Best Practice in Working with the Somali Population

Ilhan Duale

Minnesota State University Mankato

Follow this and additional works at: https://cornerstone.lib.mnsu.edu/etds

Part of the Psychiatric and Mental Health Commons, and the Social Work Commons

Recommended Citation


This Other Capstone Project is brought to you for free and open access by the Graduate Theses, Dissertations, and Other Capstone Projects at Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato. It has been accepted for inclusion in All Graduate Theses, Dissertations, and Other Capstone Projects by an authorized administrator of Cornerstone: A Collection of Scholarly and Creative Works for Minnesota State University, Mankato.
Recognized Symptoms in the Somali Community

Dhimir
Solution focused and not problem focused
Walking meditation
Emphasis on the present and the future
Impulsivity or failure to plan a head
Reckless disregard for safety of self or others.

Wareer
Educate Somali individuals and families about the disease
Ku
Uncontrollable crying
Mindful eating
Difficulty making decisions
Isku
Negative systems i.e., affective flattening, depressed mood and low self-esteem
Waalli
Feelings of guilt, hopelessness, or worthlessness

Maraan
Lack of interest or pleasure in usual activities
Wal
Walaac

Best Practice in Working with the Somali Population

Ilihan Duale
Faculty Mentors: Michelle Alvarez
The Department of Social Work

Summary
Defining mental health service to Somali clients

Mental health services are very limited to Somali immigrants and refugees because the limited professionals who speak the Somali language and their level of cultural competency. Using interpreters also limits the ability to build a trusting relationship between the clinician and client. Explaining what mental health is to Somali immigrants and refugees is challenging to mental health practitioners. In the Somali culture there is no translation of mental health diagnoses. Also, the western view of mental health is a new and foreign concept to the Somali population. It’s important for the practitioners not to say “mental health” because in the Somali community mental health means “crazy.”

Evidence-Based Interventions

Best Practice in Working with the Somali Population

Ilihan Duale
Faculty Mentors: Michelle Alvarez
The Department of Social Work


The stigma associated with mental health. (A. Abdulahi, personal communication, May 21, 2011).

Borders
The barriers associated for not accessing services are the stigma from their community, language barriers, and understanding of what mental health needs is.

Psychology as mental health providers. These practitioners have been providing mental health services to Somali individuals and their families for over three years. Currently, a majority of the practitioners were obtained. These respondents consisted of three practitioners that have participated in the open-ended questions.

In addition, after completion of the interviews the audiotaped data was transcribed and responses to questions were analyzed by identifying common themes or patterns in the responses.

The stigma names associated with mental health. (A. Abdulahi, personal communication, May 21, 2011).

Michelle Alvarez
Faculty Mentors: Michelle Alvarez
The Department of Social Work


The stigma associated with mental health. (A. Abdulahi, personal communication, May 21, 2011).

Borders
The barriers associated for not accessing services are the stigma from their community, language barriers, and understanding of what mental health needs is.

Psychology as mental health providers. These practitioners have been providing mental health services to Somali individuals and their families for over three years. Currently, a majority of the practitioners were obtained. These respondents consisted of three practitioners that have participated in the open-ended questions.

In addition, after completion of the interviews the audiotaped data was transcribed and responses to questions were analyzed by identifying common themes or patterns in the responses.

The stigma names associated with mental health. (A. Abdulahi, personal communication, May 21, 2011).

Michelle Alvarez
Faculty Mentors: Michelle Alvarez
The Department of Social Work


The stigma associated with mental health. (A. Abdulahi, personal communication, May 21, 2011).