

Losing God...

The inclusion of the loss of “religious experience” on the Ulysses Scale *Interdisciplinary and transdisciplinary experiments*

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The migration process causes the human person to undergo various forms of stress and to experience a sense of loss (mourning) with respect to his or her origins. In the Ulysses Scale, seven types of mourning are analysed focusing on different and complementary aspects of a person's life. In formulating a questionnaire dealing with the initial welcome of migrants, still under experimentation in Italy, we have added an eighth mourning: the “loss” of religious experience. The religious context and aspects of religious life and spirituality experienced in the country of origin, become difficult or impossible to regain and to practise in the country of arrival. This impacts upon the migrants' psychosocial balance and their ability for adaptation and inclusion. Religious experiences are specific and form part of the symbolic, cultural and social sphere of the migrant. Their partial or total loss leads to disorientation, sociocultural deprivation, loneliness and stress. The item “religious experience” listed in the new questionnaire aims to detect this stress, caused by the losses related to it, through indicators derived from religious psychology, cultural anthropology and the sociology of religion.