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2023

12.00 – 13.30

University of Luxembourg, Campus
Belval, Maison du Savoir (MSA),
MSA 2.400

FACULTY OF HUMANITIES,
EDUCATION AND
SOCIAL SCIENCES

Guest lecture

Prof. Maria Koushiou

from the University of Nicosia (UNIC), Cyprus

Understanding Unaccompanied Minors adjustment and well-being within a transnational family context: an integrative approach

ABSTRACT

Among immigrant youth, Unaccompanied Minors (UMs) – migrating from their country of origin without their parents - are a unique subpopulation as they face substantial challenges before, during and after migration. Some of the challenges they face are separating from caregivers, dealing with acculturation stressors and traumatic events, experiencing different and unknown contexts alone and during a critical development period, such as adolescence. This presentation will provide an overview of UMs adjustment experiences and well-being within a transnational family context, based on available empirical evidence, and with reference to acculturation, developmental theories and contextual behavioral science.

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Dr Maria Koushiou is a licensed School and Clinical Psychologist based in Cyprus. She currently holds the position of Assistant Professor at the University of Nicosia (UNIC), Cyprus. Her research addresses questions in the field of child and youth psychology with a focus on affective processes. As a clinician, she has worked with vulnerable groups of youth, such as unaccompanied minors. She was first introduced to Acceptance and Commitment Therapy (ACT) and contextual behavioral science (CBS) during her doctoral studies in 2014. Since then she continues to seek further training in ACT which she incorporates in both her research and clinical work.

CONTACT

isabelle.albert@uni.lu

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