Trauma and the Refugee Patient: Barriers and Strategies for Care
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Speakers:
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In 2014, over 4,000 refugees were resettled in New York State, with 95% being sent to upstate NY. Two Asian countries, Burma and Bhutan, supplied almost half of these refugees. In upstate areas, new refugee populations have helped increase cultural diversity while presenting new challenges to health care providers and public health practitioners unfamiliar with refugee cultures and the particular issues they face. In this presentation, Dr. Porterfield will explain why the way we communicate with a person who has suffered trauma matters. She will describe the major sources of refugee trauma, its impacts on cognition and the brain, and the principles of recovering from trauma. She will discuss ways to facilitate emotional safety among refugees, strategies for talking about trauma, and when and how to refer refugees to community services. James Sutton, will conclude the webinar by describing the Refugee Health Clinic at Rochester Regional Health, and how they have put some of principles Dr. Porterfield describes into practice.

Learning Objectives
After watching this webinar participants will be able to:

- Recognize the impacts of trauma on memory and the brain
- Identify ways you can facilitate emotional safety among refugees.
- Describe the three principles of recovery from trauma.
- Explain the what, why and how of working with community organizations serving refugees
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