

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

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

Unrealistic expectations from home

Shock of new climate

Symptoms often worsen

Conflict: internal, marital, generational, community

Source: Center for Victims of Torture, 2001