

Syndrome of Migrants with Extreme Migratory Mourning Impact. (Ulysses syndrome) in Latin American in London and Logotherapy.

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Migration, as most life events, generates a number of benefits such as access to new life opportunities and horizons, but also presents a set of difficulties, such as stress and difficult situations. Migration has a problematic side, called ‘stress or migratory grief’. This project introduces the Scale for diagnosis and logotherapy as strategy in the Agent aid program in the UK, which support migrants who speak Spanish and Portuguese.

Despite recognizing the existence of this stress or migratory grief, it is important to note that it is not appropriate to state that in all cases migration generates the same result, for this would mean denying the existence of a set of positive aspects and to also recognize the existence of benefits of migration. While migration is often more a solution than a problem, it is a solution that contains, at the same time, part of a problem. However, the migratory grief is complex and many times, difficult, especially if personal and social circumstances of immigrants are problematic, so much so that it can deconstruct the person. It is important to remember that human beings possess capabilities to migrate and develop this duel combat between the solution and the problem, as we descend from beings who have migrated successfully many times throughout the evolutionary process and from this perspective, it is considered that migration is not in itself a cause of mental disorder, but a risk factor with which we have lived for thousands of years.

Nancy Liscano has a Master in Mental health for Migrants , Master’s in Personalized Education and Cultural Development. She is in the process of obtaining her PHD in Psychology and Personality and finishing her doctoral thesis. Ms. Liscano has 23 years of experience in education and 14 years in mental health for immigrants. She is founder and president of El Teléfono de la Esperanza, UK. This organization supports people experiencing emotional crises and helps to improve the quality of emotional life of Spanish and Portuguese speaking immigrants to improve their well-being and emotional health and to support them in their emotional development. Ms. Liscano also has experience in multicultural environments in the UK, Europe and Latin America. She is keen to find a role that would help her to improve the quality of Educational life of children and their parents in London.