

International Conference on Training Career Counsellors for their Work with Refugees

27 August 2019 Berlin



Welcome to the Conference

Karl-Heinz P. Kohn

Project Coordinator CMinaR, University of Applied Labour Studies Mannheim

You are coming from

United Kingdom

Norway Sweden

Belgium
Luxembourg
France
Spain

Berlin Czech Republic Germany Serbia

Austria Italy

Greece Turkey

Syria

Pakistan

Israel

Senegal

Cameroon





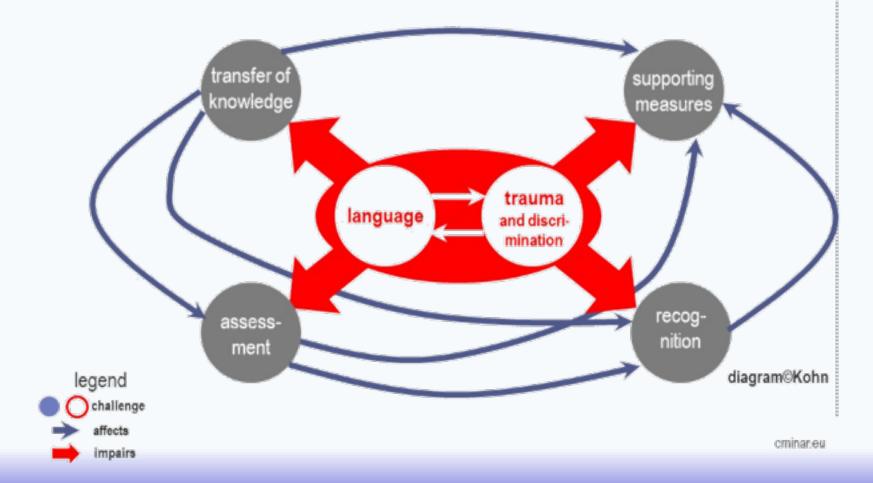
Counselling for Refugee and Migrant Integration into the Labour Market Development of Courses for Higher Education
and Public Employment Services

SEMINAR



Cycle of Influences

of specific challenges in settings of vocational counselling and guidance for refugees





Higher Education Course

didactical framework and course units





















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Professional career guidance: A key to successful integration

Prof. Dr. Rita Süssmuth

Former President of the German Parliament
President of the German University Consortium to the German-Turkish University Istanbul



Presentation of the Higher Education Course Modules



Module Introduction to the Course

Prof. Dr. Ursula Engelen-Kefer

University of Applied Labour Studies Schwerin



Introduction	Critical	Language	Migration	Access	Moving
	Reflection		Complexity	to the System	beyond



Content

The introduction module consists of two parts. In the first half we want the group to form a learning team that has a common interest in the course's subjects and that shares their experience with CGC for refugees and the challenges they perceived in this task. The contributions are then complemented and transferred into the Delphi-based structure of demands, challenges and topics and the course's programme is presented as a choice of central subjects matching the requested and demanded training.

The second half gives an introduction to the macroeconomic and political framework of CGC for refugees, thus underlining role, use and relevance of this task and its professional completion. As a result of both parts of this introduction module ideally motivation for active involvement in the following course modules derives from individually felt demand as well as from insight in human, social, economic and political necessities.















Introduction	Critical	Language	Migration	Access	Moving
P	Reflection		Complexity	to the System	beyond



Learning Outcomes

- Participants know the structure of challenges in career guidance and counselling (CGC) for migrants and refugees (CGCMR).
- Participants understand the dimensions of challenges in CGCMR shown by two different Delphi surveys and the circulatory system of their effects on the process of CGCMR.
- Participants accept the course structure and contents as an adequate answer to their and the empirically based demands in training (future) CGC counsellors of refugees.
- Participants know the basic trends in demography and the labour market and understand their interdependency.
- Participants know concepts of benefits and costs of integration of refugees.



































