



Migrant and Person-Centered Approach

Huiping Chu

James Cook University Singapore

Chuhuiping0327@163.com

Abstract. With the globalization of the economy, the mental health risks faced by migrants have received widespread attention. In the past, attention to the psychological problems of immigrants has focused more on the connection between first-generation immigrants and society, and on improving the mental health of immigrant groups from an integration perspective. Family conflicts, cultural clashes, and prejudice issues between first- and second-generation immigrants are weakened. Second-generation immigrants face higher mental health risks after the rapid integration of first-generation immigrants into the local community. This paper examines the person-centred approach to counselling, and in order to address the above issues suggests that counsellors help first-generation immigrants understand the environment in which second-generation immigrants are growing up, then create cultural environments to guide individuals in self-learning to improve themselves and develop cultural self-confidence in immigrant families. It is expected to contribute to the development of psychological counselling for migrants.

Keywords: Migrant, People-centred, Culture, Social justice

1 Introduction

With the globalization of the economy, more and more migrants are emerging. Migrants refer to the movement of people from their former place of residence to a new one. It is divided into migration within countries and transnational migration. However, regardless of the type of migration, cultural conflicts can arise due to the different cultural backgrounds of the local community. Differences in cultural values, language barriers, economic changes, educational backgrounds, family conflicts, changes in social relationships, and even reconstruction are all factors that can lead to mental health problems among migrants (Kirmayer et al., 2010).[7] Even communication with doctors in a cross-cultural context is one of the difficulties faced by immigrants, who face higher health risks than natives because communication difficulties lead to poorer quality of care for immigrants (Schouten et al., 2005).[10] Language differences result in the inability of immigrants to accurately express the health problems they face, and communication prevents doctors from determining specific illnesses. Different cultures have different names for the same disease. It is difficult to communicate across cultures.

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Migrant groups belong to minorities in the country and face different problems of discrimination as local minorities, and transnational migrants may even face problems of racial discrimination. According to the Minority Identity Development (MID) model, the development of immigrants' sense of self is divided into five stages, conformity, dissonance, resistance and immersion, introspection, synergetic articulation and awareness (Sue, 1989).[12] In the later stages of integration of first-generation migrants, there is a greater chance that family conflicts will arise. First-generation migrants and their children have different values due to their upbringing, and conflicts and generation gaps can arise within the family. Second-generation migrant children are also at higher risk of mental health problems due to prejudice and discrimination (Kirmayer et al., 2010).[7]

Migrant groups with multicultural backgrounds are negatively affected by issues of discrimination, so there is a need to focus on the ethical issues of boundaries of competence and social justice when consulting with individuals in this group. Migrants face different problems at work, at home, in education and socially. Counselors may not be able to face complex issues beyond the boundaries of their competence. The cultural diversity of migrants can also lead to counselors being confronted with cultural backgrounds and language barriers they do not understand. Social justice issues are a crucial focus for groups facing prejudice and discrimination. This ethical issue focuses primarily on addressing the discrimination faced by migrants. The smaller group of undocumented immigrants faces more problems of discrimination within the immigrant community, and the inability to obtain legal status marginalizes undocumented immigrants in society (Solórzano, 2022).[11] It can be more difficult for counsellors to provide social justice assistance to illegal immigrant groups, and it is difficult to be effective in the short term. The problems faced by migrants have always existed, but the impact of migration on society has increased as the population has grown. The growing number of immigrants has made the cultural conflicts and health problems they face one of our time's critical social and political concerns. This essay explores effective counseling methods based on the challenges faced by migrants as a multicultural group and makes suggestions for their application to migrants as a group.

2 Useful Methods of Counseling

Counseling approaches that are widely used in counseling include decision theory, person-centered, brief solution counseling, cognitive behavioral theory, psychodynamic theory, and MCT (Ivey et al., 2014).[6] Past research has suggested that counselling and intercultural communication for migrants needs to be based on a person-centered and central strategy and that the use of interpreters in the counseling process is also an essential factor in helping to counsel to run smoothly (Wiking et al., 2009).[13] Other studies have also referred to approaches to counseling from a multicultural perspective using a multilevel model (Chung et al., 2011).[4] However, this essay focuses on a person-centered approach to counseling. Person-centered believes that every person can make positive changes in their lives and that people tend to achieve self-fulfillment. Person-centeredness refers to the focus on the person in counseling, promoting personal

self-actualization and allowing the person to decide on their behavior by guiding the removal of negative information internalized by the individual (Bohart & Watson, 2011).[2] The person-centered counseling approach aims to help migrants move quickly through the early stages of MID, away from denying themselves and giving in to discrimination. The person-centered counselling approach pays more attention to the heart of the individual, which can effectively strengthen the confidence of the individual and help the client to establish a positive and healthy environment for growth. In guiding the individual towards self-actualization, cultural and social connections that fit the current context are made. Culture is established as the learning process takes place and a new cultural identity emerges (Altugan, 2015).[1] The client-led counseling process allows for a deeper understanding of the client's culture and issues, and the counselor provides the right atmosphere to ensure that the client is guided in the right direction for self-growth. In a group of migrants who face multiple issues, a person-centered approach can help individuals achieve holistic change. Rather than just addressing one issue.

