

2019-2020 Humanities Center Brown Bag Series

Trauma and Stress in Syrian and Iraqi Refugees Resettling in Michigan: Epidemiological Findings, Biomarkers, Interventions, and Current Directions

Years of conflict in Syria have exposed millions to war related trauma, scarcity of resources, uncertainty about the future, loss of loved ones and belongings, relocation, and adjustment to the new environment. Despite reports on high level of trauma among refugees in the Middle Eastern countries, much less is known in Syrian refugees resettled in the Western countries. Stress, Trauma, and Anxiety Research Clinic (STARC) has taken the mission of determining the impact of such chronic exposure to trauma among Syrian refugees resettling in the US, and addressing the trauma with creative intervention methods. This project has been featured on the CNN, Aljazeera, NPR, American Psychiatric Association, Anxiety and Depression Association of America, and American Academy of Child and Adolescent Psychiatry.

We have screened 157 adults and 131 children Syrian refugees resettling in the southeast Michigan within the first month of their arrival in the US. We have followed this cohort one year later. I will present the data on prevalence of mental health consequences of trauma exposure, within family dynamics of trauma, and changes in symptoms severity, and its environmental correlates. I will also briefly describe our body based interventions to help the children and their mothers.



Arash Javanbakht

Assistant Professor & Director of Stress, Trauma and Anxiety Research Clinic in the Psychiatry and Behavioral Neuroscience Department

FREE AND OPEN
TO THE PUBLIC

WAYNE STATE
UNIVERSITY



Wednesday, January 29, 2020

12:30PM—1:30PM

Rm. 2339

Faculty Administration Building



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Arash Javanbakht, M.D., is a psychiatrist and serves as the director of the Stress, Trauma, and Anxiety Research Clinic (STARC). His clinical work is focused on anxiety and trauma related disorders, and PTSD.