Module Critical Reflection

Dr. Anne Chant & Claire Nix

Canterbury Christ Church University







Issues that emerged from our transnational research and literature review

- Counsellors and their clients may have very different world views
 - This requires reflexivity and self awareness and the willingness to challenge our assumptions
- Communication is not only about language, it is about meaning.
 - Multicultural competences include the ability to consider non-verbal communications and cultural norms
- Notions of individuality versus collectivity need to be explored
 - We must question our own assumptions about how decisions are made
- Working with refugees and migrant clients shares much with working in a broader multicultural context















Introduction

Critical Reflection Language

Migration Complexity Access to the System Moving beyond

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Reflection

The Need for Reflection



A deeper kind of reflection

- Why do I feel the way I feel?
- Why do I behave the way I do?
- How have my values and beliefs been formed?
- What impact does this have on my practice as a professional?
- What can I do to improve?















Introduction	Critical	Language	Migration	Access	Moving
	Reflection		Complexity	to the System	beyond



Aim of the module: to engage in a critical reflexion of participants' future practice with refugees

Learning Objectives:

- Explore a range of approaches to enable reflexive practice
- Evaluate their own multicultural competences
- Engage in a critical reflexive exercise to clarify and agree to further developments















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Feedback: students reported that.....

- "Useful to revisit the various models on reflection and learn about some new ones. Will hopefully be able to apply these. Distinction between reflection and reflexivity."
- "Enjoyed the writing exercise. Time to think about myself, a real treat."
- "Models of reflective practice, though useful, we are already aware of. Need more information on how to handle difficult situations and other than how to reflect on them."
- "More time for critical reflections. The whole course could be about that.. I would like to have much more."















Module Language

Dr. Åsa Sundelin
Stockholm University



Introduction	Critical	Language	Migration	Access	Moving
	Reflection		Complexity	to the System	beyond



When I compare, it's not so easy coming here and knowing nothing and haven't been to school in home country. And then start to learn Swedish, it's not so easy to learn very fast. But it takes time, I know. If I compare here in Sweden, it's very difficult to get a job. When you try they will ask "do you have any education" and things like that. Life here is so strange. (cries)

Fatima, student with refugee background (Sundelin, 2015, p 152)















Introduction	Critical	Language	Migration	Access	Moving
	Reflection		Complexity	to the System	beyond

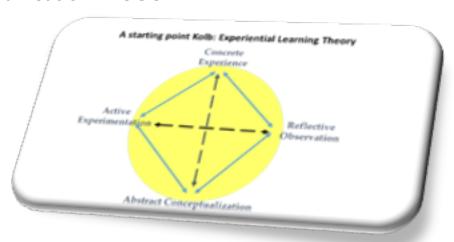


The aim of the module

is to develop course participants

understanding of language as a meaning making resource for career mobility and in career guidance and counselling (CGC) with migrants/refugees,

and the participants' ability to manage the challenges of language asymmetries and intercultural communication in CGC.

















Introduction	Critical	Language	Migration	Access	Moving
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Learning Outcomes

- Participants are able to manage questions in CGC about the impact of learning the language of the receiving country on migrants' / refugees' career mobility
- Participants are able to use counselling methods that manage language barriers and support migrant clients' participation in CGC.
- Participants are able to design CGC situations with interpreters.
- Participants are able to design CGC activities that support migrant clients learning about career issues (language asymmetries).















Critical Reflection

Introduction

Language Migration Complexity

Access to the System Moving beyond

University of Applied Labour Studies

















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Module Migration Complexity

Neşe Gülmez, M.A.

Presidency of Turkey, Office of Human Resources



Introduction	Critical	Language	Migration	Access	Moving
	Reflection		Complexity	to the System	beyond



Content

Cultural Awareness (Part 1): Counsellors' awareness about their own cultures, understanding cultural differences and cross-cultural communication abilities demonstrate if he/she is competent to provide consultancy service to foreigners. In this context, "Cultural Awareness" content discussed in four subtitles; "Definition, Characteristics, Components of Culture", "Cultural Differences", "Cross Cultural Communication" and "Demonstrating Respect and Understanding, Avoiding Stereotyping".















Introduction	Critical	Language	Migration	Access	Moving
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Content

Cultural Adaptation (Part 2): The level of immigrants'/refugees' socio-economic adaptation is primarily dependent on the acculturation attitudes. Thus, in this chapter, career counsellors' awareness of acculturation and cultural adjustment process will be increased in order to make them ready to offer the support counselees require to facilitate their integration into their new community.

Special Issues (Part 3): Main aim of the both titles (religion and gender) is to inform career counsellors about the key issues/rules of main religious groups (perform prayer, halal food etc.) and give a point of view about the place of women in society of different cultures which can cause difficulties to workplace environment and employers.