3 Person-Centered Approach

The visitor-centered approach to counseling has been shown to be effective in enabling the visitor to express all thoughts, reasons, feelings, and expectations (HENBEST & STEWART, 1989).[5] A person-centered approach to counseling is effective in providing feedback and assessment. It is appropriate for use in the context of migrants seeking change and is in keeping with TEACHING's counseling style. The TEACHING style of counseling is highly directive and highly supportive, offering support and encouragement to those who wish to change but cannot do so. However, in person-centered counseling, the counselor does not offer unsolicited advice but only tries to create an atmosphere suitable for the client to accomplish personal growth. This method is only suitable for groups of people who are truly capable of self-actualization, and some individuals may not have the capacity to act well. Counseling is inefficient when dealing with groups that are unable to grow on their own. Requires the counsellor to carefully screen whether the client truly has sufficient capacity for self-actualization.

On the other hand, a person-centered approach is unsuitable for dealing with a client who expects to change a specific problem. For example, when a client only wishes to understand what a particular person thinks and seeks advice to improve the relationship between two people. This is when a brief solution consultation is more appropriate (Ivey et al., 2014).[6] Another problem encountered by people-centered groups of migrant people is related to language barriers. Interpreters are necessary for multicultural counseling (Wiking et al., 2009).[13] However, as counseling using this method requires building trust and an emotional link with the visitor, counseling with a third person present is likely to affect the effectiveness of building trust. The person-centered approach to counseling advocates observing the individual and not measuring the client against societal standards. Therefore counselors are faced with a serious challenge. There is a need to be aware of the problem of internalizing negative information due to an incomplete understanding of the problem when counseling (Chung et al., 2011).[4]

Social justice is also a challenge that the counselor will face, which means that the counselor will not only have to conduct the conversation, but will also have to promote activities related to safeguarding the rights of migrants in society. This counseling approach, therefore, demands a high level of competence from the counselor, and the issue of boundaries of competence is another issue to be considered. Counsellors need to initially judge their ability to use person-centered counselling methods in their communication with clients by obtaining background information about the client prior to the client's visit. Try to avoid situations that are beyond one's capabilities. For example, avoiding the use of person-centered counselling in situations where the language is completely uncommunicative and can only be paired with an interpreter, try using brief solution-based counselling.

4 Applications

A person-centered approach to counseling can be applied to the unique cultural background of migrants in relation to family conflicts, racial discrimination, social problems, and language barriers. Race, age, and ties to the community are all major factors that affect the mental health of immigrants, and acculturation is an even more important factor that affects first-generation immigrants (Chang et al., 2023).[3] According to Altugan (2015), there is a link between cultural identity and learning. Ethnicity, language, religion, and economy all influence the process of integration of immigrants into their new social environment.[1] The counselor uses a person-centered counseling approach, exploring in the conversation where the individual is at in their MID. Counselors help individuals to become more effective in learning a new culture based on their different cultural traits. The counselor creates an environment that promotes the individual's self-actualization. According to Nguyen et al. (2020), culture can be newly shaped in the learning process and individuals can learn to solve the cultural problems faced by migrants through personal competence.[8] When individuals face language barriers, counselors can create an environment where individuals are encouraged to learn the language and avoid slacking off. The counsellor breaks through the barriers and pressures faced when learning a new language by guiding the client when communicating with them. Individuals can be guided to learn the laws of the place of immigration to avoid conflicts with the local culture when raising children (Chung et al., 2011).[4] For instance, in China appropriate corporal punishment of children is not against the law, but in Canada it is a very serious offence. Helping immigrants to understand local laws can help immigrants to integrate into the local community as soon as possible. In a nutshell, it is about guiding visitors to self-learning enhancements that address the root causes of cultural problems. A person-centered approach is followed to create an environment that guides visitors to feel confident in their own culture when migrants are confronted with prejudice and discrimination. For example, by supporting and encouraging individuals to become proud of their own culture. A supportive attitude is essential in situations where migrants are confronted with denial. Rescuing the visitor from self-blame is one of the applications of the humanistic approach. This application is in line with social justice. This approach has also been applied to resolving conflicts between first

and second-generation migrants. As second-generation immigrants are educated in two or more nationalities, national identities diverge within the family and society, and parents who are more attached to the country of origin and schools that primarily disseminate the national culture of the place of immigration lead to the simultaneous emergence of two different cultural environments in the lives of second-generation immigrants (Ole, 2023).[9] Second-generation immigrants who do not belong exclusively to a particular culture usually face a more complex upbringing, and the integration of second-generation immigrants is one of the problems faced by immigrant families. As seen above, second-generation migrants have a multicultural upbringing and face more discrimination and prejudice than native children. Migrant families face different values, different food cultures, members endorse different policies, and even belong to different countries. For example, early love is defined differently in different regions. Some cultures consider drinking ice water to be a health-harming behavior. Differences in the dominant religion in different countries can also lead to dietary conflicts in the family. Counselors help first-generation migrants to improve their self-control to avoid arguments and help first-generation migrants to understand the environment in which second-generation migrants grow up. The person-centered approach helps visitors to take the initiative to learn about different cultures after they have calmed down, and to reach a mutual understanding after long-term counseling.

5 Conclusion

In conclusion, self-growth is one of the least expensive and most practical ways of solving long-term problems. The person-centered approach follows the goal of reaching the self-fulfillment of the visitor and addressing the root causes of the complex problems faced by migrants. Migrants have been mostly associated with social justice in past research and social justice issues need to be a key consideration in counseling for this population. Counsellors should focus on the presence of social justice issues in the local community and in the schools of second-generation immigrants, and promote timely activities to safeguard the social rights of immigrant groups. In multicultural contexts it is easy to be exposed to more complex issues, so there is a need to focus on capacity boundaries. Person-centered approaches then do not work well with people with low capacity, low self-control, and a desire for quick fixes to short-term problems. Counselors need to further develop other counseling methods and use person-centered approaches together to avoid capacity boundary issues.

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