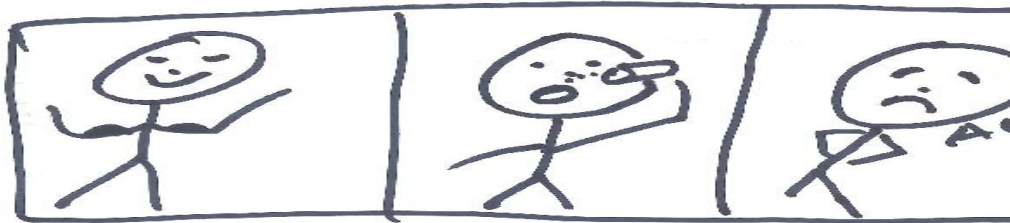


Ethnical minorities and the challenge of drop out



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”Ethnical minorities” in Norway.

- First-generation is 381 000, while second-generation in 79 000 people.
- To day a total of 460 000 people, or 9,7 % of the population.
- In Oslo there is 140 000 ethnical minorities, or 25 % of the population.
- The largest and fastest growing group is people from Asia, Africa and Latin - America
- Within ten years the amount of “not-western” immigrants has more than tripled.

Total view (2002 - 2006)

	Drop out	Completed	Still in treatment	Total
Ethnical minority	124 56%	84 38%	14 6%	222
"Norwegian"	160 35%	293 63%	10 2%	462
Total	296	377	24	684

Examples of observed differences

Norwegian therapist	↔	Minority therapist
The therapist and the patient has different opinion of what the problem is. (Ex. gambling or family)	↔	What bothers the patient?
Belief that it helps to talk – the more talk, the better a session. Talk!	↔	Limits the history of problems and focuses on one problem at the time. STOP!
Non/little focus on identity and integration	↔	More focus and understanding on the meaning of identity and integration.
Asks nothing about daily discrimination	↔	Sees the feeling of powerlessness as a result of discrimination
Diagram the first lesion	↔	Relationship first (alliance)

Examples of specific challenges

- Discrimination
 - Ethnosentrisme
- The social life
 - Clan
- Religion
 - *Before and after*
- Understanding of illness
 - Shar
- Economical systems/thoughts
 - Hawala (23%)
- Identities
 - Level of integration
- Expectations
 - The changes must happen now!
- Words
 - Trauma

Examples of method

- the first lesson
 - Confidentiality
 - Talk about the patients understanding of the situation
 - Get to know each other, stop the monologue
 - Not standardized tables and surveys
 - Talk about experience of discriminations
 - Important to “get to know each other”
 - Tell them about what will take place next session, and the importance of showing up even if you don't have a problem “that day”.
 - A new session within a week or less. Talk about the use of sms and phone

Examples of method

- the second lesson
- Confidentiality
- “Symptom pressure list”
- Negotiation/discussion on what problem to try and solve, and when.
- Patience's lawyer and therapist
- Practical advises that limits the symptoms
- What should we work on in the next session?
”Symptom pressure list”
- Come even if things are better
(Single session therapy)

Total view (2002 - 2006)

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"Norwegian"	35% 160	63% 293	2% 10	462
Total	296	377	24	684

Total view (mai 2007 – June 2008)

	Drop out	Completed or still in therapy	Total
Ethnical minorities	27,5 % 13	72,5 % 33	100% 46