Introduction	Critical	Language	Migration	Access	Moving
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Learning Outcomes

- Participants have both a common view about the "culture concept" and the function of the culture.
- Participants understand the differences between national cultures and the effects on behaviours.
- Participants learn about and are able of cross-cultural communication which is essential for counselling effectively to migrants and refugees.
- Participants are aware of acculturation and cultural adjustment processes. Thus, they are able to offer the support counselees require to facilitate their integration into their new community (employment environment, co-workers etc.).
- Participants have an insight and are aware of key issues/rules of main religious groups and place of women in society for different cultures.















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Introduction Critical Reflection Complexity Access to the System Moving beyond

















Module Access and Inclusion into System

Karl-Heinz P. Kohn

Project Coordinator CMinaR, University of Applied Labour Studies Mannheim



Introduction	Critical	Language	Migration	Access	Moving
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Content

The aim of the module is to provide information and to develop knowledge about education systems, ways of professional training and the structure and special features of labour markets in the countries of origin of refugees in contrast to European countries. Another focus lies on the recognition and/or valorisation of qualification and of competence on national and European level.

The module will provide a range of knowledge concerning the subjects in CGCMR, the main focus will lie on the task how the knowledge could be used for the counselling process, and thus the module will be a mixture of lectures and group work.



















Learning Outcomes

- Participants understand the most important characteristics of the labour markets in target countries and the consequences for the integration of refugees.
- Participants know main differences in VET system and educational aspirations between countries of refugees' origin and receiving country and are aware of systematically arising misunderstanding in CGC settings.
- Participants know the difference of the basic concepts of recognition of qualification and recognition of competence.
- Participants know how to support individuals in the process of recognition of prior qualification.















Introduction	Critical	Language	Migration	Access	Moving
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Learning Outcomes

- Participants know how to support individuals by initial identification of (vocational) competences and in the process of reflection and recognition of competences.
- Participants reflect consequences of differences and see the importance of critical self-reflection in the role as counsellor, especially regarding the risks of underestimating and steering refugee clients.
- Participants are able to use methods dealing with specific tasks in CGC settings.















Introduction Critical Reflection Language Migration Complexity Access to the System beyond



















Module Moving Beyond

Prof. Lea Ferrari, Ph.D.

University of Padova



Introduction	Critical Reflection	8	Access to the System	Moving beyond



Theoretical framework

Recent developments in life-designing paradigms underline the potential benefits for individuals with vulnerabilities and/or complex personal stories to be engaged in a process of deconstructing and reconstructing their narratives.

Stimulating future narratives helps developing action plans effective in overcoming barriers and living meaningful lives (Savickas et al., 2009; Brott, 2005).















Higher Education Course for the Training in Career Counselling for Refugees

Critical Reflection		Access to the System	Moving beyond



Content

The first session focuses on *the concept of courage*, its definitions and models. An interview on courage and a coding system that could be used to recognise this resource and suggestions on how to help people find a new meaning are provided.

The second session focuses on *the construct of future time perspective*, its definitions and components. Suggestions on how to stimulate future goal setting, reduce barriers and actively support inclusive work goals are provided.

The third session focuses on *the idea of decent work and work inclusion*, on strategies to develop inclusive language and social justice attitudes.















Higher Education Course for the Training in Career Counselling for Refugees

Introduction	Critical Reflection		Access to the System	Moving beyond



Learning Outcomes

- highlight and strengthen potential of personal resources by working on courage;
- highlight and strengthen potential of personal resources by working on future goals;
- highlight threaths to work inclusion and develop strategies and actions to improve inclusivity of work contexts.















Evaluation of the Higher Education Course

Dr. Anne Chant & Claire Nix

Canterbury Christ Church University



Higher Education Course for the Training in Career Counselling for Refugees





Purpose of the Evaluation

- To assess how closely the course met the original objectives.
- To engage with the learners on their views and feedback.
- To identify recommendations for future delivery for the training and materials development.
- To demonstrate the required outcomes for the project.















Higher Education Course for the Training in Career Counselling for Refugees





Methodology

- End of Module evaluation from learners.
- Pre and post-test to assess distance travelled.
- Ongoing discussion at country project meetings.
- Lecturer feedback.















