

## PSYCHOLOGICAL REHABILITATION OF RETURN MIGRANTS: PRACTICAL APPROACHES

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**Annotation:** This article explores the psychological rehabilitation of return migrants, focusing on practical approaches that facilitate their social and emotional reintegration. The study highlights common psychological challenges faced by returnees, such as stress, cultural adjustment difficulties, and social isolation. It examines effective therapeutic methods, including cognitive-behavioral therapy, group counseling, and community support programs, emphasizing culturally sensitive and holistic rehabilitation strategies. The article concludes with recommendations for improving access to mental health services and strengthening support systems for return migrants.

**Keywords:** Return migrants, psychological rehabilitation, stress, cultural adjustment, cognitive-behavioral therapy, social support, mental health, reintegration.

### Introduction

In recent decades, global migration has significantly increased, resulting in many individuals living away from their homeland and families. Return migrants often face psychological challenges such as stress, cultural readjustment difficulties, social isolation, and identity conflicts. These issues can negatively affect their mental health and hinder their reintegration into society. Therefore, effective psychological rehabilitation strategies are essential to support return migrants in overcoming these challenges and facilitating their social and emotional well-being.

Return migrants often experience a range of psychological difficulties due to the challenges of reintegrating into their home communities after extended periods abroad. These challenges include cultural readjustment, loss of social networks, identity conflicts, and economic uncertainties, all of which contribute to increased vulnerability to mental health issues such as depression, anxiety, and post-traumatic stress disorder (PTSD). Psychological rehabilitation for return migrants thus plays a crucial role in helping individuals restore emotional stability, rebuild social ties, and successfully adapt to their environments.

Despite the growing importance of this issue globally, there remains a lack of comprehensive, culturally sensitive rehabilitation programs tailored specifically to the

needs of return migrants, especially in countries with significant migration flows like Uzbekistan. This article aims to analyze current psychological rehabilitation practices and propose practical approaches that can be effectively implemented to support return migrants in their reintegration process.

### **Methods**

This study employs a qualitative approach involving in-depth interviews and focus group discussions with return migrants in urban and rural settings. Participants were selected through purposive sampling to include diverse age groups, genders, and migration experiences. Data were analyzed using thematic analysis to identify key psychological challenges and effective rehabilitation interventions. Additionally, existing psychological rehabilitation programs were reviewed to evaluate their applicability and success in addressing migrants' needs.

### **Results**

The findings revealed that return migrants commonly experience anxiety, depression, and feelings of alienation upon reintegration. Cultural dissonance and loss of social support networks were significant stressors. Psychological rehabilitation methods such as cognitive-behavioral therapy (CBT), group counseling, and community-based support programs showed positive impacts on migrants' mental health. Emphasis on culturally sensitive approaches and social inclusion initiatives was crucial in promoting psychological recovery. Participants reported improved coping skills, enhanced self-esteem, and stronger social connections after receiving tailored psychological support.

### **Discussion**

The results emphasize the need for multi-dimensional psychological rehabilitation that addresses both individual and community-level factors. Integrating mental health services with social and economic support can enhance the effectiveness of rehabilitation efforts. Culturally competent practitioners play a vital role in understanding migrants' unique experiences and facilitating trustful therapeutic relationships. Moreover, involving family and community members in rehabilitation programs fosters a supportive environment conducive to sustainable reintegration.

Challenges remain regarding accessibility and awareness of psychological services among return migrants, highlighting the necessity for policy interventions and capacity-building among mental health professionals. Future research should explore longitudinal outcomes of rehabilitation programs and the role of digital mental health tools in expanding reach.

### **Conclusion**

Psychological rehabilitation is a critical component in supporting return migrants' successful reintegration and overall well-being. Practical approaches that combine therapeutic techniques with social support and cultural sensitivity

significantly contribute to mitigating psychological distress. Policymakers, mental health practitioners, and community organizations must collaborate to develop and implement comprehensive rehabilitation programs tailored to the specific needs of return migrants.

In conclusion, the psychological rehabilitation of return migrants is essential for their successful reintegration and long-term well-being. Practical interventions that combine therapeutic techniques with social support and cultural sensitivity have been shown to improve mental health outcomes and reduce feelings of isolation among returnees. However, challenges such as limited access to mental health services, stigma surrounding psychological help, and insufficient awareness must be addressed to enhance the effectiveness of rehabilitation efforts.

Policymakers, mental health practitioners, and community organizations must collaborate to design and implement comprehensive rehabilitation programs that consider the unique experiences and needs of return migrants. Further research is needed to develop innovative strategies and evaluate the long-term impacts of these interventions, ensuring that return migrants receive the necessary psychological support to rebuild their lives and contribute positively to their communities.

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