



TRAUMATIC STRESS
INSTITUTE

Announcements

- ❖ RC Webinar – The Ripple Effect: 25 Years of Risking Connection, 12/2, 1-5 pm EST, Keynote by Noel Casiano, Rooted in Connection: Fostering Resilience Amid Uncertainty
- ❖ Monthly RC Mindfulness, first Wednesday 12:00-12:30 EST, see Trainer's Corner






TRAUMATIC STRESS
INSTITUTE

“Give me your tired, your poor, your huddled masses yearning to breathe free.”
And now what do we do?

**Risking Connection
Trainer Webinar**

Vanessa N. Mayers, MSW
Program Coordinator
Traumatic Stress Institute
November 13, 2025








TRAUMATIC STRESS
INSTITUTE








TRAUMATIC STRESS
INSTITUTE

POLL

1. I have worked directly with immigrants or refugees in my professional role.
2. My organization provides specialized programs or training related to immigrant and refugee services.
3. I feel knowledgeable about the unique challenges immigrants and refugees face before, during, and after migration.
4. I have received training on culturally responsive or trauma-informed care for immigrant and refugee populations.



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

AGENDA

- Discuss types of experiences immigrants and refugees might face during pre-migration, during migration and post-migration to the United States
- Review how these experiences align with the RC Framework
- Explore trauma-informed strategies for working with immigrants and refugees
- **Reminder: *Please take care of yourself during training***



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

**"Give me your tired, your poor, your huddled masses
yearning to breathe free."
And now what do we do?"**





TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES

2

**TRAUMATIC STRESS
INSTITUTE**

Did you know?



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.

KLINGBERG
COMPREHENSIVE
FAMILY SERVICES

**TRAUMATIC STRESS
INSTITUTE**

Immigrants & Refugees in United States

- In the most recent full year (2024), the United States admitted 100,060 refugees
- Estimated at over 11 million between 2020 and 2025 immigrants



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.

KLINGBERG
COMPREHENSIVE
FAMILY SERVICES

**TRAUMATIC STRESS
INSTITUTE**

Difference between Immigrants and Refugees

IMMIGRANTS	REFUGEES
Immigrants usually choose to move typically for economic opportunities, education, or family reunification.	Refugees are usually forced to leave their country due to a well-founded fear of persecution, conflict, or violence and require international protection.

TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.

KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Where Do Immigrants in the to U.S. Come From?

- Mexico: 22% of all immigrants in the U.S. (~11 million)
- India: 6% of all immigrants in the U.S. (~3.2 million)
- China: 6% of all immigrants in the U.S. (~ 3 million)
- Philippines: 4% of all immigrants in the U.S. (~2.1 million)
- Cuba: 3% of all immigrants in the U.S. (~1.7 million)



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
CENTERS



TRAUMATIC STRESS
INSTITUTE

Where Do Refugees in the U.S. Come From?

Country of Origin	#Accepted Refugees	% of Total
• Democratic Republic of Congo	19,923	20%
• Afghanistan	14,708	15%
• Venezuela	12,875	13%
• Syria	11,274	11%
• Myanmar	7,347	7%



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
CENTERS



TRAUMATIC STRESS
INSTITUTE

RC Framework

The Impact of Childhood Traumatic Experiences/ACEs

DISRUPTION	ACTIVATION	REACTION						
Attachment Body & Brain Self-capacities Inner Connection Worthiness of Life Feeling Management	 CURRENT STRESSOR ONGOING STRESSORS Racism, Discrimination, Historical Trauma, Poverty, Exposure to Violence	<table><tr><td>1 Intolerable Feelings</td><td>2 Acts to Relieve Feelings</td><td>3 Retreats, or hurts self or others</td></tr><tr><td colspan="3"> Symptoms are Adaptations They help in the moment, but hurt in the long run </td></tr></table>	1 Intolerable Feelings	2 Acts to Relieve Feelings	3 Retreats, or hurts self or others	 Symptoms are Adaptations They help in the moment, but hurt in the long run		
1 Intolerable Feelings	2 Acts to Relieve Feelings	3 Retreats, or hurts self or others						
 Symptoms are Adaptations They help in the moment, but hurt in the long run								



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
CENTERS



TRAUMATIC STRESS
INSTITUTE

Pre-Migration Stage

- Exposure to violence or persecution
- Family separation
- Economic or social instability
- Loss of social networks
- Torture or sexual violence





TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Pre-Migration Examples

Please share an example in the chat how Pre-Migration events might disrupt Attachment, Body and Brain or Self-Capacities



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Migration

- Physical separation and displacement
- Unsafe or traumatic experiences
- Parental stress and emotional unavailability
- Institutional care settings
- Role reversals





TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Migration Examples

*Please share an example in the chat of how **Migration** events might impact **Disruption (Attachment, Body and Brain or Self-Capacities)** in our RC Framework*



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Post-Migration

- Acculturation stress
- Economic and legal insecurity
- Language and cultural barriers
- Discrimination and marginalization
- Secondary trauma in children
- Grief and survivor's guilt
- Service system fragmentation



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Post-Migration Examples

*Please share an example in chat of how **Post-Migration** events may impact:*

- **Activation (Current and/or Ongoing Stressors)** and/or
- **Reaction (Symptoms as Adaptions)** in our RC Framework



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Symptoms as Adaptations

- Hypervigilance and Anxiety
- Withdrawal and Emotional Numbing
- Aggression and Irritability
- Somatic and Physical Experiences
- Dependency, Distrust, Overcompliance
- Guilt, Shame, Survivor's Guilt



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Mental Health Implications

- Somatic complaints
- Stigma
- Children and teens
- Intergenerational trauma



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

Connection Room Activity

- 1. What is 1 way your organization has been impacted by immigrants/refugees with employees and/or clients in your area?
 - **Example:** Increase non-English speaking immigrants and refugees in your area
 - **Example:** Increase in cancellations from clients due to fear
- 2. What is 1 way your organization has dealt with immigrants/refugees with employment and/or clients in your area?
 - **Example:** Hiring additional staff to help with communication and cultural resources or hiring immigrants to fill positions because of staff shortages
 - **Example:** Connect more with clients prior to appointment and consider offering information on services through community partnerships



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



KLINGBERG
COMPREHENSIVE
FAMILY SERVICES



TRAUMATIC STRESS
INSTITUTE

How can we be trauma-informed when working with immigrants and refugees

- Use professional interpreters whenever possible
- Simplify and clarify language
- Use nonverbal communication thoughtfully
- Build trust through cultural humility
- Use Community Resources
- Leverage technology thoughtfully
- Maintain a Trauma-Informed Lens
- Reminder: [Support for Providers](#)



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



HUNTERBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Resources

- National Child Traumatic Stress Network (NCTSN) www.nctsn.org
- U.S. Committee for Refugees and Immigrants www.refugees.org
- The Immigrant Learning Center www.ilctr.org
- The Center on Immigrant and Child Welfare Initiative www.cimmcw.org
- Office of Refugee Resettlement www.act.gov/orr
- National Alliance on Mental Health www.nami.org



TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



HUNTERBERG
FAMILY
SERVICES



TRAUMATIC STRESS
INSTITUTE

Thank You





TRAUMATIC STRESS
INSTITUTE

©2024 Klingberg Comprehensive Family Services, Inc.



HUNTERBERG
FAMILY
SERVICES