Higher Education Course for the Training in Career Counselling for Refugees

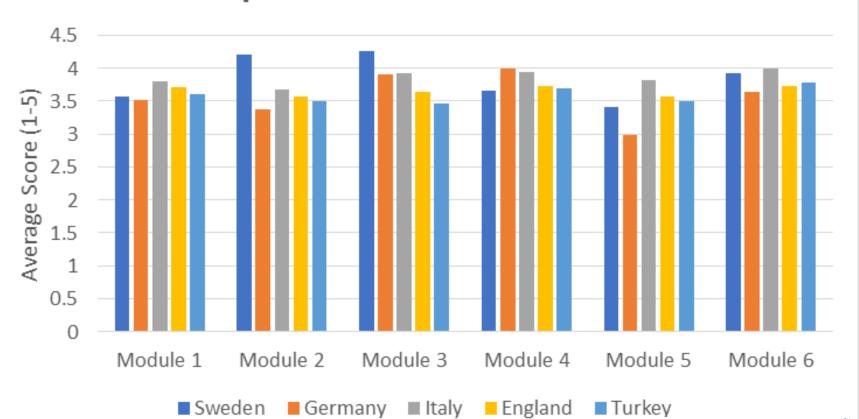


Introduction **Critical** Language Migration Reflection

Complexity

Access to the System Moving beyond

Comparative Module Feedback



























Higher Education Course for the Training in Career Counselling for Refugees

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Introduction **Critical**

Reflection

Language

Migration Complexity Access to the System Moving beyond

"Students appreciated the course a lot and wanted to continue."

"Very very good project. I think it is a great gain that many countries are involved."

















Higher Education Course for the Training in Career Counselling for Refugees





Recommendations

- Module Content more local case studies and time for discussion.
- Course structure and tone informal and confidential tone and flexible structure.
- Preparation 4 hours min preparation for each module by tutors.
- Media Centre It is important not to leave such valuable resources as optional additions but as integral to the learning from the courses.
- Coordination with future CPD.















Higher Education Course for the Training in Career Counselling for Refugees





Key Lessons Learned

- We commend these materials to those colleagues working in related fields such as young people in care, abused or neglected young people and other migrant groups, with the appropriate adaptations.
- Working collaboratively across different countries had its challenges but many more benefits. Much good practice was shared and new insights gained.















International Conference on Training Career Counsellors for their Work with Refugees

27 August 2019 Berlin



Erasmus+International Conference

on Training Career Counsellors for their Work with Refugees

12:45 - 13:30

Get together at Lunch in the Foyer

13:30 - 14:25

Walk through the Poster Gallery of Projects

Please be back to the auditorium at 14:30!



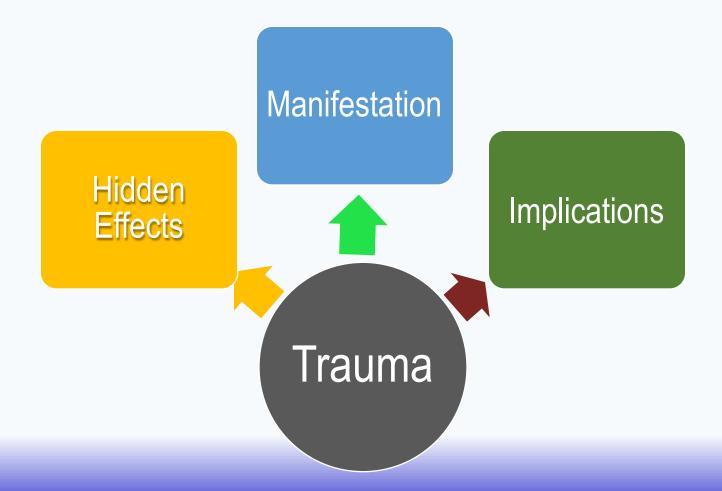
The Hidden Effects of Flight Trauma

Olga Kostoula

Clinical and Distress Psychologist, Linz (Austria)



