

Immigration and acculturation

Belonging Across Places and Cultures

Adults | 10 to 15 minutes

Moving between countries or cultural settings can change language, relationships, roles, and what feels familiar. You may want to keep some practices, adapt others, or belong in more than one way. There is no single correct level of assimilation.

Choose one current situation. You do not need to record immigration status, documents, or details that could create risk.

Keep several connections visible

Name what you want to preserve and what you are still learning. Notice pressures from different communities without assuming you must choose one identity.

Make access needs explicit

Consider interpretation, information in a preferred language, culturally responsive care, transport, or connection across distance. Ask appropriate professionals about legal questions rather than relying on a reflection exercise.

1. What connection, practice, or language do I want to preserve?**2. What current situation creates adjustment pressure or uncertainty?****3. What practical or cultural support would help me participate?****4. What request can I make without disclosing more than I choose?****Clinical use and adaptation**

Do not assume voluntary migration, trauma, legal status, or family structure. Protect privacy and use qualified interpreters when appropriate. Attend to discrimination and structural barriers; immigration advice requires relevant qualified expertise.