

## **Reflection on a holistic model of recovery. Working with Cald Carers.**

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This paper aims to explore Cald Carers needs and to reflect on empowering models of recovery.

The identity of Carers from Culturally and Linguistically Diverse (Cald) backgrounds are very much shaped by cultural factors and multiple losses associated with the impact of migration. In a new country many Cald Carers find challenging to cope with trauma associated with their pre-migration experience, emotional and cognitive stress associated with a caring role, the loss of extended family support, social isolation, a language barrier, culture shock, a stigma around a mental illness and strong, often unreasonable, expectations from family and community. In most cases these stress factors impact on the whole body resulting in PTSD symptoms and complaints, depression, neurotic disorders, anxiety, fear, behavioral and emotional responses to cognitive stress etc. Symptoms can last a lifetime if left untreated.

Often these challenging experiences become unveiled in the broader community.

At the ISHAR Multicultural Women's Health Centre the Carers Support Program offers a holistic model of recovery to 'addressing the whole person - spirit, mind and body – in the context of relations with other people', a surrounding environment and the inner self (Robbins, 1998 as cited in Grant, 2000). It also allows spaces for curiosity, creativity, respect and connection and importantly promotes personal resilience and self determination.

Reference:

1. Grant, R., 2000, A comprehensive and Integrative Approach to the Diagnosis and Treatment of Trauma, Oakland, California.