Best Practice in Working with the Somali Population

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Recognized Symptoms in the Somali Community

Focus on the individual’s emotions and feelings

- Hallucinations
- Sadness, loneliness, helplessness, guilt
- Insomnia

Assess likelihood of the individual ability to track

- Isla Walbahaar
- Depressed mood and low self-esteem
- Loss of energy

Mindful eating

- Loss of interest or enjoyment from things that were once pleasurable
- Grossly disorganized or catatonic behavior
- Lack of interest or pleasure in usual activities

Practicing deep breathing

- Thoughts of death or suicide

Emphasis on the client’s strengths

- Practicing deep breathing
- Increasing self-awareness

Change in appetite causing weight loss or gain

- Focus on the individual ability to track
- Loss of interest or enjoyment from things that were once pleasurable

- Practicing deep breathing
- Increasing self-awareness

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