




The Triple Trauma Paradigm of Refugees

Refugee trauma (or stress) is not limited to what they experienced in their home country or in a refugee camp (or secondary location). It continues on as they are resettling into their new home in the United States. The Triple Trauma Paradigm helps to explain the unique stress that refugees undergo, and why it's not "over" simply because they arrive to a safe host country.

Your work as a volunteer mentor and guide is key in helping them and their family integrate fully into their new homeland post-flight. RAA and other community organizations and agencies can help you as you identify and deal with challenges in working with your client or family. Please reach out to RAA or others in the community. **Thank you!**

THE TRIPLE-TRAUMA PARADIGM		
PRE-FLIGHT 	FLIGHT 	POST-FLIGHT 
<ul style="list-style-type: none"> ■ Harassment/intimidation/threats ■ Fear of unexpected arrest ■ Loss of job/livelihood ■ Loss of home and possessions ■ Disruption of studies, life dreams ■ Repeated relocation ■ Living in hiding/underground ■ Societal chaos/breakdown ■ Prohibition of traditional practices ■ Lack of medical care ■ Separation, isolation of family ■ Malnutrition ■ Need for secrecy, silence, distrust ■ Brief arrests ■ Being followed or monitored ■ Imprisonment ■ Torture ■ Other forms of violence ■ Witnessing violence ■ Disappearances/deaths 	<ul style="list-style-type: none"> ■ Fear of being caught or returned ■ Living in hiding/underground ■ Detention at checkpoints, borders ■ Loss of home, possessions ■ Loss of job/schooling ■ Illness ■ Robbery ■ Exploitation: bribes, falsification ■ Physical assault, rape, or injury ■ Witnessing violence ■ Lack of medical care ■ Separation, isolation of family ■ Malnutrition ■ Crowded, unsanitary conditions ■ Long waits in refugee camps ■ Great uncertainty about future 	<ul style="list-style-type: none"> ■ Low social and economic status ■ Lack of legal status ■ Language barriers ■ Transportation, service barriers ■ Loss of identity, roles ■ Bad news from home ■ Unmet expectations ■ Unemployment/underemployment ■ Racial/ethnic discrimination ■ Inadequate, dangerous housing ■ Repeated relocation/migration ■ Social and cultural isolation ■ Family separation/reunification ■ Unresolved losses/disappearances ■ Conflict: internal, marital, generational, community ■ Unrealistic expectations from home ■ Shock of new climate, geography ■ Symptoms often worsen