WORKSHEET 53 · FOR THE PSYCHOLOGIST

Moving between there and here

Making room for homesickness and for the new life (dual process)

AIM

Help the person understand that healthy grieving alternates between loss-oriented moments (homesickness, sadness) and restoration-oriented moments (new life, plans), and balance the two.

WHO IT IS FOR

Migratory grief, overwhelming homesickness or, on the contrary, avoidance of any sadness ("I mustn't look back").

DURATION

15-20 min in session; follow-up over a week

HOW TO RUN IT

1. Introduce the idea of oscillation: turning towards what was lost and towards what is being built, and moving from one to the other, is normal and useful.
2. Identify where the person spends most time: only in homesickness? Only in action, never feeling anything?
3. Help them plan moments for each side: time for homesickness (photos, a call, music) and activities of the new life.
4. For a week, note moments of each kind.
5. Adjust the balance according to what the person notices.

POINTS TO WATCH

> This model was described for grief after a death and is applied here by analogy. If homesickness is overwhelming and comes with depressive signs, assess more broadly.

REFERENCES

Stroebe, M. & Schut, H. (1999). The dual process model of coping with bereavement: Rationale and description. Death Studies, 23(3), 197-224.

Achotegui, J. (2009). Estrés límite y salud mental: el síndrome del inmigrante con estrés crónico y múltiple (síndrome de Ulises). Gaceta Médica de Bilbao, 106(4), 122-133.

PSYCHOLOGIST'S NOTES

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WORKSHEET 53 · WORKSHEET TO HAND OUT

Moving between there and here

When you have left a country, you need both to think about what you miss and to build your life here. Moving from one to the other is not a problem: it is what helps you get through the grief.

1. A “there” moment this week (photos, a call, music, a recipe): _____
2. A “here” moment this week (an activity, a meeting, a plan): _____
3. Note the moments of each kind in the table.
4. Look at the balance: am I leaning too much to one side?

Day	“There” moment	“Here” moment	How I feel /10

On which side do I need to spend a little more time?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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