

## Faculti Summary

<https://staging.faculti.net/trauma-in-the-uk-asylum-process-summary/>

The study revealed that the asylum process significantly impacts the mental health of young people, particularly unaccompanied minors, causing substantial psychological trauma. This video trauma is linked to experiences before, during, and after migration, especially within the UK asylum system. The research specifically focused on Albanian asylum seekers and highlighted how cultural factors influence their experiences and discussions about trauma, as well as the difficulties in establishing trust with them.

Using a participatory methodology, the study identified trauma-inducing factors, such as a lack of understanding of rights, difficulties in accessing support, and the complexities of the legal system. The challenges faced by unaccompanied migrant children include delays, uncertainty, and social barriers also lead to stigma and isolation.

To address these issues, a trauma-informed practice guideline was developed with input from young asylum seekers, emphasizing the importance of trust, a humane approach, and cultural sensitivity, as well as awareness of mental health needs. Recommendations for professionals include undergoing trauma-informed training, monitoring practices, using trainers with lived experience, and transforming institutional cultures that may perpetuate hostility towards asylum seekers.