

Introduction The needs of refugees are of pivotal concern internationally. Relational trauma, in particular, is an area that is under-emphasised and under-researched. The strength to strength program (STS) was a rare, innovative relationship and family counselling service for recently-arrived refugees in Sydney, Australia during 2006–2014. The service model built on post-Milan systemic family therapy principles to include innovative cultural and trauma-informed aspects of care.

Objectives We were interested in the experiences of staff who delivered the program, and the ways in which more traditional, Western-informed modes of family therapy were transformed by the needs of refugee clients.

Aims To identify and describe transformations to the delivery of relationship and family counselling with refugees that enabled care, from the perspective of staff.

Methods A thematic analysis, guided by interpretive description, of individual interviews and focus groups with STS service staff ($n=20$), including family therapists, bicultural workers and managers.

Results Key themes pertaining to innovative aspects of the relationship and family counselling service provided by STS staff will be outlined and lessons for future service provision in this space considered.

Conclusions STS is an example of staff-driven innovation to the therapeutic care of refugee families resettling in Western countries, taking into account the unique and complex set of cultural, practical and psychological needs. Important and timely lessons for future service delivery can be drawn from qualitative inquiry into the experiences of staff who deliver such programs, with refugee numbers continuing to increase internationally.

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Interdisciplinary treatment and complex rehabilitation of internally displaced persons in University Clinic

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Introduction Over 1,5 million of them are Ukrainians who were forced to leave their home after Crimea annexation and military conflict in the East of Ukraine.

Objectives By 2015, the University Clinic asked 156 people displaced from Lugansk and Donetsk regions. Reasons treatment: all patients were somatic complaints. In screening: using the scale hospital, all patients were found higher rates of anxiety and depression. Overall, 48% of patients abandoned psychiatric examination, even 24% of psychological counseling.

Aims Screening of IDPs' mental health who sought medical help in somatic clinic (University clinic KhNMU) and estimation of efficiency of interdisciplinary treatment and complex rehabilitation.

Methods Psychodiagnostical, clinical-psychological, clinical-psychopathological.

Results Clinical examination during the period of acute stress reactions was observed, dominated by anxiety disorders, prolonged depressive reaction. Anxiety disorders were found in 56.5%, prolonged depressive reaction in 32.0%, post-traumatic stress disorder in 10.5% of patients. The treatment of the underlying disease, complex psychological and physical rehabilitation. Psychological rehabilitation included CBT, relaxation, art therapy. Physical rehabilitation includes kinesiotherapy and TRE. A set of measures of physical rehabilitation led to reduction of anxiety to physiological levels in all mentally healthy patients, reduce the severity of psychosomatic symptoms in the structure of the underlying

disease, increased satisfaction with the results of treatment by 28.5%.

Conclusions Analysis of mental health study of IDPs and evaluation of comprehensive rehabilitation in terms of the University Clinic show the need for screening mental state when applying for medical assistance and the desirability of psychological and physical rehabilitation of patients during hospital stay somatic profile.

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Epidemiological study between Greek people and immigrants with regard to diagnosis in a Greek hospital in Athens

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Introduction Differences between the most frequently reported diagnoses of Greek people and immigrants in Greece are expected due to the different underlying factors which are associated with mental health issues.

Objectives Examine differences in diagnoses between Greek people and immigrants.

Aims To investigate whether Greek people and immigrants had significant differences with regard to reported diagnoses in a Greek hospital.

Methods The patients who participated in this study are 5551, among them 2760 (49.7%) were males and 2791 (50.3%) were females. The mean age of the sample was 45.54. The sample consisted of 455 (8.3%) immigrants and 5,042 (91.7%) Greek people. Convenience sampling method was used and the sample was collected at the General Hospital of Nikaia, "Ag. Panteleimon" in Athens, Greece, between 01/01/2012 and 31/12/2015.

Results There were significant differences between Greek people and immigrant with regard to diagnosis as χ^2 (20): 136.875, $P < 0.001$. More specifically, among Greek people, the most frequently reported diagnosis was psychotic disorder (26.2%), followed by depression (24.7%), general anxiety disorder (9.9%) and substance abuse (8.4%). Among immigrants, the most frequently reported diagnosis was psychotic disorder (22.9%), followed by substance abuse (21.3%), depression (17.4%) and general anxiety disorder (12.1%).

Conclusions The differences between Greek people and immigrants with regard to diagnoses showcase the different needs between the two populations with regard to mental health. Especially, the higher prevalence of anxiety disorders and substance abuse problems among immigrants highlight the need for protective measures to improve their well-being and reduce their risk of mental health issues.

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