

Symposium | Psychotherapy : [Symposium 93] Cultural Perspectives in Psychotherapy: Integrating Traditional and Modern Approaches

📅 Sun. Sep 28, 2025 1:10 PM - 2:40 PM JST | Sun. Sep 28, 2025 4:10 AM - 5:40 AM UTC 🏢 Session Room 2 (Main Hall B)

[Symposium 93] Cultural Perspectives in Psychotherapy: Integrating Traditional and Modern Approaches

Moderator: Itsuo Asai (Heart Clinic Medical Corporation), Yukie Kurumiya (The Chicago School)

[SY-93-04] Overview of data and facts as well as understanding and explanation of mental health of migrants and refugees

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Migration and forced displacement are among the most significant social determinants of mental health in the 21st century. Refugees and migrants often face multiple stressors across the migration trajectory: pre-migration exposure to violence, persecution, or poverty; perilous journeys marked by insecurity; and post-migration challenges such as discrimination, precarious legal status, language barriers, and limited access to healthcare. These cumulative risks contribute to elevated prevalence rates of depression, anxiety disorders, post-traumatic stress disorder, and psychosomatic complaints compared to the host population.

At the same time, migration is not only a risk factor but also a resource: resilience, community networks, and cultural strengths shape mental health outcomes in complex ways. Understanding these dynamics requires an interdisciplinary approach that integrates epidemiological data with socio-cultural and clinical perspectives. Current research highlights the importance of structural determinants such as housing, employment, and inclusive health systems, alongside individual-level therapeutic interventions.

This presentation will provide an overview of key data and facts on the mental health of migrants and refugees, clarify the interplay between structural and psychosocial risk factors, and discuss pathways to culturally sensitive and context-specific care. It will also address the role of stigma, racism, and intergenerational effects on mental well-being. By combining evidence with practice-oriented reflections, the talk aims to contribute to a more nuanced understanding of mental health in migration contexts and to highlight strategies for strengthening equitable, sustainable, and inclusive mental healthcare.