

STUBE Hessen-Seminar 0824

8th-10th November 2024 in Wiesbaden

“Mental Health- - How to get over the trauma?”

- Seminar facilitators:** Mr. Leo Winnubst, STUBE Hessen-speaker
- Co-facilitator:** Mr. Luis Miguel Velez Alzate (Colombia), Physics, Goethe University Frankfurt am Main
- Target group:** Students from Africa, Asia, Latin America and MENA studying in English degrees in Hessen
- learning goals:** Acquiring knowledge about mental health related stressors with a focus on the psychological hardship of international migrants and students; discussing and learning about the topic of mental health from different perspectives such as an economic and sociological perspective; learn about strategies and techniques to address and deal with mental health related issues and trauma; understand and discuss the concept of trauma
- Participants:** The number of registrations totalled 53 and a number of 26 students participated in this English speaking seminar (14 women, 11 men). Out of 26 participants, 9 participants attended a STUBE seminar for the first time. All in all, the number of represented countries was 17. Divided by regions, 4 students from 4 African countries, 10 students from 6 Asian countries, 4 student from 2 state in the MENA-region, 3 students from 2 Latin-American country, and 5 students from 3 European country participated in the seminar.

Process of the seminar

The seminar took place as indicated by the program.

Friday, 8th November 2024

The seminar started with a welcome speech for the participating students by the facilitator Leo Winnubst and co-facilitator Luis Miguel Velez Alzate. The program started at 7 pm, after dinner. Mr. Winnubst and Mr. Velez Alzate introduced themselves. The facilitators presented the various offers of STUBE to the participants. Together with the students the co-facilitator developed different rules that need to be followed during the seminar, like respect, punctuality, no side-talking. The co-facilitator then assigned duties like taking pictures to some participants who volunteered. Mr. Winnubst introduced the participants to the topic.

After the introduction to the topic, the participants discussed their thoughts and Mr. Velez Alzate introduced the participants to some games to get to know each other.

Saturday, 9th November 2024

The first workshop was held by Prof. Dr. Samia Mohamed Nour who currently is a visiting professor of economics at the Fulda University of Applied Sciences and a professor of economics at the Khartoum University in Sudan. Ms. Nour’s presentation with the title “Mental Health and Migration: Navigating Well-Being in a New Home” started with a general overview of global migration. Out of the 281 million international migrants, 30 to 40% suffer from Post-traumatic stress disorder (PTSD). By introducing SDG 3 to the participants, she created a relationship between migration and mental health. She presented four socioeconomic and cultural adaptation stressors which are main stressors for migrants’ mental well-being. These are economic challenges, cultural barriers and discrimination, family separation and reunification challenges, socioeconomic and cultural adaptation stressors.

While these are causes for a deterring mental health amongst migrants, simultaneously there are barriers that hinder migrants to access the mental health services they require. Language barriers, cultural stigma and policy limitations are some examples of these barriers. After presenting the two case studies of Syrian refugees in Europe and economic migrants in the US, Ms. Nour continued with strategies for supporting migrant mental health. The final part of Ms. Nour's workshop consisted of group discussions in which participants were supposed to share their own experiences and struggles they have faced as migrants. Ms. Nour would join each group for 15 minutes and listen to the stories of the participants. The seminar allowed the participants to relate the theoretical input provided in the first half of the workshop to their lived experiences and shared examples. Ms. Nour concluded the workshop by thanking everyone for their open and honest participation.

For the second part of the day, Noor Mohammad Hashmat, who is a PhD student in the field of sociology at the Goethe University Frankfurt am Main, had prepared a workshop on the "Sociological Perspectives on Trauma and Mental Resilience". He emphasized that his workshop will be based on participant center learning methods which will require an active participation from all participants. After giving a brief overview on the definition of trauma and the circumstances that may cause trauma, Mr. Hashmat presented the main question of his workshop: How do migrants and international students cope with trauma and psychological challenges, and what role do sociocultural factors play in fostering mental resilience within these groups? Mr Hashmat engaged the participants in a discussion about causes and circumstances for mental health issues and trauma. Afterwards the participants were divided into five groups and discussed their own experiences in regards to five mental stressors.

Mr. Hashmat started the second half of his workshop by providing a sociological perspective on the topics of mental health and trauma. He highlighted several social and cultural influences which shape the definitions of and responses to mental health problems. He introduced the final part of his workshop by addressing effective coping mechanisms which contribute to mental resilience. The groups were once again divided into five groups and each group was given academic literature discussing effective coping mechanisms to deal with mental health related issues. Each group was meant to discuss the mechanisms presented in the literature they were given and expand them with their own ideas. Finally, the groups presented their prepared coping mechanisms to the other participants. Mr. Hashmat thanked all participants for their contributions and the STUBE Hessen for the opportunity to present his work at the seminar.

Sunday, 9th June 2024

In the last workshop the participants dealt with the topic "Bridging Worlds: Socioeconomic Insights into Mental Health Challenges". The workshop was conducted by Oshur Ozodi, a student in International Health Sciences at the Fulda University of Applied Sciences and past experiences in the medical field and psychosocial support. His workshop was structured along three main parts. He wanted to address trauma and mental health issues by showcasing the implications a disconnect between the body and mind, the past and present, and oneself and the world can have. Ultimately he hoped that his workshop would facilitate bridges between these categories to encourage mental resilience and well-being.

Mr. Ozodi started his workshop with giving a general introduction into the topic of health and mental health. He pointed out that in the professional medical world mental health is often not sufficiently researched or respected. He gave the example of the long list of medical professions which deal with different body parts and physical health while there are only two subjects which lay their focus on

mental health: pedagogy and psychology and psychiatry. His presentation continued with an elaboration on the concept of trauma and included both theoretical and personal segments. The final part of the workshop consisted of group work in which the participants prepared two of the group members to role play a friend seeking for help and the other trying to comfort the help with an appropriate approach and strategies. Each group role played scenarios regarding one of the three main parts Mr. Ozodi's presentation focused on.

At the end of the presentation, Mr. Leo Winnubst thanked all the participants for sharing their thoughts and experiences. He closed the seminar and asked the participants to fill in a short evaluation form. The participants had the chance to share their impressions of the seminar.

Used methods and evaluation of the seminar

discussion and question rounds; teamwork in groups; presenting in front of the other participants; power point-presentation; participant centre learning method; problem solving methods; role play

Impressions from the seminar:

- Everything was great
- Sharing stories
- There was a wide range of attendees and i got to see how different personalities interact with a topic as sensitive as this.
- positive energy and friendship
- All presenters
- Everything was good
- The different aspects in which people seek information about mental health
- Different myths about mental health
- It was a very interesting and informative seminar.
- I hope to attend many more of these seminars.
- The group was very interactive and respectful of each other. It was nice to see how a difference of opinion didn't lead to conflict.
- It was my first seminar and I got a lot of information and experience.
- The topic is very interesting.
- Everything was perfect.
- Thanks for everything from the presenters.
- Leo and Luis, I appreciate your hard work.
- Time spent with friends
- Time management
- Time was too short. Need a day longer or so.
- More interaction during the workshops to reflect the knowledge

Wiesbaden, 12.11.2024

Leo Winnubst

STUBE Hessen-Referentin