



**UEMS training requirements for the speciality of psychiatry:
Annex on knowledge, skills and professionalism required for the care
of refugees and asylum seekers**

*Please note that the numbering relates to the competencies outlined in the UEMS
European Framework for Competencies in Psychiatry.*

<http://uemspsihchiatry.org/wp-content/uploads/2013/09/2009-Oct-EFCP.pdf>

Knowledge base

The legal framework including international conventions as well as national legislation on refugees, asylum seekers and awareness of related human rights issues

4.3.7 understand current mental health and other relevant legislation, **including international conventions as well as national legislation on refugees, asylum seekers and awareness of related human rights issues**

Traumatic stress: The psychological and psychiatric consequences of loss, trauma, abuse, especially human rights violations as torture, war, incarceration and politically, ethnically and racially based persecution

1.1.3 understand the factors contributing to predisposition, precipitation and perpetuation of mental disorder as well as protective factors. **This will include but not be limited to the effects of loss, trauma, abuse, forced migration, human rights violations such as torture, war, incarceration and politically, ethnically and racially based persecution. Protective factors will include personal resilience and social inclusion**

Transcultural Psychiatry :

- Universalism, globalisation, acculturation, cultural diversity, cultural stereotypes and social capital
 - Models of ethnic and racial identity
 - The influence of culture on psychiatric symptoms, psychopathology, somatic idioms of distress, coping, mechanisms and responses to distress
 - The influence of cultural factors on presentation, assessment and management of individual cases
 - The prevalence and prognosis of mental disorders across cultures
 - The association of migration and common psychiatric disorders (particularly depression and schizophrenia)

1.1.6 perform and document a psychiatric assessment with attention to cultural diversity, **including the ways that cultural and ethnic factors influence a person's response to and expression of distress and psychiatric symptoms and the influence of cultural factors and migration on common psychiatric disorders.**

1.2.0.2 determine which available biological, psychotherapeutic and social psychiatric interventions are appropriate to the patient's treatment expectations, circumstances **and culture**

Health Promotion and Social Inclusion in relation asylum seekers, refugees and ethnic minorities: knowledge of risk and protective factors, including socio-economic inequalities and its effects, as well as resilience factors in the refugee families and - communities

Skills:

Inter-cultural communication skills, demonstrating awareness of the impact of cultural, religious and ethnic differences on a psychiatric interview.

2.1.2 communicate effectively, both verbally and non-verbally, **where necessary across linguistic and cultural boundaries using appropriate translation services**

Perform a detailed history of the different phases of the forced migration, exposure to potentially traumatic events (PTE) and the psychiatric consequences (See 1.1.3 above)

Perform a detailed developmental history with particular reference to the impact of adverse life events

2.2.2 (new) Perform a detailed developmental history with particular reference to the impact of adverse life events

Provide relevant psycho-education to recently arrived refugees and asylum seekers

5.1.2 (new) Provide relevant psycho-education whenever required especially to vulnerable and marginalised people for example, recently arrived refugees and asylum seekers

Utilise translation services when patients and/or carers and trainees are not proficient in the same language (See amended 2.1.2 above)

Utilise local social and cultural networks, voluntary organisations and self-help groups

3.1.7 (new) Be able to work with local social and cultural networks, voluntary organisations and self-help groups

Professionalism (attitudes):

Awareness of own world view

7.3.7 review own professional conduct, acknowledge and remediate medical errors, should they occur **and demonstrate an awareness of the impact of your own world view on professional conduct**

Respecting the cultural, ethnic and religious differences

2.1.2 (New) Show respect for cultural, ethnic and religious differences

Recognising and respecting the patient's boundaries when addressing human rights violations and other PTE, and be aware of own boundaries. Transcultural skills in psychotherapy

2.1.3 establish, maintain and conclude therapeutic relationships with patients and carers, **including with people from different cultural backgrounds from your own that properly respect appropriate boundaries at all times, especially with vulnerable and marginalised people**