Overview







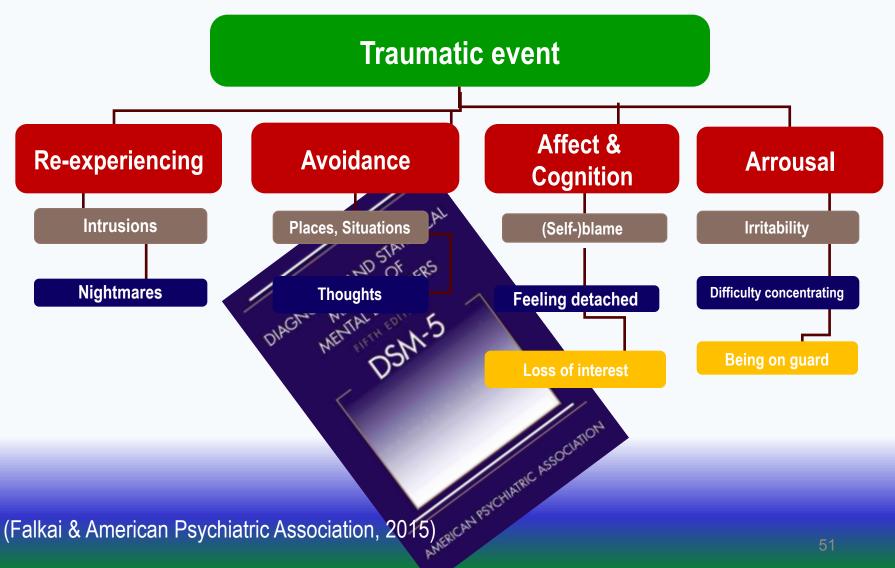
Trauma and Refugees







Trauma as PTSD (DSM-5)



PTSD in refugees



Obvious Manifestations

- Re-experiencing
- Nightmares
- Startle responses
- Trauma related fear

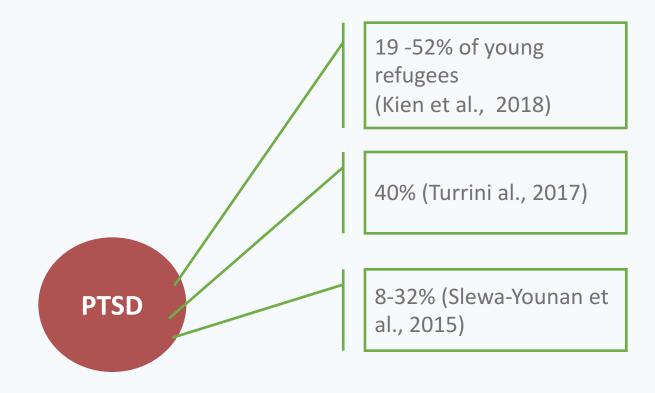
Hidden Effects

- Avoidance
- Culture specific expressions
 - Somatic complaints (e.g. Headaches)
 - "Thinking too much"
 - "Bloody liver"
- Displaced anger
- Time variations



