



Boston Center for Refugee Health and Human Rights Transnational Parenting Groups

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Framework for Transnational Groups

Group intention: To develop a peer supportive space for parents, parenting their children transnationally, following a forced migration experience.

Themes:

- Normalization of Transnational Parenting
- Uncertainty
- Lack of sense of control
- On-going fear of family safety
- Parental Role Change/ Primary Caregiver change
- Relationship stress on marriages/partners
- Stressful Communication Patterns.
- Developing attachment with distance



Group Experience and Next Steps



Group Experience:

- Shared different strategies on ways to keep attachment and connection to families.
- Pattern of withdrawing from family (increased Isolation)
- Relationship strains- expectations of immigrate resource/funds/money sent home; relationship issues and strain on marriage relationship
- Parents had concern for lack of guidance for children, primary caregiver had fear or discomfort in discipline or parental guidance.
- Development of parenting styles based on exposure to US cultural parenting styles.

Lessons Learned:

1. Participants were more interested in structured curriculum than experiential group.
2. Participants were also interested in psychoeducation in parenting skills/systems in the US vs home countries.
3. Participants were very interested in finding ways to manage and regulate feelings related to separation from children and family.
4. Participants developing on-going insights for complex emotions around forced transnational parenting role.

Going Forward:

- Children's Global Rights: increased psycho-education and insight
- Considering Psycho-education on Parenting styles
- Consider psycho-education on child development stages, in effort to continue parents understanding of child development during transnational parenting period (period of physical separation).
- Observed upon reunification, parents had unconscious believe that children maintained their development stage at time of separation, causing relationship and attachment issues.
- Adaption of ARC (Attachment Regulation and Competence) Model for Transnational Parenting

Thank You



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Young Child & Family-Focused Trauma-Informed Care for SOTs

ORR SOT Recipient Meeting: March 18, 2024



Child-Parent Psychotherapy



NCTSN webinar with strategies to engage Latino clients in Child-Parent Psychotherapy (CPP) treatment:

- information on factors that may predispose Latinos to violence
- cultural influences on response to trauma and depression
- describes CPP through a case example
- outlines eight guideposts a therapist can use to strengthen the relationship with a family
- <https://www.nctsn.org/resources/cultural-considerations-working-latino-clients-using-child-parent-psychotherapy-model>

Attachment Vitamins

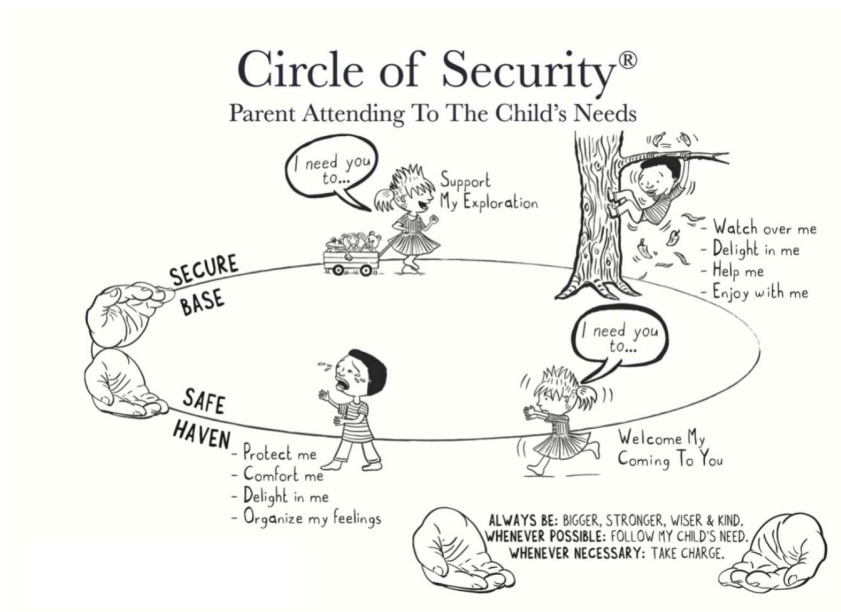
A 10-week intervention for:

- parents/caregivers of birth-5 years
- child development
- impact of stress and trauma
- reflect on the child's experiences and the possible meanings of the child's behaviors
- promote secure attachment and safe socialization practices
- highly interactive
- encourages caregivers to engage in a process of active reflection on their relationship with their children and on their own experiences while growing up
- supports CPP concepts - can be a precursor or a standalone



In 2023, LCCS engaged in a pilot project with the International Rescue Committee to implement Attachment Vitamins with cultural adaptations for newly arrived Spanish-speaking families and Afghan Refugees

Circle of Security-Parenting



The Circle of Security: A Visual "Map" of Caregiver-Child Attachment

Circle of Security International focuses on training providers with many different backgrounds and from many different disciplines to help caregivers connect with the children in their lives

The Circle of Security is a visual map used as part of interventions for caregivers, all of which are focused on helping caregivers reflect on children's attachment needs to promote secure attachment with a child.

The National Child Traumatic Stress Network

Created by Congress in 2000 as part of the Children's Health Act to raise the standard of care and increase access to services for children and families who experience or witness traumatic events

The NCTSN website and resources include a wide range of products, webinars, and partner organizations that provide training and direct services for child trauma treatment



Thank you!

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