

Migration, Islam and Masculinities: Transforming Emigration and Immigration Societies

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Chances and challenges to male identity in counseling processes with Muslim emigrants

The paper reflects on the author's work in counseling Muslim asylum seekers and refugees in Jordan since 1991. Stress and trauma are major psychological experiences for involuntary migrants during the migration process. These are followed by the normal challenges of adapting to the new host country.

Such factors threaten men's sense of self and identity. For many Muslim men, this is substantially rooted in their interpretation of manhood according to the Qur'an. In situations of stress, they, like all other people, often turn to more traditional re-interpretations, that narrow their chances of developing positive coping competence.

The paper outlines strategies of cross-cultural, client-centered counseling and psychosocial support, that facilitate functional adaptation in the context of a cooperative and mutually respectful work relationship, through a process of learning with and from each other.

The paper includes a Muslim view on the challenges to Muslim identity in migration processes, and is co-authored with Ruba Farkh.

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