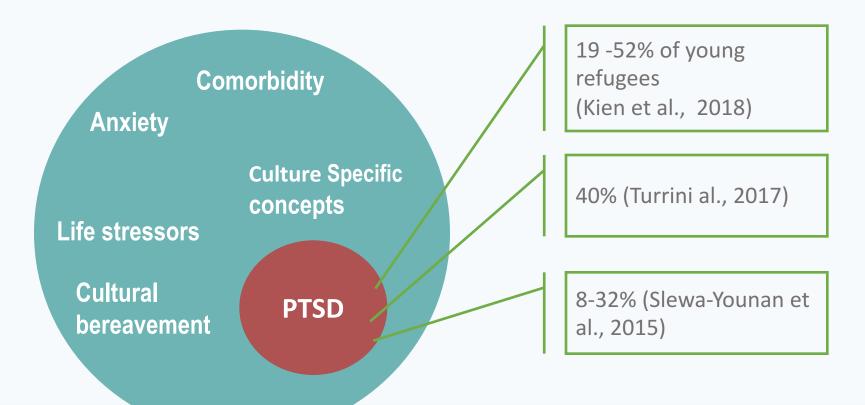


PTSD prevalence in refugees





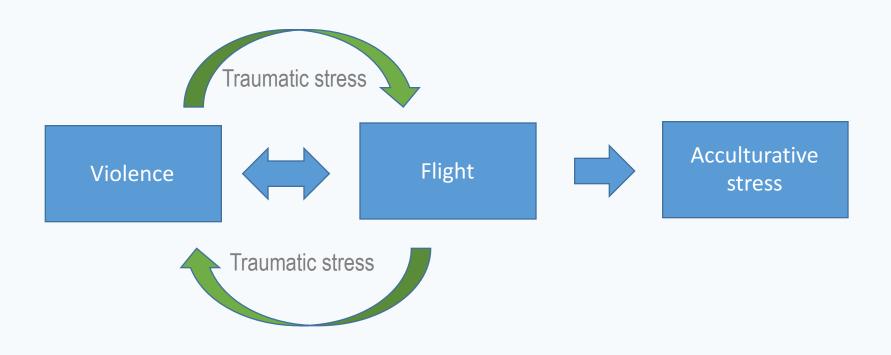
PTSD, Trauma and refugee experience





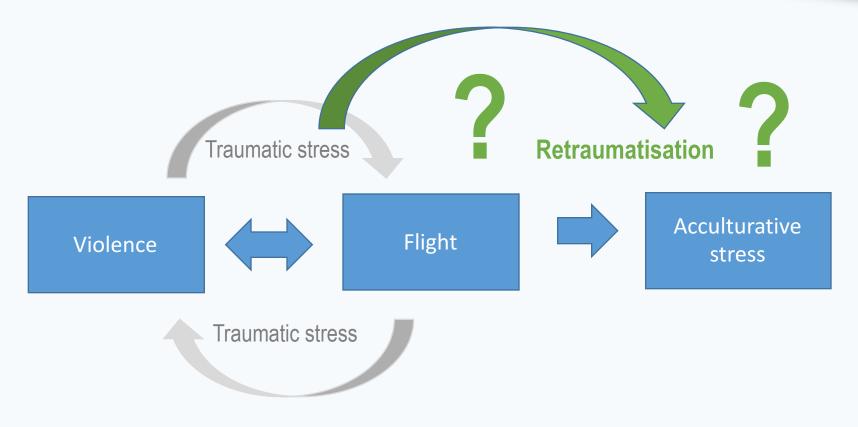
Trauma and Refugees





Trauma and Refugees







Retraumatisation

Reactivation (Schock et. al, 2010)

Life-long vulnerability New traumatic event (Duckworth & Folette, 2013)

Daily Stressors (Miller et. al., 2008; Miller & Rasmussen, 2010))

New stressful events (Schock et al. 2016)

Worries

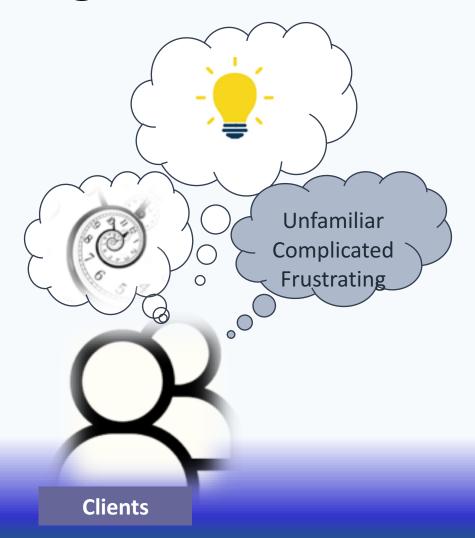
(Hinton et al. 2011)



Flight-related stressors and career counselling

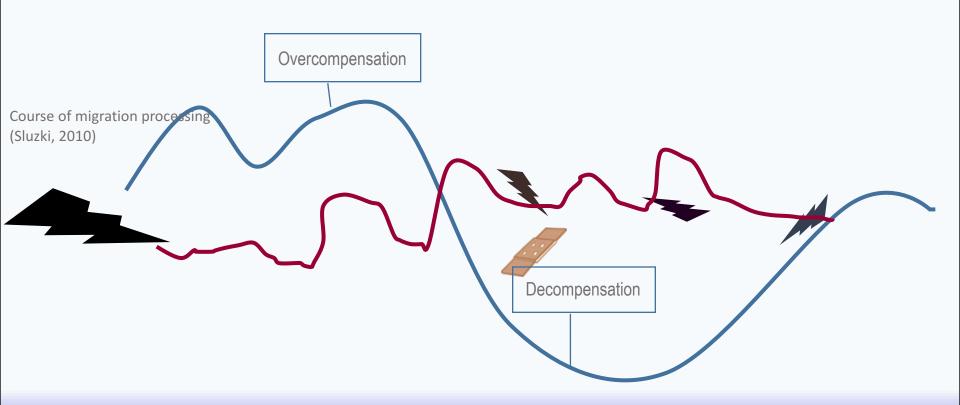






Interactions with migration experience







Dealing with Retraumatisation



Reactivation

Life-long vulnerability

New traumatic event (Schock et. al, 2010) (Duckworth & Folette, 2012)

