

# Black Immigrant Women and Mental Health Group Therapy

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## Abstract

- 44.7 million immigrants live in the United States as of 2018.
- Black immigrants living in the U.S. in 2016 were 4.2 million.
- In 2013, Black immigrants with the majority migrating from Africa constitute about 3.8 million population.
- African women are among the highest population diagnosed with mental health disorders, yet do not seek professional help.

## Introduction

### Why study African immigrant women?

- The growth of black immigrants in the U.S. is fueled by African migration. It make up 35% of the total foreign-born black population.
- It is projected that by 2060, 16.5% of U.S. blacks will be immigrants.
- As of 2009, about 1.5 million African immigrants lived in the U.S.
- African women have the highest population among the black immigrants.

## Problem

- This study is to identify the barriers and causes both in Africa and U.S., why black immigrant women are not seeking professional help for mental health problems?
- It is also to identify measures to be considered so that black immigrant women would gain understanding and have access to mental health treatment.

## Discussion

- African countries lack shortage of specialized personnel. As a result, they seek traditional or religious leader's help.



- No policies, program or action plans that guide mental health issues.
- Asides other barriers, the most common is stigma, that prevented black immigrant women to seek help.

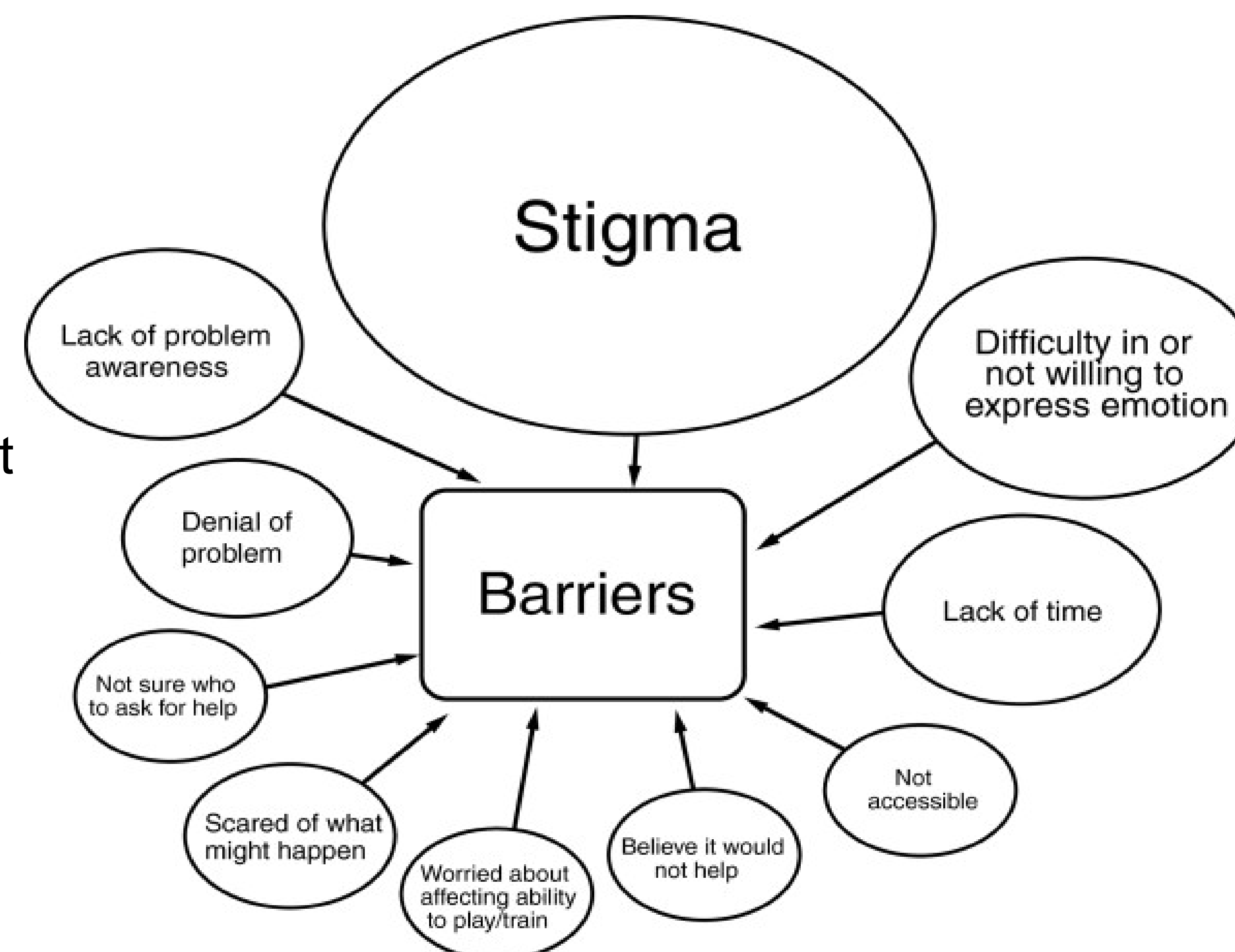
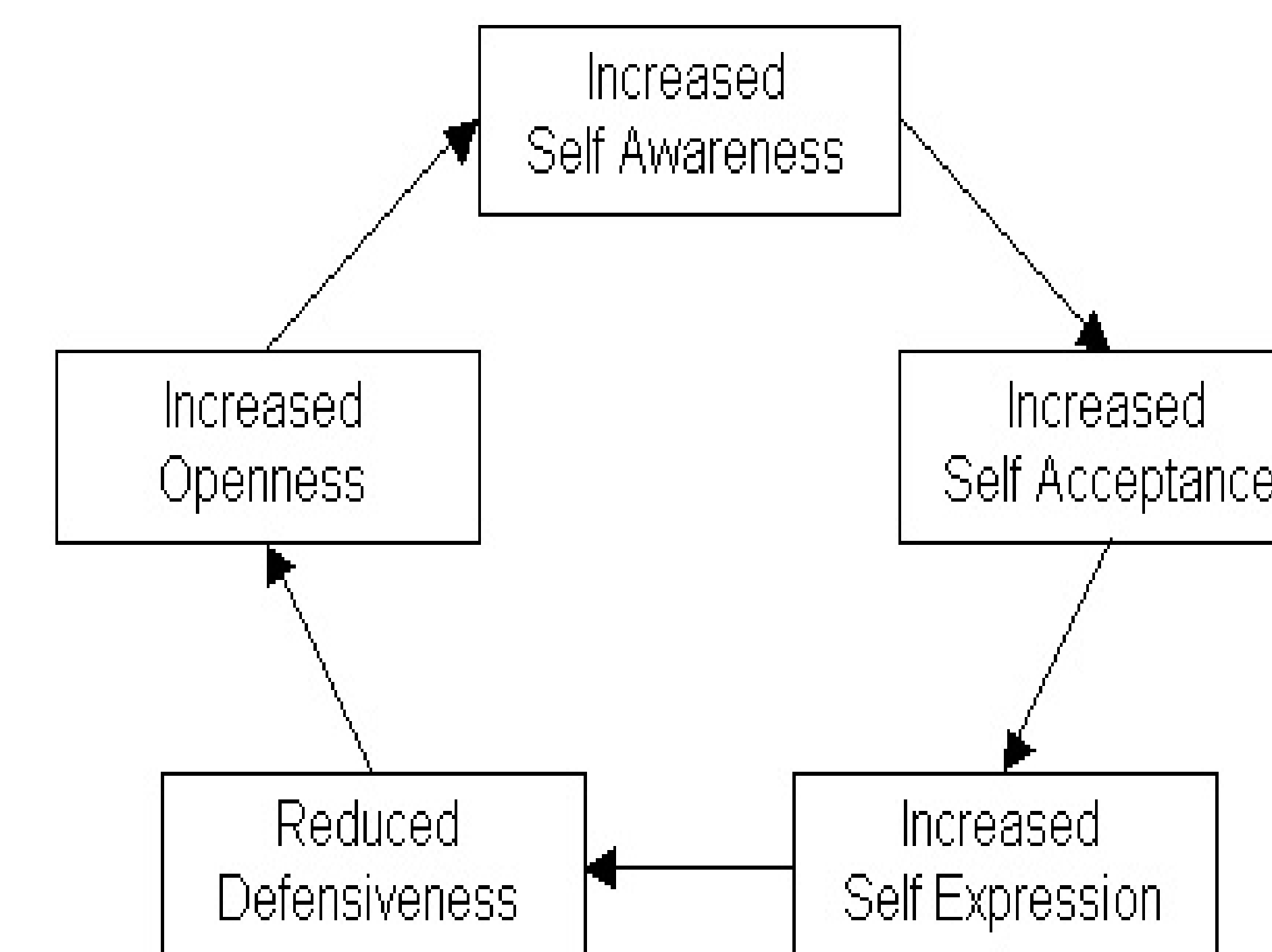


## Research Theories

The theory that would best work for African women as the basis of intervention to treatment is Psychotherapy theory.

### Approaches to this theory are:

- Psychoanalysis/psychodynamic theory.
- Behavioral theory
- Cognitive theory
- Humanistic approach
- Holistic/Integrative therapy



## Conclusions

Due to the population growth of Black immigrant women in the U.S., it is suggested that:

- Mental health group therapy would help black immigrants to combat their feelings, fear, and misconception about mental illness.
- Professionals in mental health must be culturally sensitive and competent to reduce healthcare disparities and stigma.



## References

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