

THE TRIPLE-TRAUMA PARADIGM

PRE-FLIGHT

- Harassment/intimidation/threats
- Fear of unexpected arrest
- Loss of job/livelihood
- Loss of home and possessions
- Disruption of studies, life dreams
- Repeated relocation
- Living in hiding/underground
- Societal chaos/breakdown
- Prohibition of traditional practices
- Lack of medical care
- Separation, isolation of family
- Malnutrition
- Need for secrecy, silence, distrust
- Brief arrests
- Being followed or monitored
- Imprisonment
- Torture
- Other forms of violence
- Witnessing violence
- Disappearances/deaths

FLIGHT

- Fear of being caught or returned
- Living in hiding/underground
- Detention at checkpoints, borders
- Loss of home, possessions
- Loss of job/schooling
- Illness
- Robbery
- Exploitation: bribes, falsification
- Physical assault, rape, or injury
- Witnessing violence
- Lack of medical care
- Separation, isolation of family
- Malnutrition
- Crowded, unsanitary conditions
- Long waits in refugee camps
- Great uncertainty about future

POST-FLIGHT

- Low social and economic status
- Lack of legal status
- Language barriers
- Transportation, service barriers
- Loss of identity, roles
- Bad news from home
- Unmet expectations
- Unemployment/underemployment
- Racial/ethnic discrimination
- Inadequate, dangerous housing
- Repeated relocation/migration
- Social and cultural isolation
- Family separation/reunification
- Unresolved losses/disappearances
- Conflict: internal, marital, generational, community
- Unrealistic expectations from home
- Shock of new climate, geography
- Symptoms often worsen