Daily Stressors (Miller et. al., 2009)

> New stressful events (Schock et al. 2016)

Worries (Hinton et al. 2011)





- Re-experiencing
- **Somatic symptoms**
- **Avoidance**
- Withdrawal

- Worries
- **Daily stressors**

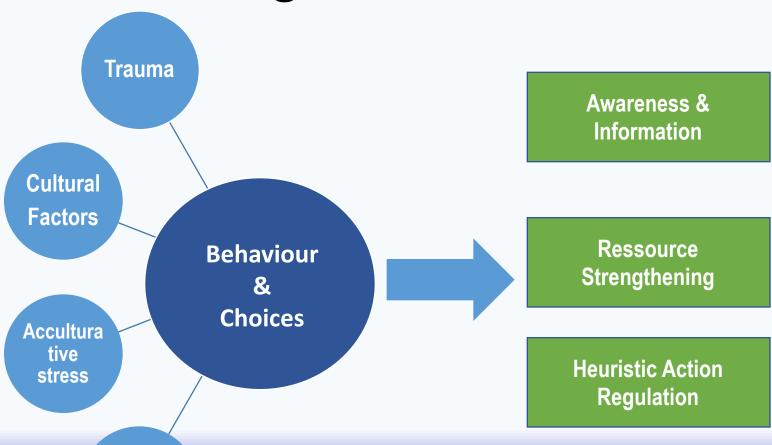


Implications for career counselling

Inter-

action



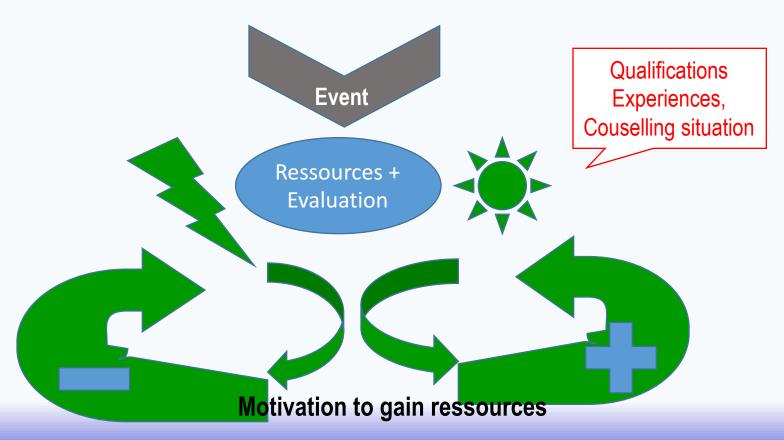


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Conservation of ressources theory

olga kostoula

(Buchwald & Hobfoll, 2004)

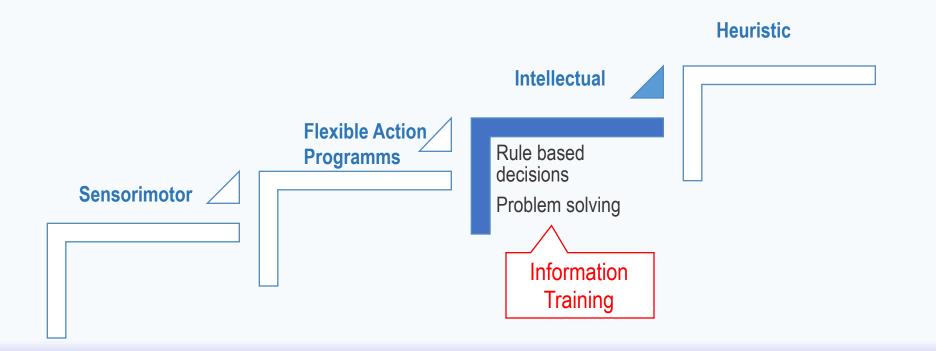






Professional action regulation

(Hacker, 2008; Zacher & Frese, 2015)

