuseok Moon, Lisa B. Bingham, Individualism, Collectivism, & Transformative Mediation, SSRN Electronic Journal, 10.2139/ssrn.305165.

Photograph



Biography (150 word limit)

The Fixer, Dr. Tolulope Oko-Igaire(Hons.) is one of Africa's Foremost Sex Therapists and Professional Mental Health Practitioners. A Clinical Counselor with demonstrated ex- perience in Depression Treatment, PTSD Counseling, Human Sexuality, and Dysfunctional Behavioral Treat- ment. Also, a leading Gestalt, CBT, and Psychodynamic expert with specializations in Personality Disorders, Sexu- al Dysfunction, and Family Dynamics. She is currently the President of The Association for Counseling, Matchmaking & Psychotherapy of Nigeria ACMPN and a member of numerous International Coun- seling & Psychotherapy organizations. Dr. Tolu prides her- self on being up to date with the most recent scientific lit- erature surrounding Mental Health Counseling and Human Sexuality. She is currently rounding up her Ph.D. in Coun- seling Psychology at Texilla American University as well as a Ph.D. in Sexology at the International Institute of Clinical Sexology Florida. Dr. Tolu has received numerous awards both in Nigeria and abroad and is currently The Executive Director of The Institute of Counseling in Nigeria.

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Notes/Comments: