

Symposium | Treatment of Dissociative Disorders and Family Systems : [Symposium 36] Exploring clinical cases on dissociative spectrum disorders: a transcultural psychiatry perspective on family system and implications on cultural background

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[Symposium 36] Exploring clinical cases on dissociative spectrum disorders: a transcultural psychiatry perspective on family system and implications on cultural background

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[SY-36-01] Exploring clinical cases on dissociative spectrum disorders: a transcultural psychiatry perspective on family system and implications on cultural background

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Relational trauma refers to the long-lasting impact of abuse, neglect, or abandonment within key relationships during childhood, often linked to issues like attachment problems and distrust from narcissistic caregivers. These wounds can persist into adulthood, influencing mental health issues such as personality disorders, complex post-traumatic stress disorder, depression, and anxiety. Also, migrations, which represent a growing, complex social phenomenon in the West, expose migrants to challenging journey that destabilizes their sense of identity and contributes to dissociative symptoms. The influence of culture and society of origin can affect the development and treatment of resulting psychopathologies. The symposium will delve into a series of clinical cases related to dissociative spectrum disorders, with a particular focus on the role of the family system as a catalyst for dissociative defenses, examined through a transcultural psychiatric lens. The discussions will highlight how these manifestations are often overlooked and underdiagnosed in clinical practice, despite their frequent roots in early relational trauma or repeated traumatic experiences. The cases to be presented frequently exhibit a "hidden" nature, complicating diagnosis and treatment. The authors will also explore the critical roles of both psychotherapeutic and pharmacological interventions, as well as rehabilitative approaches, in managing these complex cases. This comprehensive exploration aims to enhance understanding of the intricate interplay between migration trauma, cultural background, familial dynamics, and dissociative pathology, ultimately improving recognition and treatment in clinical settings. A cultural perspective on these disorders can help clinicians and researchers to recognize the implicit biases and limitations in current psychiatric theories and practices, leading to more effective approaches for the diverse populations served by psychiatric services globally.