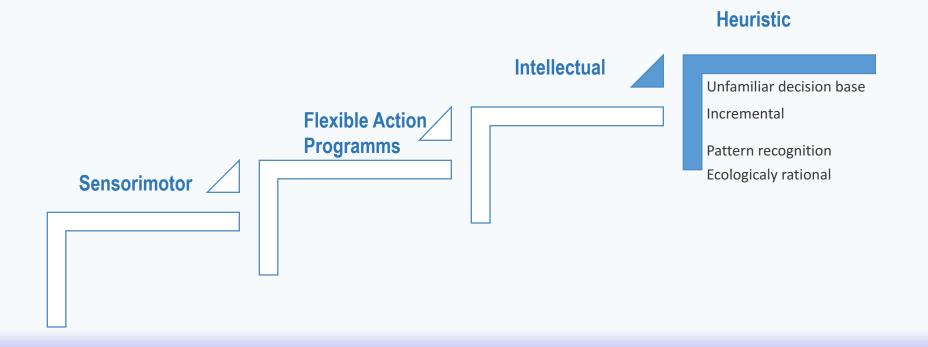






Professional action regulation

(Hacker, 2008; Zacher & Frese, 2015)





Contrast of approaches

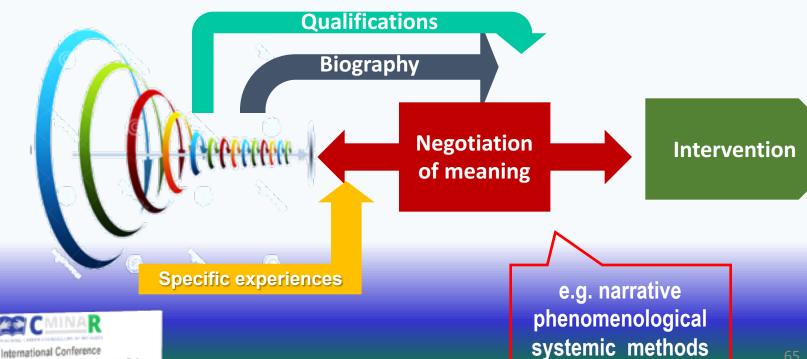


Expert knowledge

Exploration

Analysis

Intervention





Conclusion

Ressource strengthening

Professional satisfaction











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The Outcome of the Project for the Evolution of Career Counsellors' Training

Prof. Dr. Andreas Frey

President of the University of Applied Labour Studies Mannheim and Schwerin



International Conference on Training Career Counsellors for their Work with Refugees

Panel Discussion

Julie Fionda

European Commission

Matthias Rumpf

Organisation for Economic Cooperation and Development (OECD)

Elisabetta Melandri

Centro Informazione Educazione allo Sviluppo (CIES)

Jean-Jacques Ruppert

International Association for Eduacational and Vocational Guidance (IAEVG)



on Training Career Counsellors for their Work with Refugees

Panel Discussion

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Jean-Jacques Ruppert

International Association for Eduacational and Vocational Guidance (IAEVG)

Alexander Shahatit

German Federal Ministry of Labour and Social Affairs

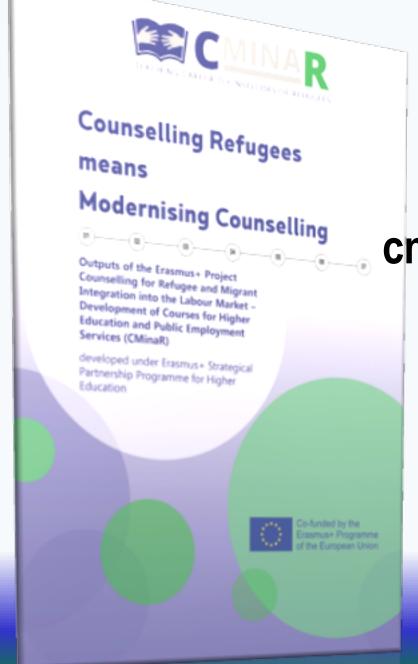


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Short Final Note

Karl-Heinz P. Kohn

Project Coordinator CMinaR, University of Applied Labour Studies Mannheim



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