

## The Immigrant Experience

What are the stresses encountered by the psychiatrist who is an immigrant or a refugee? What professional biases does the immigrant psychiatrist need to face, and what are the implications for family life? What administrative hurdles do they need to overcome?

- Over 30% of psychiatric residents are international medical graduates, many of whom are immigrants. This roundtable discussion highlights the issues they face. See "[Residents' Roundtable: The Psychiatric Resident's Immigrant Experience.](#)"

- In this link, Adriana Foster, Kim-Lan Czelusta, Daniela White, Andreea Seritan, and James W. Lomax offer a narrative account of immigrants from Iran, Afghanistan, and Rumania who became psychiatrists and joined the faculty of the Baylor College of Medicine. See "[Stories of Success](#)"

This essay appears as Chapter 25 of *The Handbook of Refugee Experience: Trauma, Resilience and Recovery*, edited by Jeffrey A. Kottler, Sophia Banu, and Suni Jani; Cognella Publications, 2019, San Diego; see <https://titles.cognella.com/handbook-of-refugee-experience-9781516526741>). Our thanks to the publishers for permission to publish this chapter. Except for personal use or archive, no part of this text may be reproduced, transmitted, downloaded, or stored in or introduced into any information storage or retrieval system, in any form or by any means, whether electronic or mechanical, now known or hereinafter invented, without the written permission of the Publisher.

- Eugenio M. Rothe and Andres J. Pumariaga address the following questions: "What will the ethnic, racial and cultural face of the United States look like in the upcoming decades, and how will the American population adapt to these changes? *Immigration, Cultural Identity, and Mental Health: Psycho-social Implications of the Reshaping of America* [<https://global.oup.com/academic/product/immigration-cultural-identity-and-mental-health-9780190661700?cc=us&lang=en&>] outlines the various psychosocial impacts of immigration on cultural identity and its impact on mainstream culture. Thoroughly researched, this book examines how cultural identity relates to individual mental health and should be taken into account in mental health treatment.

"Further, the book aims to elucidate the importance of ethnicity and race in the psycho-therapeutic encounter and offers treatment recommendations on how to approach and discuss issues of ethnicity and race in psychotherapy. It also presents evidence-based psychological treatment interventions for immigrants and members of minority populations and shows how psychotherapy involves the creation of new, more adaptive narratives that can provide healing, personal growth, and relevance to the immigrant experience. Throughout, the authors provide clinical case examples to illustrate the concepts presented."